

# NURSE NUTRITIONAL CONSULTANT

## SYLLABUS

**Certificate Program Name:** Nurse Nutritional Consultant

**Contact Hours:** 270 hours

**Course Duration:** Each module corresponds to 3 semester college hours. 6 modules comprise the program. The program is self-paced without a time limit. It usually takes 3.78-7.2 months to complete the program, so it takes from 0.63-1.2 months to complete each module.

**Prerequisites:** Applicants must have an active US RN/LPN/LVN license. A copy of the license must be on file with the college before your certificate/s will be issued. If you did not send in a copy with your application, please fax to: 888.201.4186

**Program Description:** This program educates students about the basics of good nutrition and holistic health including detoxification, holistic nutrition, physical fitness, alternative healing methods, weight loss, and other subjects detailed below. This program is divided into 6 comprehensive modules covering every aspect of holistic nutrition. Students will gain hands-on experience by completing 5 case studies with detailed lifestyle and diet analysis. The Nurse Nutritional Consultant Certificate can be used alone, or it can be applied toward the Certified Holistic Nurse Diploma.

**Accreditation:** GIFAM is accredited by the American Association of Drugless Practitioners(AADP aadp.net) and you may apply for AADP board certification upon completion of this program

**Goals:**

### ***Module 1***

1. Define "autointoxication"
2. Identify signs of toxic colon
3. Review colon anatomy and physiology via traditional Western medicine and alternative theory bases.
4. Define "bowel toxemia"
5. Define "leaky gut syndrome"
6. List common parasites in the U.S.
7. Describe Candidiasis
8. Describe detoxification
9. Describe bathing as a method of detoxification
10. Describe nasal lavage and oral care as methods of detoxification
11. Describe sweating as a method of detoxification
12. Describe fasting as a method of detoxification
13. Describe bowel cleansing as a method of detoxification
14. Describe blood and lymphatic system detoxification
15. Describe liver and kidney system detoxification
16. List category of detoxification herbs.

### ***Module 2***

1. Define "genetic engineering"
2. List legal difficulties of genetic engineering of food products
3. Describe some common food items that have been genetically engineered
4. List health problems caused by sugar intake
5. Describe how white flour and white rice affect digestion
6. List substances lost during the refining process to make wheat flour white
7. List 2 artificial sweeteners

8. Explain how aspartame is harmful to the body
9. List the by-products of methanol
10. List an emotional disorder triggered by or aggravated by phenylalanine ingestion
11. Examine the effects of microwaves
12. List 5 food combining principles
13. List necessary fats and their sources
14. List the fatty acids in which vegetarians may be deficient
15. List 3 facts about water intake

### **Module 3**

1. Define "orthomolecular nutrition"
2. List 2 orthomolecular discoveries
3. Define "hair analysis"
4. Name the purpose of blood mineral analysis
5. Define "live blood cell analysis"
6. Describe how Applied Kinesiology (AK) incorporates nutrition into its theory and practice
7. Name the possible nutrient deficiencies caused by use of oral contraceptives
8. Name the possible nutrient deficiencies caused by the use of diuretics
9. Name the possible nutrient deficiencies caused by the use of antibiotics
10. Name the possible nutrient deficiencies caused by the use of antacids
11. Name the possible nutrient deficiencies caused by the use of acetaminophen
12. Name the possible nutrient deficiencies caused by the use of anti-cancer drugs
13. Name the possible nutrient deficiencies caused by the use of anti-inflammatory agents
14. Name the possible nutrient deficiencies caused by the use of laxatives
15. Name the vitamin that one must not take while on anti-coagulants

### **Module 4**

1. Name the percentage (%) of the U.S. population who are clinically obese
2. Name the effects of carbohydrate addiction
3. Describe the effect of fiber intake on weight control
4. Name the main effect on weight control of prolonged use of aspartame
5. Explain the cycle of food allergen intake and overeating
6. Describe the identification process for food allergy sensitivity
7. Name the effect of elimination of the food allergen
8. List causes of food allergies
9. Name supplements that are helpful in treating food allergies
10. Name 3 factors of diet and digestive tract environment that minimize weight loss
11. Identify a popular weight loss supplement that could be dangerous
12. List 3 safe supplements for weight loss
13. List 3 of 5 basic guidelines for safe, steady weight loss
14. Name healthy weight loss per week
15. List 2 disadvantages of the high-protein diets

### **Module 5**

1. Define "pharmacokinetics"
2. Define "pharmacodynamics"
3. Define "absorption"
4. Define "distribution"
5. Define "metabolism"
6. Define "elimination"
7. Describe common herb-drug interactions
8. Describe common vitamin-drug interactions

9. Describe common food-drug interactions
10. List 3 herbs that are unsafe to use during pregnancy
11. Describe herbs that are useful during pregnancy
12. List 2 effects of St. John's Wort
13. Describe why transplant patients should avoid Milk Thistle
14. Name the acid that strawberries, raspberries, spinach and rhubarb contain
15. Describe who should avoid oxalic acid.

### **Module 6**

1. Name the common issue in managing common ailments
2. List 6 nutritional supplements for treating HIV
3. List 6 herbal supplements for treating HIV
4. List 6 dietary habits for cancer management
5. List 6 nutritional supplements for cancer management
6. List 6 herbal supplements for cancer management
7. List 2 mainstays of diet intake for those with diabetes
8. List 6 nutritional supplements for diabetes management
9. List 2 herbal supplements for diabetes management
10. List 4 dietary habits to prevent and reverse heart disease
11. List 4 nutritional supplements for heart disease prevention and management
12. List 4 herbal supplements for heart disease prevention and management
13. Name a useful adjunct management tool
14. Describe how politics can impact holistic health care, using chelation therapy as an example
15. List 3 homeopathic remedies for menopause

**Syllabus:** 2 Segments, 6 Modules with 6 self-review quizzes, 1 final examination

### **Segment I**

**NNC 11 Toxicity and Detoxification:** An in-depth study of autointoxification, food and environmental pollutants, Candida Albicans and parasites. The importance of detoxification is emphasized and the most popular cleansing herbs are discussed for each organ system.

**NNC 12 Dietary Guidelines:** Holistic Nutrition plays a big part in preserving health and eliminating illness. Students will learn about optimum nutrition and how certain diets can help specific health conditions. The importance of water will also be discussed as well as the best type of water to consume.

**NNC 13 Orthomolecular Nutrition:** A detailed study of vitamins, minerals, and nutritional supplements, including some case-studies showing the effectiveness of nutritional therapies.

### **Segment II**

**NNC 21 Weight loss:** Fad diets and why they don't work will be addressed, as well as other contributing factors that inhibit weight loss. Students will learn about the ever-growing obesity problem in today's culture and how to overcome this dangerous epidemic.

**NNC 22 Drug-Herb-Vitamin Interactions:** Students will learn how to avoid making mistakes when using natural supplements and common medications together. The A-Z guide will teach students which drugs can deplete the body's essential nutrients; which supplements can help prescriptions work better, or reduce drug side effects; and which herbs and drugs should never be taken together.

**NNC 23 Common Ailments/Prevention and Treatment:** The most common ailments will be discussed as well as traditional, nutritional and herbal treatments for each. The three big killers, heart disease, cancer and diabetes will be discussed in great detail.

### **Final Examination**

**Self-Review Quizzes:** Each module contains a self-administered quiz designed to assist the student in assimilating information and discovering where more learning needs to take place. Self-Review quizzes are open book and have no point value.

**Final Examination:** Students can use self-review quizzes as references.

**Book Report:** Students must select and read a book (minimum 250 pages) that relates to the topic of nutrition or natural healing, then write a 700-1000 word book report in APA format on the subject and how it may benefit you in your practice. Current books should be chosen; encyclopedias and dictionaries are not acceptable.

**Dr. Andrew Weil's Workbook:** Students answer the questions in the provided workbook.

**Research Paper:** Students must write and submit for grading a two-page essay on the legal aspects of a nutritional practice as a Nurse. How does nutrition counseling fit into a holistic nursing practice in your state?

**Case Studies:** Students must complete 5 case studies as instructed by course materials.

**Online Forum Participation:** The login URL is available at [gifam.org](http://gifam.org) You need your student ID and an email address to register.

**Grading:** Students will be graded on a percentage scale and given a letter grade at the completion of the course. Total number of points from which percentage and grade are calculated is 500. To pass the program, a student must receive at least a "B" grade (80% of possible points). Point breakdown is as follows:

Final Examination – 200 points

Book Report – 50 points

Dr. Weil Workbook – 100 points

Research Paper – 50 points

Case Studies – 100 points

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 0 – 59%

Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients

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