

# ACADEMY OF HEALING NUTRITION

## Holistic Nutrition Coach Certificate Program

*From deep traditions to new frontiers in  
nutritional awareness and natural healing*

• NEW YORK CITY • WORLDWIDE ONLINE



[www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com)



## LETTER FROM THE DIRECTOR



### ARE YOU READY TO TAKE CHARGE OF YOUR HEALTH AND LIVE LONGER?

We welcome you to an opportunity to learn about the power of prevention and curative nutrition. Our 30-year-old curriculum integrates cutting edge nutrition with practical day-to-day skills. Our training focuses on what is ultimately the most important aspect of your life - the ability to heal, maintain energy levels and avoid modern degenerative diseases.

Do you want to create healthy eating habits in your life that incorporate powerful anti-aging properties and provide you with knowledge and confidence of preventive natural healing? Would you like to gain mental clarity, more vitality, endurance, freedom from aches, pains, and most of all, improved sense of life purpose? With our Longevity Diet approach, you will feel better, look younger and enjoy a longer, healthier life.

We live in a time when we need to rejuvenate the human frame, physically, emotionally and spiritually. Even with costly modern health care technology and chemical drugs that only treat the symptoms, not the cause, over the last 50 years there have been massive increases in the rates of obesity, diabetes, autism, asthma, cancer, alzheimer's, heart disease and many other ailments. As more people fail to find relief with modern medicine, even more are realizing the importance of self-responsibility for their own health and waking up to the fact that our food, lifestyles, attitudes and environment have a direct impact on how we feel and think.

The Academy Healing Nutrition is a school of Food as Medicine. Described as the most dynamic, direct, intense, comprehensive training in East-West Natural Holistic Healing today, it has helped thousands over the years regain their health, emotional stability and spiritual purpose.

We show you how to integrate into your lifestyle what we consider the most time tested theories and philosophies on natural healing. It is the only curriculum in the world that integrates Traditional Chinese Medicine, Macrobiotics,

Ayurveda, Tonic Herbal Medicine, Superfoods, Weston A. Price Foundation principles and cutting edge western science for longevity and disease prevention.

We include in our Longevity Diet curriculum practical cooking demonstrations, health assessment techniques, bodywork, meditation, powerful herbal tonics, home remedies, natural foods, and a balanced, seasonal, ecological diet plan. We coach you in creating anti-stress lifestyle strategies for your day-to-day living.

As director and founder, I invite you to join us on this journey together.

The practitioner training is comprised of 10 modules over 10 months (one module per month) and includes a full complement of workbooks, home study, virtual classroom and individual mentoring.

You can attend New York In-house training that begins in October each year, and/or participate in our Online training that usually launches in October and June. The training is flexible and allows you to choose a combination of live classes and online participation.

You will find our comprehensive course workbook inspiring and online classroom full of helpful resources.

Our business training equips you to develop your future career in the Holistic Health field as a Nutrition Coach and Longevity Diet expert.

Our faculty has on average over 30 years experience: all are pioneers in their field of expertise. Our goal is to get the information that you need to experience life to its fullest capacity.

We are devoted to a system of health care that emphasizes prevention, self-empowerment and a flourishing of awareness! Now is the time for self-healing.

**Roger Green, Founder & Director**

change your diet - change your life

# PROFESSIONAL TRAINING PROGRAM

## GET CERTIFIED AS A NUTRITION COACH AND LONGEVITY DIET SPECIALIST



**Education is a process of growth**, and Academy of Healing Nutrition is dedicated to fostering the most essential type of growth - that of the mind, body and spirit.

Our Nutrition Coach training is a complete professional certification program in holistic health and healing nutrition that offers in-depth exploration into the use of food as medicine, holistic health assessment tools, as well as practical coaching skills to help your clients achieve their health goals. Our course is one of a kind. At its very foundation it provides students with an incredible skill: **The power to heal oneself.** By learning how to manage your own nutritional needs and harness the energy necessary for self-healing, you become a powerful and confident guide for others on their healing journey, too.

**Our goal is to help you graduate feeling completely inspired and confident in your knowledge and abilities.**

Chances are you already share your passion for natural health with your family and friends. As the next natural step in your personal growth, we will help you develop the skills and expertise to work with paying clients and/or create a community around your work.

As you proceed through the course, you will most likely notice that your intuitive response and judgment around eating and decision-making will be greatly enhanced. These life-giving effects can impact all levels of your life in a number of ways. For some it may result in the recovery of a serious ailment, the transformation of anger and impatience into calm centeredness, or an ability to overcome cravings and lose unnecessary weight. For others it may result in an increase in energy, improved sleep and skin texture, restored sex drive and spark, an elevated mood, or a regenerated heart, liver, kidneys, and lungs. No matter how it impacts you, one thing is certain:

*This course can help rejuvenate your life  
and the lives of those around you.*

# OUR GUIDING FORCE - THE LONGEVITY DIET

*"Tell me what you eat and  
I will tell you what you are."*

Jean Anthelme Brillat-Savarin



**Food is a powerful vehicle for transformation.** What we put into our bodies has a direct impact on the quality – and longevity – of our lives. When we change our diet, we change everything. Food affects our ability to maintain a healthy weight, regulate our moods, prevent the loss of vital life force energy and recover from disease. A balanced diet promotes harmony in all aspects of our personal and professional lives. Therein lies the essence of The Longevity Diet.

The Longevity Diet is a healing, rejuvenating diet, grounded in simple, whole, nutrient-rich foods. It is a deeply nourishing diet, combining time-honored culinary tradition along with Eastern and Western healing methods. Although rooted in ancient practice, the Longevity Diet is supported by modern scientific research.

The essentials of the Longevity Diet are simple, yet powerfully effective. Basic ingredients include:

- Whole Organic Foods
- Immune-Enhancing Probiotics
- Cleansing Sea Vegetables
- Healing Tonics and Superfoods
- Effective Home Remedies

By embracing the profound wisdom of Food Energetics, the Longevity Diet enables us to harness food's natural energy in order to nourish, heal and rejuvenate ourselves.

In addition to the diet, there are features that provide deeply nurturing elements such as wellness techniques for Body, Mind and Spirit.

When you enroll in our Holistic Nutrition Coach Practitioner Training Program you will learn how to integrate the Longevity Diet into your life and follow the principles of disease prevention and cultivation of the fundamental energies responsible for longevity.

## Simple Miso Soup

1-2 cups organic vegetable stock (low sodium)

1-2 pinches ready-to-use wakame seaweed

Juice from 1 tablespoon grated ginger (squeeze with fingers)

1-2 teaspoons miso paste.

1. Heat water or stock in pan.
2. Add wakame and ginger juice.
3. Heat for approximately 5 minutes, until wakame has softened and expanded. Turn off heat.

4. In a small bowl or cup, mix 1-2 teaspoons miso with 1 tablespoon water or stock.

5. Once stock has cooled slightly, stir in miso.

Variations: Saute a handful of sliced shiitakes (stems removed), a thinly sliced carrot, sliced scallion or onion, or minced garlic. Next add stock and wakame and ginger juice and continue recipe as above.

### **The Academy's Holistic Nutrition Coach Training Program**

is founded upon the decades of experience and expertise of our dedicated group of faculty members. Each one of our visionary instructors has extensive experience in the natural food and health movement. We are passionately committed to teaching and motivating our students so that they can energize the world as practitioners of Healing Nutrition. **To read more about our instructors and faculty, visit us at [www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com)**

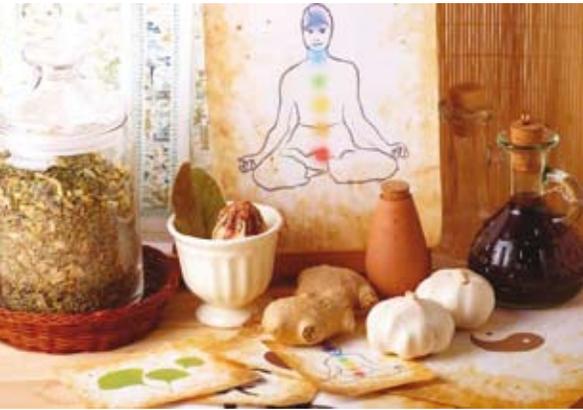
### **OUR FACULTY**



“This program presents something a little different from that of the modern world. Instead of complexity, we offer simplicity; instead of the artificial, we stress the natural; instead of just the analytical, we offer the universal.”



# ACADEMY OF HEALING NUTRITION



"The class has been more than I thought I was going to get for the money, starting with the facts and the back up research then the life style with the food and the resources to make it happen. I was amazed by how healthy and how possible this life style is. I am glad I came here first and not to some over priced university for 2 years or more to learn how to provide a better life for my family and for others."

*Nancy Polanco, 2008*

*(Mother of 4 beautiful children who deserve the best!)*

*"Educate your  
mind and your stomach  
will follow."*

ancient proverb

## PROGRAM HIGHLIGHTS

The program consists of 10 modules designed to give you the necessary skills, knowledge and qualifications to start your own coaching practice.

- You can study in-house in New York City or take the 10 modules Online. Our flexible curriculum allows a mixture of in-house and online participation.
- If you can't travel to New York for classes, you can take the whole course entirely Online
- NYC modules take place on weekends. Classes meet from 9:30am to 5:00pm on Saturday and Sunday once a month.
- If you have to miss an in-house module, you will be able to watch a recording of the class online.
- There is only one prerequisite to enter the course: your passion for Natural Healing and Food as Medicine.
- To qualify for AHN certificate, you will need to submit several assignments. The main graduation requirement is a Project Paper on the health subject of your choice.

## WHO IS THIS FOR?

The Academy of Healing Nutrition training is for those who wish to pursue a clear and comprehensive body of knowledge concerning health, longevity and human ecology. You will greatly benefit from this course if you:

- Wish to find a natural way to restore your vitality and secure lifelong health
- Seek help recovering from any illness and want to be supported in this transition
- Want to help others lead healthy and fulfilling lives
- Aspire to contribute to a more humane, ecologically responsible, and preventative form of healthcare

## TIME REQUIREMENTS

The program can be completed in 10 months. Besides participating in the 10 program modules, each a weekend long, you will need to devote some time to self-study and completion of assignments that are required for graduation. You will be provided with a course workbook that has a wealth of reading materials to deepen what you learn in the program modules, but we also want to encourage you to spend some time in the kitchen making and tasting healing dishes. This course is meant to be experiential as well as academic. On average our students spend 5-7 hours per week on course related activities.

For updated course schedule, registration and enrollment information visit us at [www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com).

“ I went to AHN in 2007 in order to gain quality education in traditional healing modalities dating back 5,000 years, to learn about ancient remedies that have been proven to work in our modern times. I knew this would give me the direction needed in order to pursue a life long dream of becoming a Nutrition and Health Coach. I got way more than I expected. I not only learned how to start my career in health and healing, most importantly I learned how to heal my own body more deeply from the damage I had done from having an eating disorder. The weekend classes were filled with fascinating materials and were so hands-on. They had master teachers from all over the world teach and inspire us as well as traditional cooking style demonstrations. I learn so much better in an environment that is interactive and filled with participation. I also made some of the best friends in class - we always studied and cooked together on the off weekends to facilitate our studies. The staff is so knowledgeable and easy to get a hold of if you have any questions. With this education, I was able to start my own business, NAO Nutrition, and I teach many of the ancient principles that I was taught. I'm still in awe and forever grateful for AHN. The school helped me create a life and career beyond my wildest dreams. Now, I'm a proud mommy to a baby girl, and I'm sure if it wasn't for AHN's education, I wouldn't have had such a healthy pregnancy and child. I LOVE YOU AHN ”

Nikki Ostrower

[www.naonutrition.com](http://www.naonutrition.com)



# OUR INSPIRING, DYNAMIC HOLISTIC HEALTH COACHING PROGRAM



"This course was a personal journey as well as an educational one. It has transformed my life and career, and I'm able to practice nutrition and health coaching with confidence in an array of background material. This is much more than a certification course, but rather a life experience in a time release capsule."

Kara Griffin

[www.feelthiswithkara.com](http://www.feelthiswithkara.com)

## WHAT YOU WILL GAIN

Over the 10 months of the course you will :

- Learn to secure lifelong health and vitality through such practical concepts as food energetics, medicinal cooking, exercise and movement, focused awareness, proper breathing and basic bodywork.
- Gain a practical understanding of food selection and preparation, as well as basic knowledge of oriental diagnosis and treatment principle formulation.
- Experience cooking classes where you will learn not only what foods are best for various health issues, but also how to prepare them in a delicious and efficient manner.
- Discover the many ways in which the Healing Nutrition lifestyle renews and sustains the environment – just as it renews and sustains the health of the practitioner.
- Get trained to work with clients and practice your coaching skills.
- Create an action plan to achieve your career goals.

## WHAT'S INCLUDED?

- Our signature course workbook binder, which has over 400 pages of theoretical chapters, recipes, templates, reference materials
- Student-only Facebook group to share the experiences, get support and ask questions
- Personal mentoring sessions with core faculty members
- Online Classroom portal for access to additional course related materials
- Optional free repeat attendance of the program the year following your graduation (You can take it twice!)
- Certificate of course completion and qualifications necessary for further accreditation

## WHEN YOU GRADUATE

### Academy Certificate

Upon completion of all course requirements you will receive a certificate to practice as a Nutrition Coach and Longevity Diet Specialist. You will have to submit a project paper and complete a number of assignments and case studies to qualify.

### National Accreditation

Once you graduate from the Academy, you will be able to qualify for national board certification with the AADP, an independent association for holistic health care professionals. You can get more information on their website: [www.AADP.net](http://www.AADP.net)





“ I am so grateful I got my nutrition education at Academy of Healing Nutrition. I originally chose this school over others because I liked the focus on ancient modalities of Chinese Medicine and Ayurveda, proven to support health for thousands of years, and the hands on cooking classes. It not only gave me these, but it was an intimate learning experience where I had the one-on-one support of my educators and alumni not only while enrolled, but ever since. I truly would not trade my time at the Academy for any other version of this education. I passionately believe it has given me the foundation to dive deeply into practicing a tangibly healthy lifestyle for myself, my family, and my clients. ” Kelsey Mathes [www.KelseyMathes.com](http://www.KelseyMathes.com)



# THE CURRICULUM

## EDUCATIONAL SEMINARS

Our comprehensive and well-crafted curriculum has been refined over 30 years and features dynamic educational seminars and practical classes with experienced chefs and alternative health practitioners.

### A sampling of AHN Seminar topics:

- Comparison of Eastern and Western Health Care
- The Principles of Natural Healing
- Foundations of TCM: Yin and Yang Classification
- Five Element Theory: Foods, Flavors and Related Organs
- The 3 Treasures of Human Life: Jing, Qi and Shen
- Food Energetics
- The Doctrine of Signatures
- Dietary Therapy - Healing Foods for Common Ailments
- Behavioral Impacts of Food
- Exploring Digestion
- Patterns of Deficiency and Excess
- Organs and Major Pathologies
- Ayurvedic Diet Principles
- Acid/Alkaline Balance
- The Supplements You Need

## COUNSELING & DIAGNOSTIC SKILLS

Since this is a professional training course, we make a solid effort to ensure that you can confidently work with clients. Time-tested coaching and diagnostic skills are woven into the whole curriculum. Detailed discussion of client work, guided practice assignments and specific course materials will enable you to master and practice these effective techniques.

### A sampling of AHN Counseling and Diagnostic topics:

- Learning to Assess Your Own Condition and See The Inherited Tendencies in Others
- Energetic Patterns of Most Common Health Conditions
- Oriental Health Assessment
- Visual Diagnosis: Tongue and Face
- The Bodily Landscape
- Dietary Assessment Techniques
- Ayurvedic Health Assessment
- Effective Coaching Techniques
- Goal Setting and Action Planning
- Establishing Rapport

## COOKING CLASSES

4 out of 10 modules of the program are cooking classes where our experienced natural foods chefs teach you the knowledge and skills to apply the principles of the Longevity Diet in real life. Learn to prepare delicious nourishing meals, healing tonics, and lacto-fermented foods and drinks. Discover how to cook with superior Chinese Tonic Herbs.

### A sampling of AHN Cooking Class Topics:

- Longevity Diet Principles
- Characteristics of Traditional Diets
- Food Selection and Sourcing
- Enhancing Food's Nutritional Content
- Seasonal Menu Planning
- The Truth About Fats and Oils
- Strengthening Soups and Stocks
- The Whole Soy Story
- Cooking with Sea Vegetables
- Rejuvenating Tonics and Teas
- Kitchen Pharmacy
- The Incredible Edible Egg
- Daily and Seasonal Cleansing and Rebuilding
- Probiotics foods and Lacto-Fermentation
- Healthy Breakfasts and Wholesome Desserts

## TRAINING IN MIND/BODY TECHNIQUES

Expand your knowledge of holistic practices which nourish the whole self. Experience the soul-nurturing techniques which will enrich your overall sense of wellbeing. Try on yourself then share with your clients.

### A sampling of Mind/Body Topics:

- Barefoot Doctor Techniques
- Home Remedies
- Ginger Compresses
- Bath Therapy
- Fasting
- Ayurvedic Cleansing Techniques
- Taoist Philosophy
- Do-In Exercises
- Basic Shiatsu Massage
- Healing Meditation and Visualization
- Yogic Breath

An underwater photograph of a dense seaweed forest. The seaweed has long, dark brown, ribbon-like blades that are illuminated from above, creating a shimmering effect. The water is a clear, deep blue, and the sunlight filters through from the surface, creating a bright, hazy atmosphere. The seaweed appears to be growing on a rocky or sandy seabed, with some blades reaching towards the surface.

SEA VEGETABLES such as Wakame, Hijiki, and Kelp are powerful, healing gifts from nature. Abundant in minerals and trace elements, they are beneficial for a variety of functions including skeletal health, regular heart beat, blood pressure, nerve health, thyroid, and metabolism. Seaweeds also contain alginic acid, a powerful detoxifier which removes heavy metals and radioactive elements from the body. Traditional Asian Medicine has long valued the use of sea vegetables to treat a variety of illnesses. Western Medicine is now joining in, as scientific studies prove the power of our ocean's plants.

# TONIC HERBS AND SUPERFOOD NUTRITION



Shen Nong Ben Cao Jing describes almost all the superior herbal substances, especially Reishi, in this way:

*“Protracted taking may make the body light, prevent senility, and prolong life so as to make one an immortal.”*

“This powerful weekend should never end. I learned so much useful information for transformation of my life and relationship with food. I am ready to eat for health, make elixirs and tonics as part of my daily life. This knowledge was cultivated by our ancient ancestors and should be passed on to the future generations.”  
Dorine King, Minnesota student

**What we put into our bodies has a direct impact on the quality and longevity of our lives.** When we change our diet, we change everything.

It’s a real challenge to get all of the nutrients from food in our modern life. Our soils are depleted and are now lacking many vital minerals. In the world today it seems like we can either have fast food or healthy food, but it’s rare to find both at once!

Tonic herbs and superfoods are higher in anti-oxidants, essential minerals, vitamins, and micro-elements than many of the regular foods and often contain substances that are not found in any other plants. Superior tonic herbs are used to increase vitality, strengthen the organs and systems of the body, nurture the spirit and improve longevity. They act on the **Three Treasures of human life - Shen/spirit and mind, Qi/daily vitality, and Jing/deep life force reserves**. There are currently around 70 natural substances that are generally recognized as the major tonic herbs. These incomparable, legendary herbal substances have stood the test of time. Each has its own right to be recognized, through many centuries of continuous use and empirical observation, as a remarkable life enhancing tonic.

Some of the major tonic herbs may be used individually, especially the supertonic herbs. In actual practice, most of the herbs are combined into formulations that may be consumed on a daily or otherwise regular basis to promote our long-term health and wellbeing.

In our Superfood Tonic Nutrition Module we will show you how to combine these powerful herbs with some of the most nutritious superfoods to make healing tonic elixirs. You will learn how to:

- Plug nutritional gaps in your diet using superfood nutrition
- Deeply nourish the brain and nervous system with superfoods and herbs
- Beautify the complexion, treat many common skin problems, including blemishes, wrinkles and age spots
- Use medicinal mushrooms to optimize your immune system
- Balance your weight, regulate metabolism and build sustainable energy
- Increase fertility, sexual response and physical performance
- Gently cleanse your body using energy enhancing adaptogenic herbs, and mineral rich superfoods from all around the world

The recipes you will learn in the course are nutrient-dense, deeply satisfying, and will dramatically improve your health.



Making special blended drinks and teas with tonic herbs is a great way to provide deeper levels of nourishment to the body's vital energies and take your overall health to the next level. We have a whole module dedicated to exploration and tasting of these most potent and healing elixirs, complete with recipes and guidelines on sourcing the best quality herbs and superfoods to get the maximum results. Here is a couple of simple and powerful recipes that will get you started with elixir mixology.

*Cheers to Radiant Health!*

## TONIC HERBAL SUPERFOOD ELIXIR

Makes 1 serving

- 1.5 cups Gynostemma tea
- 1/2 tsp Reishi Mushroom powder
- 1 tsp He Shou Wu extract powder
- 1/4 tsp Mucuna extract powder
- 1 heaping Tbsp Raw Cocoa or Carob powder
- 1 Tbsp Extra Virgin Coconut Oil
- 1 tsp Raw Honey
- 1/8 tsp Cardamom powder
- A pinch of Celtic Sea Salt

Carefully whip all of the ingredients in a blender on High setting for a few seconds. Taste, adjust the flavors, and serve.





## SCHIZANDRA GOJI TONIC TEA WITH GYNOSTEMMA

- 1 quart spring or filtered water
- 4 tsp dried Schizandra berries
- 1 handful Goji berries
- a generous pinch of Gynostemma leaves

Bring Schizandra berries with water in a clay pot close to a boil. Reduce the flame and simmer slowly for about 15-20 minutes. Transfer the brew into a glass teapot, add Goji berries, Gynostemma leaves and steep for additional 10 minutes to let the berries develop extra flavor.

Pour a cup and enjoy!

# YOUR CAREER

Create a career of your dreams by sharing your knowledge and passion for healthy living

## WORK ON YOUR OWN TERMS

Starting your own coaching practice takes commitment, time, attention and love. When we do what we love, people can sense it. With the right mind set and dedication you can reach your income goals while making an impact on many people's lives.

Going through our Nutrition Coach training will allow you to develop a vision and necessary skills to apply your knowledge and unique talents in a variety of creative ways. **Here are just a few examples of possible career options:**

- Launch a blog, website or private practice
- Offer private and group coaching
- Teach workshops and healing nutrition cooking classes
- Lead nutrition support and study groups
- Organize and run health retreats
- Food shopping tours and healing kitchen makeovers
- Offer seminars in yoga studios, health centers, gyms or spas
- Write articles for health and wellness publications, both print and online
- Run a healthy restaurant, cafe or natural foods shop
- Write cookbooks or natural health books

To enhance your success, our last program module covers the topics that will help you to create a short and long-term plan of action to get your new career off the ground.

### A sampling of AHN Topics and Tools for Practice Building:

- The nuts and bolts of starting a business
- How to build and sustain your nutrition coaching practice
- How to identify and attract your ideal clients
- How to establish rapport and accountability with clients
- How to develop and price your offerings
- How to package your services into programs
- How to market your services
- How to use social media and online tools
- Money mind set strategies for success
- Establishing your core values as a natural health professional

## FLEXIBILITY

This line of work lends itself well to flexibility in where you work, how you work, and how much you work. You can start part-time and develop your practice organically overtime. If you are passionate about natural health and nutrition, this career can easily become your lifestyle.



"Academy of Healing Nutrition was by far the best investment in my personal health and education! This course opened a possibility of a new life and career path that I could't envision before. I met a lot of like-minded people here and made connections that enrich my life up to this day. The knowledge I gained in the program helped me to learn so much about myself, and over time I transformed many health issues. I learned to deeply trust my body's innate intelligence, and I know that my healing journey sets an inspiring example to many people who I teach, coach and mentor." Inga Bylinkina

[www.natural-intelligence.com](http://www.natural-intelligence.com)

To find out more about how you can embark on a spiritually aligned career, visit us at [www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com)



"As a health supportive private chef for the past decade, I thought I was 'in the know' in terms of the healing properties of food and overall diet. But after just two weekends in the Academy of Healing Nutrition course, my work as a chef has been enhanced tenfold. I wish I had done this program years ago."

NYC GRADUATE

## ACADEMY OF HEALING NUTRITION

### Holistic Nutrition Coach Certificate Program

New York City in-house training starts October each year.

Online training sessions begin in October and June.

Our flexible curriculum allows a mixture of in-house and online participation.

For course curriculum descriptions, class schedules and tuition information visit our website: [www.AcademyHealingNutrition.com](http://www.AcademyHealingNutrition.com)

Call 1-646-812-0091 to speak with our Course Coordinator today!