Nutritional Therapy Association, Inc

A Foundational Approach to Holistic Nutrition

Nutritional Therapist Training Programs

Course Catalog 2014-15

Nutritional Therapy Practitioner Program

Nutritional Therapy Consultant Program

Functional Assessment Development Program

Nutritional Therapy Association, Inc.®
www.nutritionaltherapy.com
(800) 918-9798
Dear Prospective Student,

Thank you for your interest in the Nutritional Therapy Practitioner Program (NTP), Nutritional Therapy Consultant Program (NTC) and Functional Assessment Development Program (FAD). We at the Nutritional Therapy Association, Inc. are very excited to present you with information that has changed the lives and health of thousands of people. The Nutritional Therapy Association, Inc. is an independent vocational school based in Olympia, Washington.

NTA’s goal is to teach you to address nutrition from a holistic perspective. As the “food pyramid” continues to crumble, our training programs offer a healthy alternative to the grain based, low fat nightmare that is the official diet of modern America.

The first NTP class took place in Olympia, Washington in 2001. Since then our team of practitioners have taught over 2,000 students across the United States and Canada. Graduates of the NTP program have gone on to open their own practices, enhanced their pre-existing licensure (Massage Therapists, Chiropractors, Acupuncturists and Medical Doctors), work alongside other medical professionals in established practices, write cookbooks, teach classes and improve their own health and that of their families and friends.

The Nutritional Therapist Training (NTT) Programs are unique because they are based on a foundational approach to nutrition. We offer specific tools for assessing the body’s nutritional deficiencies and will teach you how to address those weaknesses through diet, supplements and lifestyle changes. In addition to our foundational approach, the NTT programs emphasize three additional perspectives:

- First is the allegiance to the teachings of such pioneering greats as Dr. Weston A. Price and Dr. Francis M. Pottenger Jr., two of the greatest scientific minds ever to research nutrition, food and its effects on modern society. Their work is the basis for NTA’s core belief in properly prepared, nutrient dense whole foods.
- Second is NTA’s fundamental belief in bio-individuality; our genetic and geographical makeup can determine our unique nutritional needs.
- Third, we offer a system of evaluative measurements to help identify nutritional weaknesses in the body so that you will be able to develop specific individualized protocols for restoring vibrant health. Our Functional Evaluation technique identifies and quantifies each individual area of weakness throughout the body. This evaluation can also document long term changes in the body’s systems revealing the effectiveness of diet and lifestyle changes. It allows you to address the nutritional needs of your clients, assess their biochemical individuality and make unique diet and lifestyle recommendations.

NTA is licensed under Chapter 28C.10 RCW. Inquiries or complaints may be made to the Workforce Training and Education Coordinating Board, 128 10th Avenue SW, Olympia, WA 98504-3105, (360) 753-5673 Student to teacher ratio 40:1. Classes average at 40 students. The school will keep student educational records for a minimum of fifty years from the date of each student’s enrollment or until the school ceases to be licensed under this chapter, whichever comes first.
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Testimonials From Our Graduates

"I knew I was in the right place by taking the Nutritional Therapy Practitioner course through NTA, when I looked at the textbook and reading list and realized I already owned the material! My experience with NTA got better as I delved into the educational material, participated in the conference calls and best of all, the workshops. Nothing could have prepared me for the powerful learnings I was about to come away with through the NTA curriculum. My teachers will remain in my heart as true ambassadors of change, sharing a generous spirit of willingness to help us become NTP's.

Becoming a Nutritional Therapist through the teachings of the Nutritional Therapy Association has irrevocably changed my life and my ability to help people reach the highest level of health and wellness possible. As a fitness professional, author and columnist for Oxygen Magazine with Robert Kennedy Publishing, owning a strong, lean physique is often held out as the brass ring for many but without health, this means nothing. I can now reach out in a more meaningful way to gain a deeper understanding of a client's health since NTA has given me many powerful assessment tools, including the Functional Evaluation and the NAQ. Being able to assess a person's state of function or dysfunction through the use of these tools gives me the edge over a traditional nutritionist in so many ways. People want answers, usually right away and I can provide them. Help comes in the form of making lifestyle adjustments as well as nutritional supplementation - I don't want to give prescriptions as answers, I want to provide nutritional supplementation to heal.

Though I have always been a student of health, NTA has given me enormous confidence to be the teacher of health and wellness I have always wanted to be. In my public appearances and in my writing I now have NTP training to enrich what I do. I love that distinction!"

Tosca Reno, NTP
New York Times Best Selling Author,
Creator of the Eat Clean Diet

“I have been a Registered Nurse for 16 years and decided to take this course so that I could learn to help others improve their health through nutrition. I had personally experienced near miraculous results after changing my own eating habits several years ago and people were asking me what they should do to make health improvements. Being a nurse, I realized that what worked for me may not work for everyone, so I enrolled in the NTT program. In a word-- Wow! I was completely blown away by the depth of knowledge my instructors possessed, not to mention the comprehensive course content. And the structure and organization of the course, with its many formats for learning, was truly excellent. With each module, I gained incredible insight into human physiology, on a level that I have never experienced, even as an emergency room nurse.

This course has empowered me with the knowledge, the tools and the confidence to provide my clients with a completely individualized and prioritized plan to improve the function of their bodies and assist them on their road to optimal health. And as I am presenting public lectures at the local convention center (and suppressing my long-time fear of public speaking), I realize that I am following the advice of one of our greatest leaders, who said, "You teach, you teach, you teach!"

Peggy V. Bodet, RN, NTP
Lacombe, LA-Cultured Health, LLC
The Nutritional Therapy Association has one of the soundest, most thorough, and most accessible nutrition training programs I've seen. I've gone through several nutrition certifications, and this is by far the one I recommend the most. It is based on powerful, logical fundamentals and provides students with a straight-forward protocol for assessing and working with clients’ nutritional needs. Furthermore, their food paradigm - nutrient-dense, whole foods, properly prepared – makes intuitive and logical sense. I highly recommend this program to anyone serious about their study of nutrition.

Margaret Floyd, NTP
Author of Eat Naked: Unprocessed, Unpolluted and Undressed Eating for a Healthier, Sexier You
Los Angeles, CA

I assessed several nutrition related education programs before deciding on Nutritional Therapy Association’s offering. So, what made them stand out? First and foremost I had personally worked with a Nutritional Therapy Practitioner and for the first time in years of working with various health practitioners I was counseled and guided on a path that was actually yielding positive results. Secondly, I found NTA’s program to be grounded in science and at its very foundation is the recognition of the need for a nutrient dense whole foods based diet comprised of properly prepared, locally grown and seasonal foods. The NTA program not only facilitated me in strengthening my own foundations of health but positioned me to guide others in a very practical way to achieve their health goals. If you're looking for a comprehensive, challenging and enlightening program…you've landed to the right place!

Karen McFarland, NTP
Mansfield, TX

I am grateful to the NTA for giving me an introduction to the world of nutritional therapy. Despite my lack of nutritional training in medical school, thanks to the NTA, I am now skilled at counseling my patients on healthy nutrition and lifestyle changes. I am able to offer so much more than just a medication prescription. My patients are healthier and happier, and I am thrilled to be able to contribute to fixing our ailing healthcare system by promoting preventive medicine through nutrition.

Lisa Uri, MD, NTP
Bend, Oregon

“The NTP Course is a wise financial and time investment for both the professional and the health-conscious consumer. The knowledge gained, the many invaluable materials provided, and hands-on training will equip one to improve personal health and/or launch a successful Nutritional Therapy career. The NTA approach to health is logical. Just as a house with a solid foundation will stand, a healthy body needs a solid nutritional foundation. Taught from a holistic nutritional point of view, the NTP course teaches not only how to build a solid nutritional foundation, but also the concept of bio-individuality, that each person’s nutritional needs are unique. The NTP evaluation tools determine an individual's systemic weaknesses and specific, unique nutritional needs.

I especially enjoyed learning the real truth about fats, carbohydrates, and our critical need for water; and can now intelligently counter health myths and fads. After struggling many years with a host of health problems, I now have the knowledge and tools that make good health a reachable goal.”

Lynette Sali, NTP
Boise, Idaho
Our Instructors

Caroline Barringer, former CEO of Immunitrition, Inc.®, and current Founder and CEO of Freeway Foodies, Inc.® is a Nutritional Therapy Practitioner (NTP), Master Certified Healing Foods Specialist (CHFS), Birth Renaissance Practitioner (BRP), Certified GAPSTM Practitioner (CGP), author, international lecturer, and Weston A. Price Chapter Leader in New York. She is also the creator of the "Certified Healing Foods Specialist (CHFS)" Training Program, a food-intensive course that focuses on properly prepared whole food cuisine and probiotic nutrition taught nationwide.

Caroline currently resides in New York State and has been in clinical practice since 2001, specializing in Preconception Preparation through therapeutic nutritional support and gentle detoxification protocols using the principals from her newest training course "Birth Renaissance". Her success rate is nearly 80% in helping couples (local and long distance) to conceive.

Caroline strongly believes in the NTA’s “Foundations/Priority” based, bio-individual, functional approach to nutrition. She is committed to educating professionals and students alike; empowering them to safely and effectively transition their clients from a state of functional weakness to optimal health through Nutritional Therapy.

Cathy Eason, BS, NTP, LMT, CGP is a certified Nutritional Therapy Practitioner, Licensed Massage Therapist, and public lecturer with a private practice in Portland, Oregon. She has over 15 years of clinical experience providing holistic nutrition counseling, therapeutic bodywork, exercise program development, and lifestyle education to a wide range of clients. As Owner and primary practitioner of Abundant Health Nutritional Therapy, Cathy enjoys helping individuals and families obtain optimal health by combining Nutritional Therapy assessment techniques with her training in physical therapy and exercise protocols. Currently a competitive recreational athlete and formerly a collegiate All-American, Cathy also consults professional athletes from a variety of sports for injury prevention and improved performance. She holds dual degrees from Portland State University in Exercise Science & Physiology and General Science, having loved the study of the human body both inside and out.

In teaching others, Cathy hopes to bring that love of the human body to her students as they explore the intricate workings of our amazing bodies and how simple holistic nutrition concepts can really help each of us thrive. She is passionate about using a whole food diet to heal the body from within, and she strives to educate other health care practitioners, families and communities about how nutritious food choices contribute to a healthy life. Cathy is dedicated to the NTA’s mission of providing holistic nutrition education to health professionals and individuals alike as a path toward optimal health and great success for our future generations.

Anne Fischer-Silva is a Restorative Wellness Specialist and Nutritional Therapy Practitioner. She is the owner of “A New Leaf Nutrition”, a private practice located in Petaluma, CA. Anne has a successful practice that serves clients throughout the United States as well as internationally. She received her certification in functional nutrition from Advanced Integrated Medical Institute in Washington, DC in 2000. Anne was an integral part of developing a successful holistic practice model before entering private practice. She helped develop the curriculum for Nutritional Therapy Association and continues as a lead instructor with NTA. Over the last fourteen years, she has taught nutrition courses in Washington, Hawaii, and California, hosted “Health-Wise” (a weekly radio show), and written articles for health publications. She has lectured nationally on a variety of health topics. Anne has taught traditional food cooking classes and is a past chapter leader for the Sonoma County Weston A. Price Organization. She is passionate about teaching, cooking nutrient dense foods, her family, and connection around the table. Anne is excited to share her successful practice model with other practitioners through her educational program, Restorative Wellness Solutions. Her vision is to ultimately change the prevailing paradigm of what constitutes health and how that is achieved.
Gray L. Graham, BA, NTP has been an international consultant in the field of clinical nutrition for nearly twenty years. During his career, he has taught hundreds of seminars on nutritional therapy to thousands of doctors and other healthcare practitioners all around the world.

Gray is the founder of the Nutritional Therapy Association (NTA) and in 2001 started the Nutritional Therapist Training Program. Since 2001, in conjunction with numerous Community Colleges, NTA has certified over a thousand Nutritional Therapy Practitioners (NTP’s) around the United States.

Gray received his Bachelor of Arts with an emphasis on Nutrition and Natural Health from the Evergreen State College (TESC) in Olympia, Washington. He was an Adjunct Professor at the South Puget Sound Community College for four years, where he originally developed and taught the Nutritional Therapist Training Program. Gray Graham is the lead author of “Pottenger’s Prophecies: How Food Resets Genes for Wellness or Illness”

Jennifer Pecot, B.S., NTP, is owner of Body Divine Wellness based in Orlando, FL. She is a Nutritional Therapy Practitioner (NTP), Master Certified Healing Foods Specialist (CHFS), Certified GAPS Practitioner (CGP) and health lecturer. She is also an AFAA Certified Personal Trainer and licensed Boot Camp Challenge Instructor. Jennifer is co-creator of the “Certified Healing Foods Specialist (CHFS)” Training Program – a four day intensive focusing on properly prepared whole food cuisine and probiotic nutrition taught nationwide.

Jennifer has been a long-term proponent of living a healthy lifestyle. After witnessing a series of health crises among friends and family members, she was inspired to explore natural methods of disease prevention and treatment. Jennifer’s shift from “mainstream” methods of health and wellness to natural alternatives began in 2001. Her wellness program combines practicing the techniques of Nutritional Therapy, exercise programming, and stress management/life skills coaching.

Jennifer's purpose in life is to inspire change. Determined to make a difference, she has devoted her time to educating others on the importance of taking ownership of their health and well-being. She believes the cultivation of knowledge is essential to achieving divine health. Her goal is to encourage a paradigm shift from diagnosis and treatment to disease prevention and healthy living. Jennifer believes that true health requires a holistic approach, where mind, body and spirit are all nurtured and strengthened.

Erin Foushee, NTP is the founder and owner of Fortis Wellness, LLC, a company dedicated to strengthening individuals and companies in the greater Washington D.C. area through preventative based nutrition and fitness programs. Erin is also the developer of the Fortis Corporate Wellness Program for NTPs, which provides a tried and true business model and workshop materials for NTPs to market, sell, and service the program to companies in their area of the country.

Erin has experience with numerous facets of the wellness field and has enjoyed working with a variety of clients including nationally ranked athletes, businessmen, senior citizens, and children.

Her passion and mission is to educate corporate America and the next generations of NTPs on preventative wellness and to empower them with that priceless information.
John Tjenos, LMT, NTP has been in a private clinical practice in New York City and Seattle since 1991. His multi-disciplined approach reflects his view that for healing to be sustained, it must occur on multiple levels of our being — structural, biochemical, electromagnetic, and emotional. John has integrated Nutritional Therapy with the structural bodywork of Aston Patterning, the Autonomic Reflex Technique pioneered by Dr. Dietrich Klinghardt, and the applied kinesiology methods developed by George Goodheart. A core principle and motivation for his work is the idea that nutrition should be a foundation for all disciplines of health care, including medicine, psychotherapy, skin care, dentistry, acupuncture, and massage. He believes passionately in sharing with others the power of nutrition in healing, and especially in healing the chronic conditions that afflict so many people today. He believes that it is of utmost importance to educate parents about the role that nutrition plays in their child’s physical, mental, and emotional development.

John feels privileged to be sharing his knowledge with others. His experience as an instructor is that the course offers students not only a training program, but also a healing experience. His classes have demonstrated that the Nutritional Therapy Training program uniquely prepares students to offer the kind of guidance about food and nutrition that is currently lacking in our society, to the detriment of our collective health. John is a Licensed Massage Therapist and an Aston Patterning Practitioner, and also has experience as a professional cook and restaurant owner.

Rachel Alm, NTP graduated from the NTA program in 2008 and immediately put her new knowledge into practice. A former social worker, Rachel quickly realized how much her nutrition training strengthened her work with families and began building programs around healthy living and food production in the public school system. She now owns Spring of Wellness, a private practice in Chelan, WA where she specializes in family health, digestive disorders, chronic disease, and inflammatory conditions. She is trained in Chronic Disease Self Management and Motivational Interviewing principles and uses these skills to guide her clients to achieve greater health through reasonable, sustainable changes.

As a member of the North Central Washington Integrative Health Network, Rachel sees nutrition as a way to bridge the gap between wellness modalities and strongly believes in the power of collaborative care, built on a foundation of a whole foods diet. She also feels very passionately about increasing access to nutrition education for the medically under-served, and since becoming an NTP, has been actively involved in free clinic development and health education services to low-income patients in her community.

Joanell Tylor, NTP is a Restorative Wellness Specialist and is certified as a Nutritional Therapy Practitioner, herbalist, nutritional microscopist, metabolic typing practitioner and phlebotomist. Joanell completed her diplomate studies in clinical nutrition through Parker College of Chiropractic. Joanell was a lead instructor for the Nutritional Therapy Association from 2003 thru 2006 and has recently rejoined the organization as a lead instructor. She has maintained a successful private practice since 1995. Joanell’s current passion is to empower and inspire other health professionals with the knowledge and clinical tools that will support them in manifesting clinical and financial success.

Clinical Approach:
Joanell serves clients throughout the United States as well as internationally. She takes a comprehensive approach with all of her clients by utilizing a variety of methodologies to assess the unique needs of those she serves. Joanell is a skilled practitioner at addressing and restoring body imbalances while optimizing one’s health naturally. She believes in the foundational principles of healing and always honors the aspects of mind, body and spirit with all of her clients. Joanell's philosophy is “Let food be thy medicine” first and incorporates whole, properly prepared foods based on the teachings of Weston A. Price. She utilizes enzymes, nutritional supports, herbal tonics, homeopathic blends and Bach flower remedies to restore health and well-
Professional Recommendations

“I wanted to commend you on your Nutritional Therapist Training Program. In a busy practice, physicians and nurses don’t have the time for patient education on lifestyle issues so I decided to add those aspects into my practice by utilizing a staff member.

The Nutritional Therapy Practitioner (NTP) Program is an excellent choice for nutritional training because it includes pertinent background information in basic physiology and anatomy coupled with the teachings of respected nutritional pioneers, laying a foundation of universal truths about health and nutrition.

Not only do the clients benefit from overall improved health but they also appreciate the ‘one-on-one’ clear explanation and guidelines for therapeutic lifestyle changes that ultimately reduce the cost of health care and expensive pharmaceutical intervention.”

George Wm Koss, D.O.
Federal Way, Washington

“When asked for recommendations as to where to go for additional education in the field of holistic nutrition…I most often recommend that they investigate the NTP program offered by the Nutritional Therapy Association. I have lectured for this group at a number of their scientific conferences and have met both the people in charge as well as a huge number of their graduates. I find them to be well educated, extremely ethical and open minded, and simply a good group of honest forward thinking nutrition professionals. Their training program does what it claims to do and this is very apparent in their graduates. Highly Recommended.”

David Getoff, CCN, CTN, FAAIM
Naturopath and Professor, Grossmont/Cuyamaca Community College
www.Naturopath4you.com

“I highly recommend the course of study offered by the Nutritional Therapy Association for anyone interested in nutritional counseling. Their program involves a holistic approach based on proven traditional wisdom and the latest evidence from modern medical and nutritional science. Students get a firm understanding of how the human body works and how diet affects all aspects of health and well-being. They learn which nutrients, foods, and methods of preparation promote good health and which promote ill health. They are trained to help clients find the right foods and diet that will balance body chemistry and restore health.”

Bruce Fife, CN, ND
Author of Coconut Cures, The Detox Book, Saturated Fat May Save Your Life, Eat Fat Look Thin

“The substance and pedagogical methods in the NTP program are, in my opinion, superior. Rather than relying on outmoded ideas, this program provides a foundation for life long learning in nutrition that is appropriate for professionals and para-professionals alike. It addresses the needs of the community for information that exposes the scientific myths that surround fat, milk and more.”

Leslie Korn, Ph.D, M.P.H., R.P.P.
Director, Center for Traditional Medicine
Olympia, Washington
Nutritional Therapy Practitioner Program
Course Outline

Each module contains:

- **“Big Ideas”**, which offer an overview of the important concepts covered in each module.
- **“Anatomy and Physiology”**, the study of body structure and function, which helps students to understand the scientific basis of nutritional therapy.
- **“Dietary Considerations and Supplemental Support”**, dietary suggestions and nutritional supplementation protocols that support healthy physiological function and improve nutritional status.
- **“Functional Evaluation”** a technique our students use to identify and correct nutritional imbalances and deficiencies. This technique helps answer three important questions:
  1) Is there a deficiency?
  2) Will a particular nutrient/food work for a client?
  3) When is the client nutritionally sufficient?

**Introduction**- An overview of foundational functional nutrition and the occupational focus of the Nutritional Therapy Practitioner.

**Module 1: The Basics of Nutrition**- This module provides information on the framework of the program. Contents include the basics of nutrition, evolution of the modern diet, and guidelines for proper nutrition.

**Module 2: The Client Consultation Process**- Module 2 provides you with the skills necessary to work effectively with your clients from the initial interview to the follow-up visit.

**Module 3: Introduction to Anatomy and Physiology**- This module offers a general understanding of human physiology and structure, as well as structural organization and anatomical positions. Additional anatomy and physiology studies will be included in each module by system.

**Module 4: Digestion**- Digestion takes the most significant role in determining what nutrients are absorbed into the body, which is fundamental to nutritional therapy. The focus of this module is to understand the physiology of the gastrointestinal tract and how to restore the health of the digestive system by identifying needs for nutritional support. Using evaluative techniques and interview skills students will learn how to assess dietary distress.

**Module 5: Blood Sugar Regulation**- Americans consume an average of 140 pounds of refined sugar each year causing a national epidemic of diabetes and obesity. The excessive consumption of carbohydrates and refined sugar is not only a disturbance to the cardiovascular system, but also to the entire endocrine system. Students will learn to assess blood sugar dysregulation, identify dietary stressors and address it with nutritional therapy through the functional evaluation and the Nutritional Assessment Questionnaire.

**Module 6: Essential Fatty Acid Balance**- This module highlights the importance of fatty acids in the diet and the necessity of essential fatty acid balance to assess musculoskeletal, endocrine, cardiovascular and immune problems. Students will learn evaluative techniques to determine what fatty acids are needed to help restore balance in each individual client.

**Module 7: Mineral Balance**- Module 7 highlights the necessity of mineral balance as it relates to pH, proper nerve conduction, muscle function and tissue growth. Stress, dietary choices and other lifestyle issues can deplete the body of vital minerals. Students will use interviewing skills, functional evaluation techniques and the Nutritional Assessment Questionnaire to help identify mineral deficiencies.
Module 8: Urinary System and Hydration- This module focuses on the importance of kidney health as it relates to proper elimination, maintaining mineral balance, and regulating blood cell production. Also, because dehydration is the most common nutritional deficiency among Americans, there is an emphasis on the importance of proper hydration and dehydration prevention.

Module 9: Endocrine System- Our endocrine system consists of complex relationships. Students will learn to identify hormonal imbalances through addressing the foundations covered in earlier modules. We will examine the dysfunction of endocrine glands as it directly relates to endocrine balance caused by imbalances in the foundations (digestion, blood sugar regulation, mineral balance and hydration). Students will also learn concepts of endocrine individuality and acquire skills to assess each client effectively through the functional evaluation and the Nutritional Assessment Questionnaire.

Module 10: Allergies & Immune Weaknesses- Chronic allergies are increasing in today’s society, but there are ways to support the body to help reverse this dilemma with nutritional therapy. The key to maintaining a healthy immune system is to remove the stressors and strengthen the underlying weakness, further building a strong foundation. Techniques will be taught to identify the root causes and to support the mechanisms of the immune response.

Module 11: The Cardiovascular System- Seventy-five percent of Americans are diagnosed with cardiovascular disease by the end of their lives. The focus of this module is to identify the underlying causes of cardiovascular dysfunction and to help support the body through the foundations before pathology develops.

Module 12: Nutritional Detoxification- Detoxification happens continuously. It is the process of cleaning, nourishing and resting the body from the inside out. Proper foundational support will help the body to maintain its detoxification pathways. Students will learn the necessary protocols to establish a successful detoxification program.

Module 13: Other Nutritional Considerations- Successful weight loss programs, nutritional components essentials to mental and emotional health, nutritional impacts associated with common pharmaceuticals and the basics of metabolic typing will be discussed in relation to foundational health. Students will learn to identify the relationship between a body out of foundational balance and other nutritional considerations.

Module 14: Business Basics- To be a successful Nutritional Therapy Practitioner students need general practice management skills, as well as clinical expertise. This module covers the basics of running a nutritional counseling practice, legal issues, insurance, client management and office procedures.

Module 15: Bonus Topics- Bonus topics include: Sports Nutrition, Introduction to Research, Introduction to Botanical Medicine, Popular Diets, Fertility, Probiotics & Enzymes.

Written and Practical Exams- Students are required to pass written and practical exams. The practical exams are designed to demonstrate that each student has the necessary skills and knowledge to earn certification from NTA. Students must pass the written exams with 80% or higher and the practical exams with 90% or higher.

In Person Workshop- Students are required to attend a three in person workshop sessions during the program to obtain certification.

Homework and Attendance Requirements- Students are required to complete all homework, required reading, outside community projects, client/practitioner work and meet attendance requirements in order to become certified. Status and grades will be reported to students in writing. Absences need to be reported to the Instructor.
Nutritional Therapy Practitioner Program

The Nutritional Therapy Practitioner Program offers students 9 months of training with the flexibility of self-paced study, online access to materials, teleconference calls and 3 separate multiple-day, instructor-led workshops during the fifteen-module course. Students will receive access to comprehensive learning materials, reference documents, video and audio lectures through our online learning management system NTTConnect. **Students must have reliable high-speed Internet access and be comfortable working in an online environment.**

During the Instructor-lead teleconference calls students will review the audio and video lecture material and join in on class discussions that complement the curriculum. In addition, students may schedule individual phone conferences for clarifying any questions. Course requirements consist of module-based homework, book reviews on all required reading, a community project and outside client/practitioner exercises. Students will be required to attend 3 intensive workshops at a designated location. These multi-day sessions will include hands-on instruction that covers client functional evaluations, diet and lifestyle assessments, review of course material, and examinations.

Upon completion of the NTP program and having met all the requirements, you will graduate with a certification from the Nutritional Therapy Association with the designation of a Nutritional Therapy Practitioner™ (NTP). A Nutritional Therapy Practitioner does not diagnose or treat disease. We make nutritional recommendations for balancing the body and promoting optimal wellness. A Nutritional Therapy Practitioner is approved by NTA as a certifying organization, not licensed or certified by any state. Please check with your state for specific information on licensing requirements.

**Tuition: $3,900**

(Tuition does not include required reading, travel, testing tools, or hotel accommodations)

Referral Program incentives & Financing available.

For more information on registration call the Nutritional Therapy Association, Inc. at (800) 918-9798 or visit us on the web at www.nutritionaltherapy.com
Nutritional Therapy Consultant Program
Course Outline

Each module contains:

- “Big Ideas”, which offer an overview of the important concepts covered in each module.
- “Anatomy and Physiology”, the study of body structure and function, which helps students to understand the scientific basis of nutritional therapy.
- “Dietary Considerations and Supplemental Support”, dietary suggestions and nutritional supplementation protocols that support healthy physiological function and improve nutritional status.

Introduction - An overview of foundational functional nutrition and the occupational focus of the Nutritional Therapy Consultant.

Module 1: The Basics of Nutrition - This module provides information on the framework of the program. Contents include the basics of nutrition, evolution of the modern diet, and guidelines for proper nutrition.

Module 2: The Client Consultation Process - Module 2 provides you with the skills necessary to work effectively with your clients from the initial interview to the follow-up visit.

Module 3: Introduction to Anatomy and Physiology - This module offers a general understanding of human physiology and structure, as well as structural organization and anatomical positions. Additional anatomy and physiology studies will be included in each module by system.

Module 4: Digestion - Digestion takes the most significant role in determining what nutrients are absorbed into the body, which is fundamental to nutritional therapy. The focus of this module is to understand the physiology of the gastrointestinal tract and how to restore the health of the digestive system by identifying needs for nutritional support. Students will learn how to assess dietary distress.

Module 5: Blood Sugar Regulation - Americans consume an average of 140 pounds of refined sugar each year causing a national epidemic of diabetes and obesity. The excessive consumption of carbohydrates and refined sugar is not only a disturbance to the cardiovascular system, but also to the entire endocrine system. Students will learn to identify blood sugar dysregulation and dietary stressors through the interview skills and our Nutritional Assessment Questionnaire.

Module 6: Essential Fatty Acid Balance - This module highlights the importance of fatty acids in the diet and the necessity of essential fatty acid balance to assess musculoskeletal, endocrine, cardiovascular and immune problems. Students will learn to determine when fatty acids are needed to help restore balance in each individual client.

Module 7: Mineral Balance - Module 7 highlights the necessity of mineral balance as it relates to pH, proper nerve conduction, muscle function and tissue growth. Stress, dietary choices and other lifestyle issues can deplete the body of vital minerals. Students will use interviewing skills, and the Nutritional Assessment Questionnaire to help identify mineral deficiencies.

Module 8: Urinary System and Hydration - This module focuses on the importance of kidney health as it relates to proper elimination, maintaining mineral balance, and regulating blood cell production. Also, because dehydration is the most common nutritional deficiency among Americans, there is an emphasis on the importance of proper hydration and dehydration prevention.
Module 9: Endocrine System- Our endocrine system consists of complex relationships. Students will learn to identify hormonal imbalances through addressing the foundations covered in earlier modules. We will examine the dysfunction of endocrine glands as it directly relates to endocrine balance caused by imbalances in the foundations (digestion, blood sugar regulation, mineral balance and hydration). Students will also learn concepts of endocrine individuality and acquire skills to assess each client effectively though dietary changes and the Nutritional Assessment Questionnaire.

Module 10: Allergies & Immune Weaknesses- Chronic allergies are increasing in today’s society, but there are ways to support the body to help reverse this dilemma with nutritional therapy. The key to maintaining a healthy immune system is to remove the stressors and strengthen the underlying weakness, further building a strong foundation. Techniques will be taught to identify the root causes and to support the mechanisms of the immune response.

Module 11: The Cardiovascular System- Seventy-five percent of Americans are diagnosed with cardiovascular disease by the end of their lives. The focus of this module is to identify the underlying causes of cardiovascular dysfunction and to help support the body through the foundations before pathology develops.

Module 12: Nutritional Detoxification- Detoxification happens continuously. It is the process of cleaning, nourishing and resting the body from the inside out. Proper foundational support will help the body to maintain its detoxification pathways. Students will learn the necessary protocols to establish a successful detoxification program.

Module 13: Other Nutritional Considerations- Successful weight loss programs, nutritional components essentials to mental and emotional health, nutritional impacts associated with common pharmaceuticals and the basics of metabolic typing will be discussed in relation to foundational health. Students will learn to identify the relationship between a body out of foundational balance and other nutritional considerations.

Module 14: Business Basics- To be a successful Nutritional Therapy Practitioner students need general practice management skills, as well as clinical expertise. This module covers the basics of running a nutritional counseling practice, legal issues, insurance, client management and office procedures.

Module 15: Bonus Topics- Bonus topics include: Sports Nutrition, Introduction to Research, Introduction to Botanical Medicine, Popular Diets, Fertility, Probiotics & Enzymes.

Bonus Topics- There are many topics that contribute to nutrition and a successful nutritional practice. Through references and lecture content we will explore the topics of popular diets, sports nutrition, research methodology and herbs.

Exams- Students are required to pass written exams. Students must pass the written exams with 80% or higher to obtain their certification. Students will need to arrange proctoring of exams during designated times throughout the course. Part 2 Only: Midterm and final practical exams must be completed with 90% or higher to obtain certification.

In Person Workshop- Students are required to attend a two day in person workshop session during the program to obtain certification. Part 2 Only: Students will be required to attend three multi-day intensive workshops to obtain certification.

Homework and Attendance Requirements- Students are required to complete all homework, required reading, outside community projects and client/practitioner work and meet attendance requirements in order to become certified. Status and grades will be reported to students in writing. Absences need to be reported to the Instructor.
The Nutritional Therapy Association, Inc. ® is now proud to offer the Nutritional Therapy Consultant Program (NTC). This program includes the same course content as the Nutritional Therapy Practitioner Program minus the hands on Functional Evaluation skills. The NTC program is ideal for healthcare practitioners who already use other modalities to evaluate the body as well as students interested in working primarily with food, diet and lifestyle recommendations either in group sessions with clients, one-on-one consultations or working with clients over great distances. It also affords students the flexibility to complete the entire NTP certification program in two parts. Students will receive the majority of their instruction in the form of video and audio lecture online, conference calls and online interaction with their teaching team. The NTC program offers students 9 months of training with the flexibility of self-paced study, weekly teleconference calls and one multiple-day, instructor-led workshop during the fifteen-module course. Students will receive access to comprehensive learning materials, reference documents, video and audio lectures through our online learning management system NTTConnect. **Students must have access to highspeed internet and be comfortable working in an online environment.**

During the Instructor-lead teleconference calls students will review the audio and video lecture material and join in on class discussions that complement the curriculum. In addition, students may schedule individual phone conferences for clarifying any questions. Course requirements consist of module-based homework, book reviews on all required reading, community project and outside client/practitioner exercises. Students will be required to attend one intensive workshop at a designated location. This session will include hands-on instruction that covers client interview process, diet and lifestyle assessments, and review of course material. Upon completion of Part 1 of the NTC program graduates will be granted the designation Nutritional Therapy Consultant (NTC).

**Tuition:** $2,900

(Tuition does not include required reading, travel, testing tools or hotel accommodations)

Referral Program incentives & Financing available.

For more information on registration call the Nutritional Therapy Association, Inc. at (800) 918-9798 or visit us on the web at www.nutritionaltherapy.com
Functional Assessment Development (FAD) Program

The Functional Assessment Development program consists of full instruction in NTA's Functional Evaluation process as well as advanced clinical skills. Our Functional Evaluation process allows graduates to evaluate nutritional status and specific nutritional needs of their clients. Upon completion of the FAD program, graduates with an existing Nutritional Therapy consultant (NTC) credential will be granted the designation Nutritional Therapy Practitioner (NTP). This program is also appropriate for NTP graduates that want to refresh their Functional Evaluation skills. Students with a current NTP certification will be granted 24 continuing education credits upon completion of the program. Students will be required to attend two multi-day workshops to learn the hands on Functional Evaluation skills as well as take a final practical exams participate in conference calls, review audio and video lecture content and participate in case study reviews and outside client/practitioner assignments. Students will receive access to comprehensive learning materials, reference documents through our online learning management system NTTConnect. **Students must have reliable high-speed Internet access and be comfortable working in an online environment.**

During the Instructor-lead teleconference calls students will review the audio and video lecture material and join in on class discussions that complement the curriculum. In addition, students may schedule individual phone conferences for clarifying any questions. Course requirements consist of reviewing lecture content, outside client/practitioner exercises, attendance at workshops and a practical examination. Students will be required to at-

**Tuition:** $1,600

(Tuition does not include required reading, travel, testing tools or hotel accommodations)

Referral Program incentives & Financing available.

For more information on registration call the Nutritional Therapy Association, Inc. at (800) 918-9798 or visit us on the web at www.nutritionaltherapy.com
Required Reading List*

Introduction to the Human Body: The Essentials of Anatomy & Physiology - Gerald Tortora
Nourishing Traditions - Sally Fallon
Complete Book of Food Counts - Corinne Netzer
Staying Healthy with Nutrition - Elson Hass, MD
Motivational Interviewing in Health Care - Rollnick, Miller & Butler
Signs and Symptoms Analysis from a Functional Perspective - Weatherby, ND
Nutrition and Physical Degeneration - Weston Price, DDS
Why Stomach Acid is Good For You - Jonathan Wright
Adrenal Fatigue: The 21st Century Stress Syndrome - James Wilson, MD
Know Your Fats - Mary Enig, Ph.D
Your Body's Many Cries for Water - F. Batmanghelidji, MD
Put Your Heart In Your Mouth - Natasha Campbell-McBride, MD
Seven Day Detox Miracle - Peter Bennett, ND & Stephan Barrie, ND
Omnivores Dilemma - Michael Pollan
How to Read a Paper: The Basics of Evidence-Based Medicine - T Greenhaigh

To purchase your required reading books in one shipment consider the offer from the Price-Pottenger Nutrition Foundation:

NTA/PPNF Bundle Includes:

- All required books in one shipment
- Fast, efficient service
- Free shipping
- One-year complementary membership to Price-Pottenger Nutrition Foundation
- Plus numerous other great PPNF membership benefits

To order your books directly from the Price-Pottenger Nutrition Foundation and read about membership benefits visit: http://ppnf.org/store?main_page=product_info&cPath=54&products_id=710

You can also purchase your books on Amazon using links on our website or from your local bookseller.

*Reading lists are subject to change.*
Recommended Reading List Excerpt

Pottenger’s Cats- Francis Pottenger, Jr., M.D.
Effect of Heat-Processed Foods- Francis Pottenger, Jr., M.D.
Pottenger’s Prophecy- Gray Graham
Healing with Whole Foods- Paul Pitchford
The Encyclopedia of Healing Foods- Michael Myray, N.D.
Eat Naked- Margaret Floyd, NTP, CHFS, HHC
Why Some Like it Hot: Food, Genes and Cultural Diversity- Gary Nabhan
Dr. Jensen’s Guide to Better Bowel Care- Dr. Bernard Jensen
Digestive Wellness- Elizabth Lipsky
Dangerous Grains- James Braly, Ron Hogan & Jonathan Wright
Gut and Psychology Syndrome - Dr. Natasha Campbell-McBride, M.D. “
The Second Brain- Michael D. Gershon, M.D.
Life Without Bread- C. B. Allen, PhD, W. Lutz, M.D.
Sugar Blues- William Dufty
Caffeine Blues- Stephen Cherniske
Protein Power- Michael & Mary Dan Eades, M.D.’s
Eat Fat, Lose Fat- Mary Enig, Ph.D and Sally Fallon
Fats that Heal, Fats that Kill- Udo Erasmus
Water the Ultimate Cure- Steven Meyerowitz
Body Type Diet- Elliot D. Abravanel, M.D.
Our Stolen Future- T. Colborn, D. Dumanoski, J. Myers
Oxytocin Factor- Moberg, Francis & Uvnas-Moberg
The Pulse Test- Author Coca
The Homocysteine Revolution- Kilmer S. McCully, MD
The Crazy Makers- Carol Simontacchi
The Detox Book- Bruce Fife
The Fast Track Detox- Ann Louise Gittleman
Herb, Nutrient and Drug Interaction-Mitch Stargrove
Fat Flush Plan- Ann Louise Gittleman, M.S., C.N.S.
Metabolic Typing Diet- William Wolcott & Trish Fahey
The Small Business Owner’s Manual- Joe Kennedy
How to Succeed as a Small Business Owner and Still Have a Life!- Bill Collier
The Art of the Start: A Time-Tested, Battle-Hardened Guide for Anyone Starting Anything- Guy Kawasaki
A Modern Herbal: The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi, Shrubs – Volumes 1 & 2 - Margaret Grieve
Holistic Herbal: Complete Illustrated Guide- David Hoffman
Nutritional Herbology: A Reference Guide to Herbs- Mark Pedersen
The Craft of Research- Wayne Booth, Gregory Colomb & Joseph Williams
Summing Up: The Science of Reviewing Research- Richard J. Light and David B. Pillemer
Frequently Asked Questions

Is your program accredited?
The Nutritional Therapy Association is a private vocational school in Washington State. We are licensed by the Washington State Workforce Training and Education Coordinating Board and train practitioners to address nutrition from a holistic perspective. Our programs are not accredited by the Department of Education.

Does your program prepare you to sit for board exams?
Currently our Nutritional Therapy Practitioner (NTP) Program and Nutritional Therapy Consultant Programs are recognized by the National Association of Nutritional Professionals (NANP). Graduates of our programs can sit for NANP’s national board exam.

What are the prerequisites for the program?
The only prerequisite is a high school education. The Nutritional Therapist Training Program is not a 4-year program or a prerequisite for a 4-year dietetics program. Students must also have access to highspeed internet and be comfortable working in an online environment as a majority of the coursework will be done online.

How long is the program and does it have to be completed consecutively?
All of our courses are approximately nine months in length and must be completed within the scheduled time.

Would it be practical to take this course while working full time?
Many of our students have full time jobs so, yes, it is entirely possible to work full time and complete the program. However, students should plan to spend 15-20 hours per week studying. We also recommend you begin your reading even before the class starts if possible.
Can I take the program even though I don’t know if I want to start a business?
Yes, about 30% of our students take the training for personal interest, about 30% start their own practice and the other 40% are health care practitioners who add this training to their existing knowledge and/or practice.

What kind of degree or certification will I receive when I complete one of your programs?
Upon successful completion of the Nutritional Therapy Practitioner Program a certification of completion is awarded by the Nutritional Therapy Association granting permission to use the designation of Nutritional Therapy Practitioner (NTP).

Upon successful completion of Part 1 of the Nutritional Therapy Consultant Program a certification of completion is awarded by the Nutritional Therapy Association granting permission to use the designation of Nutritional Therapy Consultant (NTC).

Upon successful completion of Part 2 of the Nutritional Therapy Consultant Program a certification of completion is awarded by the Nutritional Therapy Association granting permission to use the designation of Nutritional Therapy Practitioner (NTP).

What types of positions are available for graduates of your programs?
NTA graduates find jobs in several areas. Some graduates combine their certificate with existing licenses/certificates in alternative medicine. Many have established a private practice as a nutritional consultant. We have some graduates working in a clinical setting with other like-minded professionals. NTA has also graduated numerous healthcare professionals such as chiropractors, acupuncturists, registered nurses, and massage therapists. The NTP and NTC programs do not qualify you to work in a hospital or other government regulated settings as a nutritionist.

Is this certification recognized by the state?
States vary in their requirements for certification/licensure for those providing nutritional counseling and advice. The majority of states allow NTPs to establish their own practice. Some states, however, require licensure so you would want to work under the supervision of a licensed practitioner. The Department of Health in your state should have complete information on their individual requirements. You can also visit http://nutritionadvocacy.org for more information on your states laws and regulations.

Will I be able to bill insurance for my services?
Because our program is a certification program and not a licensure program you will not be able to bill insurance for your services or supplementation unless you have other licensure that allows you this privilege.
What part does diet play in your programs?
Diet is a very large part of our programs. A cornerstone of our programs is our belief that proper nutrition has to be built on a foundation of properly prepared, nutrient dense foods. Though we discuss supplementation in our programs, especially relating to our Functional Evaluation and lingual-neuro testing technique, our instructors emphasize the need for food to be the primary source of nutrition.

Is the nutrition training based primarily on supplement use or can the techniques be used with herbs and foods?
Our primary focus is a properly prepared nutrient dense diet. However, we do discuss supplementation throughout our curriculums. Our Functional Evaluation techniques are most commonly used with supplements and herbal remedies, but foods can be used as well.

What is included in the curriculums? What is required for certification?
The course curriculum includes anatomy and physiology, basic chemistry concepts and the science of food and its’ nutritional components. (You can find an outline of the course Module by Module on pages 6-7 of the Course Catalog). Students also learn how to identify and address imbalances in the body and intervene with nutrition to improve overall health.

In order to become certified you will need to complete all required reading, homework, book reports, community project, outside client/practitioner folders, review audio and video lecture content online, attend any required workshops and pass a written and practical midterm and final exam.

How are these nutrition programs different from other courses?
The Nutritional Therapy Practitioner & Nutritional Therapy Consultant Programs offers a whole food based nutritional paradigm with a holistic approach for addressing health and wellness. Our programs are based on a whole food, foundational approach to nutrition. We emphasize allegiance to the teachings of such pioneering greats as Dr. Weston Price and Dr. Francis Pottenger and believe that each person is biologically individual and has within them an innate intelligence. Our programs offer a system of evaluative measurements that help identify nutritional weaknesses in the body. The Nutritional Assessment Questionnaire combined with the Functional Evaluation and lingual-neuro testing gives powerful tools to assess a client’s biochemical individuality. These techniques allow a practitioner to make personalized diet and lifestyle recommendations that will promote health and wellness.
How much can a Nutritional Therapy Practitioner earn?
Salaries for NTPs can range from $50 to $125 per hour depending on location, experience and other certifications/licenses.

Is there financing available?
NTA currently partners to offer Professional Development Loans for tuition and books available through the Tulip Credit Union, Olympia, WA. Loans carry 24 or 36-month terms with interest based on applicant’s credit score. To obtain a loan application email: nta@nutritionaltherapy.com with Tulip Loan Application in the subject line.

Are there any scholarships available?
From time to time private scholarships are offered to our students. When scholarships become available we notify prospective students via email. Scholarships are not given by NTA directly.

Can I complete your programs from overseas?
Currently, we do not have an overseas option. All of our programs require that students attend at least one in-person workshop. The Nutritional Therapy Consultation Program requires a two day workshop and the Nutritional Therapy Practitioner Program requires three workshops.

Will you train me how to open my own business?
We do discuss business basics in Module 14. However, some graduates have gone on to complete additional training that provide specific training on how to run an efficient small business or private practice.

What is the difference between a Nutritional Therapy Practitioner (NTP) and a Nutritional Therapy Consultant (NTC)?
Fundamentally, a NTP and a NTC are the same. They both employ foundationally based nutritional recommendations, evaluate food journals, utilize our Nutritional Assessment Questionnaire and make dietary and supplemental recommendations. However, the NTP has the additional tool of our Functional Evaluation and subsequent lingual-neuro testing that allows them to further tailor nutritional recommendations to the clients needs.
Does this class count as continuing education credits?
Sometimes continuing education credits can be applied to other certificates and/or licenses. Inquiries must be made to the institution that awarded the license or certificate.

How many CEUs do I need to keep my certificate current after I graduate?
NTA requires 24 CEUs every 2 years to keep the NTP or NTC certification current. At least 12 of the credits need to be directly related to nutrition. Up to 12 can be non nutrition related but need to support your business in some way.

How many CEUs does one receive per class?
One CEU credit is given per one hour spent in class.
2014-15 Program Venues

Fall Start Classes

Classes for this 9-month program begin in September 2014 and continue thru June 2015.

Workshop Weekends: These required in-person class days will include 8 hours of instruction. The typical schedule is 9AM to 6PM each day.

Registration Opens: June 2, 2014

Registration is on a first-come, first-serve basis. You will be added to a class once payment is received. If you are applying for a professional development loan through Tulip Credit Union, we must receive notification that the loan has been approved before you will be registered for the class.

To download a registration form, go to our website: www.nutritionaltherapy.com

Nutritional Therapy Practitioner Programs

Seattle, WA 2014-15

Location: Seattle Central Community College
To register contact Seattle Central Community College

Olympia, WA

Location: South Puget Sound Community College
To register contact South Puget Sound Community College

Portland, OR Area

Location: Red Lion Hotel Vancouver at the Quay, 100 Columbia Street Vancouver, WA 98660

Hartford, CT

Location: Hilton Hartford 315 Trumbull Street Hartford CT 06103
Austin, TX

Location: Hilton Austin 500 East 4th Street Austin, TX 78701

San Diego, CA

Location: Crowne Plaza San Diego 2270 Hotel Circle North, San Diego California 92108 619-297-1101

Nutritional Therapy Consultant Programs

New York Area

Workshop Weekend: December 5 - 7, 2014
Location: Holiday Inn, 369 Old Country Road, Carle Place, NY

Functional Assessment Development Programs

No classes scheduled for Fall 2014

Winter Start Classes

Classes begin February 2015 thru October 2015

Registration will open in Fall 2014. Registration forms will be available on to download on the website at http://www.nutritionaltherapy.com by mid-September.

You can look forward to classes in the following locations:

- Bend, OR
- Arlington, VA area
- San Francisco, CA
- Minneapolis, MN

*Winter start venues have not been finalized and are subject to change without notice.*