

HELLO THERE

We are excited that you are interested in our syllabus. !
We will be even more excited to hear from you! Have a
'nose' through our syllabus and if you feel this connects
with you and you would like to train with us, drop us a
line and/or apply.



“Let the beauty of what you love be what you do”

Rumi

THE SYLLABUS



Our comprehensive syllabus is relevant to our times. All topics are chosen so that you qualify equipped, enabled and empowered to practice as a nutritional therapist and a life coach.

To enrich your learning, we use the The Spiral Curriculum which is predicated on cognitive theory advanced by Jerome Bruner (1960), who wrote, "We begin with the hypothesis that any subject can be taught in some intellectually honest form to any child at any stage of development." In other words, even the most complex material such as certain topics like biochemistry, when properly structured and presented, can be understood by the young as well as the more learned and/or mature in years.

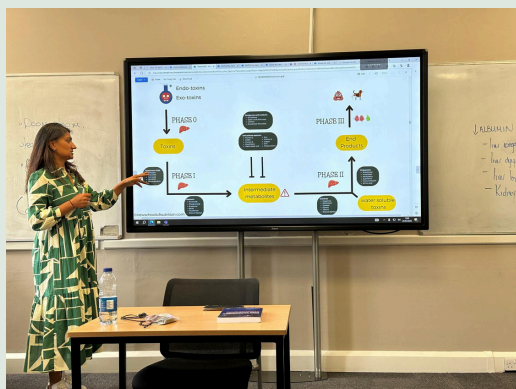
Key features of the spiral curriculum based on Bruner's work are: (1) The student revisits a topic, theme or subject several times throughout their learning (2) The complexity of the topic or theme increases with each revisit; and (3) New learning has a relationship with old learning and is put in context with the old information. *Nothing is wasted.*

The benefits ascribed to the spiral curriculum are: (1) The information is reinforced and solidified each time the student revisits the subject matter; (2) The spiral curriculum also allows a logical progression from simplistic ideas to complicated ideas; and (3) Students are encouraged to apply the early knowledge to later course objectives.

Features of this curriculum have been linked to improved learning outcomes. In addition, the spiral curriculum incorporates many research-based approaches from cognitive science that have been linked, individually, to improved student performance as well. More information on the Spiral Curriculum can be found at helpfulprofessor.com/spiral-curriculum/

The teaching is immersive, practical and applicable to daily life. There is no rote learning. Learning happens every day, every second, all around you. This course is UNIQUE.

THE SYLLABUS




Dr Khush Mark PhD

The Nutrition Medicine Syllabus covers various topics, starting with the fundamental building blocks of our physical body. Remember that the body is electric, so minerals play a vital role. Did you know that the calcium channels are impacted by the psychedelics? The new shifts in medicine are exciting and nutrition medicine is key in health and wellbeing. At the New School we believe in biochemical individuality. We avoid protocol based teaching. Protocols can be self taught through various social media groups and/or YouTube channels all for free.

We honour 'root cause' medicine as well as biochemical individuality. We do not teach allopathic green medicine, where you switch a drug with a natural supplement, this just means the body will just scream louder at some point as the 'root cause' is still firing messages.

We teach a variety of functional tests to dive deeper into various biological systems and then we cross link those tests with other tests where we can. However, we do not use tests as a stand alone, they have to be integrated into the WHOLE. No systems work in isolation, neither does a test, be it a simple blood test or a more in depth functional test.

We deep dive into hormones, what they are, their various roles with their dancing partners, their metabolism etc. We look at the impact of toxins on the hormonal system. Mentioning toxins, have you seen the movie 'Dark Waters'? We have a small list of movies that we recommend further down. Look out for the cinema tickets sign, like this. 

We journey through the gut, starting with the senses through to the consistency of the bi-product in the 'loo'. Did you know if you have your gallbladder removed the consistency of the stool changes and the microbiome community starts to get slightly 'agitated'?

We absolutely believe the MINDBODY is ONE word and is ONE. This is where the coaching comes in. We teach about MINDBODY symptoms such as migraines, interstitial cystitis, hives, fibromyalgia, chronic back pain, CRPS (Complex Regional Pain Syndrome), Did you know emotions can drive physiological changes in the body? This is ONE reason why we have coaching as a key part of the module.

We cover subjects that are 21st century relevant, topics that you will find not just valuable but necessary to know as we move forward in these times but our focus is on the WHOLE person, MINDBODY.

THE SYLLABUS



Debbie Fisher and David Mark

Here is an interesting study, by Reeves et al., 2007, Gen Hosp Psychiatry. 2007 May-Jun;29(3):275-7.

This study was carrying out a randomised clinical trial on depression, testing an anti-depressant.

The randomised groups were either in the treatment group (actual medication) or the placebo group (sugar pill).

One of the participants, during the trial goes through a break up with his girlfriend, she 'breaks up' with him.

In his utter despair, he swallows all the pills from the bottle. Then he regrets it and calls his neighbour in desperation. The neighbour rushes him to hospital, by this time he is pale, sweating heavily (diaphoretic), his blood pressure now is very low, his heart is pounding. The nurses and the doctors, ask him, 'what did you take?' He does not know the name of the medication except that it is an anti-depressant in the clinical trial. He explained that he took the whole bottle. The hospital staff panicked but, they manage to get a hold of some of the study staff who ended up reassuring them that he was actually in the placebo group! He had simply 'downed' a bottle of sugar pills. And as soon as he heard this, his symptoms immediately dissipated, his blood pressure and his heart rate returned to normal. He was discharged from the hospital.

This is the power of the mind: thoughts lead to emotions, that lead to physiological changes. In the coaching module we dive into many essential topics. The first year is about 'meeting yourself', as healing is an 'inside job', and it is about knowing the person within. We teach wonderful and relevant subjects, these include self compassion, your most important relationship (is you!) somatic pain, resistance, boundaries, cognitive behavioural coaching, mindfulness based stress reduction (MBRS), to name a few.

Ready for another movie? 📺

The Pixar movie 'Inside-Out', we love this movie, it reminds us a little bit of coaching.

NUTRITION SYLLABUS

NUTRITION MEDICINE

Nutrition Medicine will be taught throughout the 2 years with corresponding student clinics in year 2. The clinics are held one day a month online, outside of the teaching weekend



- The journey of food to your plate
- The magic of macro and micronutrients
- Fat does not make you fat but sugar sure does
- Gut health and the magic microbiome
- Isolated minerals are just too lonely, they are better when they come in pairs
- Mamma's nutrition matters; before, during and post pregnancy (no rest for the wicked)
- Methylation cycle that keeps us spinning
- Functional Tests: Adrenal-stress test, Hair Tissue Mineral Analysis, Comprehensive Stool Analysis (CSA), DUCTH plus (hormones, their metabolites and detoxification), Cortisol Awakening Response (CAR), fatty acid profile test, mycotoxin testing, thyroid testing of toxins
- Menopausal mayhem; get me out of here it's too hot
- Immune system: Nearly 70% of your immune system is in your gut, #true story
- Elimination channels; the importance of keeping them flowing, imagine the gutters getting blocked!
- The loyal liver; detoxification, phase 1, phase 2, phase 2.5 and phase 3
- HPA axis; fight, flight, freeze and fawn
- 'Nature wants us to be fat', ask Dr Richard Johnson if you don't believe it

NUTRITION SYLLABUS

NUTRITION MEDICINE

- DNA-Epigenetic testing: Genetics loads the gun, but lifestyle pulls the trigger
- Time Restricted Eating: There is a time to eat and a time to not
- Metabolic Dysfunction; The fire that rages on but no one seems to notice
- You can't exercise your way out of a bad diet
- Brain on fire; Parkinson's Disease, Dementia, Autism
- Adult onset diabetes now called type 2 diabetes as it no longer has an age preference
- Diabetes type 3; Alzheimers Disease
- Hair Tissue Mineral Analysis: What story is your hair telling?
- Shall we just say hypothyroid is an epidemic and be done with it?
- My blood test results are 'within normal range' but I feel like 'poop'
- They said uric acid was confined to gout, but it seems to have 'unravelled'
- Unhealthy patterns in the microbiome before blood sugar issues can become more serious
- Auto-immunity is not an immune system 'after your life', it is an immune system tired of over working
- Hormones: The sexy types., the metabolic types and the neurotransmitter types
- Medication-induced nutrient depletionbut that is not all, they even 'annoy' the microbiome
- Who said Cell Danger Response? The link to autism, chronic fatigue, fibromyalgia
- Vitamins and minerals: run through the whole 2 years
- Psychobiotics: 'I will have what she is having'... pleasure is achieved partly through the gut
- Adenosine triphosphate is our currency of energy that is made in the mitochondria but watch out for hidden toxins, toxic elements, mould illness..they all seem to have a 'crush' on the mitochondria
- Neuroplasticity- the most trendy and sexy topic in science (at the moment) and it's link to chronic illness



COACHING SYLLABUS

IT'S AN 'INSIDE JOB'.

THE BEST WAY TO COACH, IS BY FIRST BEING COACHED.

Coaching is taught throughout the 2 years.




- Your most important relationship in life is with YOU
- The power of connection
- The power of communication through connection
- Active listening: What did you just say?
- The 'growth' mindset and the 'fixed' mindset
- Don't let your biography become your biology
- A sneak peek into your daily internal conversations that no one else ever hears
- The fear fallacy
- You are the most important textbook on the reading list
- You are the assignment: Living life the coaching way
- I was told I could not do that" Who/What have you been listening to?
- Money Matter; money is evil, money is power, money brings pain, money is wealth
- I am being 'good': I have given up sugar
- When I get to 57 kilograms then I will be happy
- That story you keep telling yourself, 'it's over, it's old news
- Imposter Syndrome
- Transforming health: It is not a vocation
- Distractions and excuses
- Self Awareness: It's an inside job

COACHING SYLLABUS

THE BEST WAY TO COACH, IS BY FIRST BEING COACHED

- Procrastination: I will start it next year, forget tomorrow even
- The 'pleasure principle'
- Insta-gratification: 21st century living
- Limitations: I can't, I shouldn't, I couldn't
- The mis-match: 'Eeek, I don't like this feeling, get me out of me'
- Feeling is healing
- Burn out syndrome: Boundaries versus rules
- The shock absorbers: we all have them
- Distracted by addictions
- Gestalt: What's my body saying?
- Response-ability: They made me do it
- Metamorphosis: It is a beautiful process
- I am not business savvy: I could n't possibly run my own practice?
- I need to do more courses before I am ready....I don't know enough
- Setting up your business in nutrition with coaching skills....You are ready!
- Burn out syndrome: because there are no boundaries

Fancy a few more movies? 

- Brain On Fire
- The Bleeding Edge
- The Business of Birth Control (this one requires a small fee to watch at <https://thebusinessoffilms.vhx.tv/>)
- Hack Your Health: The Secrets of Your Gut

And then there is the drama mini-series called 'Painkiller' (this is only available for a limited time, so catch the series whilst you can).

HOMEOPATHY SYLLABUS

FOR RAPID RELIEF

Rapid Relief Homeopathy will be taught in year 1.



- History of Homeopathy /The Organon/Law of Similars
- The Vital Force/ Direction of Cure/ Potency
- Concept of Health & Disease / Suppression
- Acute Case Taking Skills.....Case Analysis and prescribing
- Introduction to the Repertory for Acute ailments
- Fever management
- Treatment for baby and childhood ailments
- First aid remedies; accidents, cuts, bites, stings, sprains/strains
- Coughs, colds, flu, sore throats and earaches
- Anxiety, shock and sleep issues
- Hay fever
- Digestive problems
- Headaches and migraines
- Travel remedies
- Acute menstrual issues; period pains and hot flushes
- Pregnancy and childbirth support
- Core combination remedies
- 33 cell salts plus...as you understand minerals and biochemistry these cell salts increase in number

INTERESTED?



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“Let the beauty of what you love be what you do”

Rumi