NUTRITIONAL THERAPY TRAINING PROGRAMS

2021-2022 Course Catalog
Nutritional Therapy Practitioner
Online Program™
At the Nutritional Therapy Association, it is our mission to deliver a science-based education that equips and connects a community of confident holistic nutrition professionals to harness the power of real food, reconnecting each person to the unique needs and innate wisdom of their bodies to support lasting wellness.

Since 2001, we've provided individuals with actionable knowledge and evaluative tools to transform their health, families, communities, and careers. Our values are rooted in a belief in the body’s innate ability to heal, a respect for biochemical individuality, a foundational approach to nutrition and health, and an unwavering commitment to a nutrient-dense, whole food diet.

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MESSAGE FROM THE FOUNDER

Welcome!

I founded the Nutritional Therapy Association almost twenty years ago in order to teach nutrition to health care practitioners. What became almost immediately apparent to me was that in addition to teaching nutritional therapy to doctors, what we really needed was a whole new profession dedicated to the power of whole foods and nutrients to restore and maintain health. In 2001, in a cooperative effort with South Puget Sound Community College, we launched our first Nutritional Therapy Training (NTT) class and graduated our first class of twenty-seven Nutritional Therapy Practitioners (NTPs). A new profession was born.

Since that time, just nineteen years ago, we have trained over six thousand practitioners from around the world! Along with our dedicated staff of Instructors, we have taught the curriculum in venues all around the United States, and in Australia and Canada.

Our growing community of students and graduates never cease to amaze me. I watch them going into private practice, working alongside other healthcare professionals, adding functional nutrition to their current modalities, launching successful careers in the nutraceutical industry, creating podcasts, becoming professional bloggers, writing books, the list just goes on. It’s an honor for me to be part of this incredible group of individuals who are actively helping to change the paradigm of our modern healthcare system toward a more holistic, functional model.

I often hear our graduates use the word “transformative” in describing our program. For many, this comes from the transformation that happens in their own health as they apply the concepts learned from the curriculum. For others, this concept of transformation comes from acquiring the science-based skill set needed to translate their passion for health into a deeply fulfilling career path in functional, holistic nutrition.

As you read through this course catalog, I invite you to imagine how your training at the Nutritional Therapy Association might assist in transforming your life, and the lives of those you touch.

Healthfully,

Gray L. Graham, BA, NTP
Founder
WHO WE ARE

We are an independent vocational school providing instructor-led online training programs in holistic nutrition.

We provide a holistic nutrition education rooted in the power of real food and scientific function of the body.

In addition to providing our students with a comprehensive education in nutrition, robust clinical skills, and a thorough understanding of how to use nutrition therapeutically, we go beyond food to include lifestyle factors, environmental sustainability, as well as sustainable local and organic food production.

Our passionate community has one dedicated focus: creating a ripple effect of life-changing and lasting wellness through holistic nutrition.

We are a strong driving force aimed at fundamentally altering the pathway to health for humanity. Our mission is driven by our passionate students and graduates who make up our ever-expanding community of engaged, lifelong learners.

We have trained over six thousand Nutritional Therapy Practitioners (NTP) worldwide who have changed the health and lives of countless individuals.

NTPs can be found in all 50 states, several Canadian provinces, as well as Australia, Asia, and Europe. NTPs are now prevalent in holistic and allopathic medical practices and are sought after practitioners, chefs, personal trainers, authors, and advisors.

Although doctors and other wellness-focused practitioners appreciate the importance of proper diet and nutritional supplementation, it’s often very difficult for them to deliver effective evaluation and dietary counseling necessary to support optimal healing.

Many NTPs work alongside these practitioners in their offices or in private practice to support the doctors’ diagnosis and other therapies.
Our philosophy centers around the idea that we can make the world a better, healthier place through a holistic and individualized approach to nutrition and lifestyle.

We believe that many of modern society’s health problems result from weaknesses in the body’s physiological foundations which include: digestion, blood sugar, mineral balance, fatty acids, and hydration.

This is predominately a result of poor nutrition and chronic emotional and environmental stress.

Our approach is grounded in bio-individuality, meaning we do not take a “one size fits all” approach to nutrition, but instead address each client differently, according to their unique needs.

Nutritional Therapy is holistic in nature, which means the aim is to address and support the whole body rather than view it as the sum of its parts. Therefore, NTPs aim to support the entire body as a network of systems rather than just addressing specific symptoms.

NTPs provide specific tools for assessing the body’s nutritional deficiencies and imbalances and address these through diet, supplements, and lifestyle changes.

Trained NTPs work to help each client find the right types of whole foods that will restore balance and enhance their ability to heal.

They teach the importance of following a properly prepared, nutrient-dense diet, rich in whole foods that are delicious, nourish our bodies, and restore good health.

We also honor the body’s innate intelligence and its incredible capacity to restore, regenerate, and correct itself – when given support through nutritional therapy, lifestyle modifications and patience.
WHAT MAKES OUR PROGRAM UNIQUE?

Here are a few of the unique characteristics that set us apart:

**Instructor-led education:** Unlike other online, self guided programs, you’ll receive individualized feedback, experienced wisdom, and practical support from industry experts and practitioners.

**Accessibility:** Our program is instructor-led and fully online to accommodate a variety of schedules and needs.

**Bio-individual approach:** Unlike other programs, you’ll learn how to honor each person’s body as unique and understand what foods and nutrients best support balance and function for each individual client and their specific needs.

**Depth of study:** Our courses dive deep, allowing our students to understand the root cause of nutritional imbalances and deficiencies and learn what it takes to correct them. We explore how the body’s systems work together so that our students have a robust understanding of the key systems that are affected by and supported through nutritional therapy.

**Powerful practitioner tools:** We provide our students with practical, actionable assessment tools so that they can successfully determine their clients’ nutritional imbalances and deficiencies and support them with nutritional therapy.

**Scientific skillset:** We break down anatomical and physiological concepts in a way that creates clinical competency so our graduates can feel confident as professional practitioners that are equipped to achieve results.

**Mission-driven community:** While many communities within the wellness space have strong beliefs about health, none match the dedication, passion, and depth of knowledge of the NTA’s community. Our instructors, staff, students, and graduates bond through our common purpose and a strong desire to help others.

**Practical application:** Students learn an effective client consultation process that utilizes Motivational Interview skills, a full set of clinical forms, and real-world application practice with both case study analysis and sessions with practice clients.
WHY IS NUTRITIONAL THERAPY NEEDED?

Healthcare costs continue to rise, and chronic disease is at epidemic proportions. It’s currently the leading cause of death and disability in the U.S with six out of ten adults having at least one chronic disease, all due to lifestyle and nutrition risk factors. Education about holistic nutrition and lifestyle factors is key to improving health and reversing the cycle of chronic disease.

It’s clear there’s a need for health educators in our current healthcare climate, and with a projected employment growth of 11% through 2026 — much faster than average — the job outlook for health educators is positive. With this clear and growing need for educators to help influence and improve the health of humanity, there has never been a better time to become a Nutritional Therapy Practitioner. Source: Bureau of Labor Statistics.

Less than 15% of physician visits include any nutritional counseling

Chronic disease accounts for 75% of America’s national health spending

6 out of 10 adults in the United States have at least one chronic disease

1 http://www.exercmed.org/journal/view.php?number=23
2 https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/PreventiveHealth.html
3 https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm
The global wellness industry is a $4.2 trillion market

The global wellness industry grew 12.8% from 2015-2017, from a $3.7 trillion to a $4.2 trillion market. To put that in economic context, from 2015-2017, the wellness economy grew 6.4% annually, nearly twice as fast as global economic growth (3.6%).

Source: Global Wellness Institute

The global clinical nutrition market continues to grow

The global clinical nutrition market was valued at approximately $43.8 billion in 2017 and is expected to generate revenue of around $61.4 billion by end of 2023, growing at a rate of around 5.8% between 2017 and 2023.

Source: Global News Wire

The demand for health counseling is rapidly expanding

Market data estimates that the total U.S. health coaching market was worth $6.1 billion in 2017, up 15% from 2014. The total market is forecast to grow at a 5.4% average annual pace, to $7.9 billion by 2022, with 121,000 coaches practicing.

Source: Market Data Enterprises, Inc
WHAT YOU’LL DO AS AN NTP

Nutritional Therapy Practitioners are trained nutrition professionals, capable of identifying and correcting nutritional imbalances and deficiencies through targeted dietary and lifestyle changes.

An NTP’s job is to help address the ill effects of poor dietary and lifestyle habits while supporting the physiological foundations. We endorse a nutrient dense, whole food, properly prepared diet as well as supplementation when necessary to correct imbalances and deficiencies.

NTPs look at the big picture rather than focusing on the symptoms accompanying an issue. This means that a symptom is not viewed as the actual “problem”, but instead, an indication of an imbalance in the physiological foundations. NTPs seek to find the root underlying cause that can then be addressed through nutritional therapy and lifestyle modifications. For example, we believe that obesity, infertility, skin issues, and many autoimmune conditions are often the result of imbalances in the body.

NTPs also focus on supporting clients through practical nutrition education with real world case studies, scientific research, and therapeutic nutrient recommendations.

When I was unexpectedly let go for my job a few years ago, I finally took the leap and I enrolled in the Nutritional Therapy Practitioner program. Now, three years later, I have a full-time online based practice, seeing both, one-on-one clients and running my signature Nutritional Therapy program, Root Cause Reset and I absolutely love what I do. So, going through the NTP program has taught me so much about how I can take my own health to the next level but also how I could help women who are stuck in the same place that I was a few years ago. It is just so rewarding seeing women who went from having irregular periods to having regular cycles or getting rid of acid reflux that they’ve dealt with for years. From a business standpoint, I’ve been able to go full time in my practice and work with one-on-one clients and do my program.

-Diane Teall, FNTP

While most people are well intentioned regarding their health, many have been misdirected and ill-informed when it comes to nutrition, particularly in this age of countless conflicting dietary theories.

An NTP is uniquely equipped to help people navigate through this sea of nutritional advice to find what works for their bio-individual needs.
The Nutritional Therapy Practitioner (NTP) Online Program is a ten-month, instructor-led, fully online program encompassing the NTA’s foundational and bio-individual approach to functional, holistic nutrition.

NTPs are equipped to support the body’s innate ability to heal by addressing the importance of nutrient-dense food, lifestyle choices, culinary wellness, client coaching, and how social and personal components influence health.

The program takes an in-depth look at the function and dysfunction of each body system, food quality and sourcing, culinary skills, meal planning, health and wellness barriers and influences, emotional well-being, environmental factors, the importance of sleep and movement, as well as stress and its effect on the body.

Students are empowered with the necessary motivational interviewing techniques, clinical and practical skills, and cutting-edge knowledge to become a highly recognized nutrition and wellness professional in their community.

“Create a ripple effect that transforms lives.”
WHAT YOU'LL RECEIVE:

‣ Foundational knowledge on the importance of a properly prepared, nutrient-dense, whole food diet, digestion, blood sugar regulation, fatty acids, minerals, and hydration

‣ A bio-individual approach that focuses on each person’s unique nutritional needs and deficiencies

‣ Education backed by science that goes deep into the function and dysfunction of each body system

‣ Necessary empowering interviewing techniques and cutting-edge knowledge to become a highly recognized nutrition and wellness professional in your community

‣ Multi-faceted instructional delivery provides a deeper level of understanding and the confidence to help others (and yourself) to make progress with pressing or anticipated health needs

‣ In-depth education on the quality and sourcing of our food, culinary skills, barriers, influences, emotional well-being, environmental factors, the importance of sleep and movement, as well as stress and its effects on the body

Join a community of like-minded professionals who want to change the world

IS THE NTP PROGRAM RIGHT FOR YOU?

If you’re looking to launch a new career in the holistic nutrition industry, gain confidence to support the health of your friends and family, or to enhance your current profession with this life-changing knowledge, the NTP Online program is for you.
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<thead>
<tr>
<th>Module</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Welcome</strong></td>
<td>This module provides an introduction to the learning space as well as an overview of the NTA paradigm and the occupational focus of the Nutritional Therapy Practitioner.</td>
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<tr>
<td><strong>The Client Consultation Process</strong></td>
<td>In this fully integrated, course-long module, students will learn how to use various consultation skills including Motivational Interviewing techniques, food &amp; mood journal evaluations, and creating recommendations. Using these tools, students will be able to develop customized protocols based on each client’s bio-individual needs.</td>
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<tr>
<td><strong>Evolution of the Modern Diet</strong></td>
<td>This module provides a review of the history and evolution of the modern diet, including key nutritional pioneers, major milestones leading to our current diet, sourcing and farming practices, and cultural diet differences.</td>
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<tr>
<td><strong>Introduction to Anatomy and Physiology</strong></td>
<td>This module introduces basic anatomy and physiology concepts and terminology. Students will continue to learn about the form and structure of other body systems in subsequent modules.</td>
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<tr>
<td><strong>Basics of Nutrition</strong></td>
<td>This module offers an overview of foundational nutrition, explores specific guidelines for what constitutes a nutrient-dense, properly prepared, whole foods diet, and presents the roles of macronutrients and micronutrients.</td>
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<tr>
<td><strong>Culinary Wellness, Part One</strong></td>
<td>Where food comes from, food quality, and proper preparation is core to achieving optimal health. This module will guide students through food sourcing, quality and preparation, understanding food industry language, and key changes to make in the kitchen and pantry to support the basics of using food to achieve optimal health.</td>
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<tr>
<td><strong>Digestion</strong></td>
<td>This module focuses on the physiology of the gastrointestinal tract and digestion process, as well as how to identify nutritional needs and stressors, and how to support the digestive system.</td>
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# Module Overview

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<th>Module</th>
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<tr>
<td>Blood Sugar Regulation</td>
<td>In this module, students will learn the physiology and importance of blood sugar regulation, including how to identify blood sugar dysregulation in clients, and how to support regulating blood sugar through nutritional and lifestyle practices.</td>
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<tr>
<td>Fatty Acids</td>
<td>This module highlights the many critical roles of fat in the body and how to support the inflammatory process.</td>
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<tr>
<td>Mineral Balance</td>
<td>This module emphasizes the role of minerals in nerve conduction, muscle function, and tissue growth. Students will learn to identify and support mineral deficiencies caused by stress, nutritional deficiencies, and other lifestyle choices.</td>
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<tr>
<td>Hydration</td>
<td>This module addresses the systemic effects of dehydration and the importance of maintaining kidney health for optimal elimination, mineral balance, and blood cell production.</td>
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<td>Sleep, Stress, &amp; Movement</td>
<td>This module will explore the impact of a person’s stress levels, quantity, and quality of sleep and what type of movement or exercise a person chooses to do on overall health, as well as share steps that can be taken to address each impinging factor.</td>
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<tr>
<td>Endocrine</td>
<td>In this module, students will learn the complex system of relationships within the endocrine system, and how to support hormonal function by addressing the Foundations.</td>
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<tr>
<td>Immune</td>
<td>This module focuses on the physiology of the immune system, food allergies, and intolerances, as well as how to support the health of the immune system to enhance overall health.</td>
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<tr>
<td>Cardiovascular Health</td>
<td>This module presents the various forms of cardiovascular dysfunction and gives an updated perspective on the subject of saturated fat and cholesterol, while emphasizing how to support cardiovascular health through a focus on the Foundations.</td>
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## MODULE OVERVIEW

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<tr>
<td><strong>Nutritional Detoxification</strong></td>
<td>In this module, students will learn how to use nutritional therapy to help optimize the body's natural process of clearing toxins and restoring the body's vitality from the inside out.</td>
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<tr>
<td><strong>Barriers, Influences, &amp; Emotional Wellbeing</strong></td>
<td>This module provides students with tools to better understand the whole person and address nutritional needs holistically. From socioeconomic, cultural, and familial status to emotional wellbeing and self-talk, this module will discuss the impact of these factors on overall health and ideas for addressing concerns with clients.</td>
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<tr>
<td><strong>Environmental Factors</strong></td>
<td>In this module, students will learn the impact that chemicals, toxins, mold, our home and work environments, and other environmental factors have on our overall health. Students will learn how to identify common toxins and chemicals and recommend healthy tips to reduce the negative impact of environmental toxins.</td>
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<tr>
<td><strong>Culinary Wellness, Part Two</strong></td>
<td>Building on the knowledge introduced in Culinary Wellness, Part One, this module dives into the practical application of culinary healing and how to become a guru in the kitchen. Culinary skills, batch cooking, super foods, and cooking methods will be presented.</td>
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<tr>
<td><strong>Practice Resources</strong></td>
<td>In this module, students will be given tips and resources for setting up their own practices. Scope of practice and legal implications, professional organizations in which students may be interested, and introductory business building tips will be included. This module is a great precursor to the NTA’s more in-depth business-building Career Development Course.</td>
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**FORMAT OF DELIVERY**

At the NTA, it is our goal to help mold you into a confident practitioner who is capable of taking complex nutrition concepts and making it digestible for your clients. One of the ways we do this is through the practicality of your assignments.

**CORE ASSIGNMENTS**

Each module will require you to engage in three assignment formats:

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<th>Practical Application</th>
<th>Original Content</th>
<th>Client Consultation</th>
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<td>‣ Opportunity to explore client scenarios with the guidance of an instructor team</td>
<td>‣ A challenge to create unique educational materials for clients</td>
<td>‣ A platform for you to walk you through each step of the process you will use to gather information and engage with clients as a Nutritional Therapy Practitioner</td>
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<td>‣ Controlled case study activities</td>
<td>‣ Ability to take ownership of your education, diving deeper into your areas of passion</td>
<td>‣ Real-time feedback that builds your competence and confidence in your ability to guide a client through all stages of their journey</td>
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<td>‣ Platform to apply what you have learned in each module to specific client issues that you are likely to encounter in the field</td>
<td>‣ Feedback on a client-facing project that you can use in your unique business path</td>
<td>‣ Opportunity to develop both your “on paper analysis” and “in-person relational” practitioner muscles.</td>
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<td>‣ A safe space for you to practice making appropriate recommendations and receive direct feedback on your thought process</td>
<td>‣ Opportunity to demonstrate your learning through more creative pathways</td>
<td>‣ Ability to engage in the more unpredictable human aspect of the industry while under the guidance of a seasoned professional</td>
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ACCOUNTABILITY

While our program is completely online, you will never feel alone for one second. Not only will you be attending live, weekly lectures and monthly course mentor calls but you’ll also have access to your instructor during office hours and the constant support of classmates through your online learning platform.

ZOOM LECTURES

› Structured teaching tied to specific Learning Outcomes for the content being covered that week

› Engagement activities with peers through the breakout group functionality

› Opportunity to gain clinical expertise from an experienced practitioner

COURSE MENTOR CALLS

› Opportunity to build stronger relationships with peers

› Guidance from an NTA graduate with real world experience

› Exposure to multiple case study scenarios

› An arena to practice delivering case study presentations in preparation for the Capstone Project

Become an NTP and join a community of world-changers.
Choosing NTA changed my life. I enrolled in the NTP program because I needed clarity in my own health journey, but I didn’t fully know what to expect. After years of researching on my own, I thought I knew a lot about holistic health – but what I didn’t know was how transformative this program would be for me. The quality of this education was far beyond my expectations, and the depth of knowledge that I gained was much greater than anything I could have researched on my own. The NTP program gave me the tools to elevate my health from the inside out, and because of that, I have been able to create a life where I am intentionally helping others to do the same. It is beyond rewarding being a part of this community – this movement – that is transforming lives every single day.

Shakeena Bradley, FNTP | @holisticallymelanated

I was sick for a long time, and after getting no answers from Doctors in multiple countries, I stumbled across NTA. This course has allowed me take my health back into my hands, solve the foundations of my health that were causing my issues, and also change the lives and health of those closest to me. I feel empowered in a way I never thought possible before to help others, and this course has changed my life and career forever. Take the leap, and transform lives.

Kyle Hackley | @Kyle.the.Rhino

Diane’s multiple sclerosis became so crippling that she could no longer remember her name, could only walk by cane, was having to speak from an iPad, and was forced to wear diapers. She was on the verge of applying for social disability…this is what launched her to become a Nutritional Therapy Practitioner.

Since going through our program she has gained the tools she needs to get well that empowered her to serve her community through her incredibly delicious and nutrient-dense baked goods company, Hidden Nutrients and also sees clients in her successful practice.

Diane Melano, FNTP - CEO of Hidden Nutrients

+ Watch Now
Becoming an NTP through the Nutritional Therapy Association not only changed how I approach my own health in my personal healing journey, but it has greatly changed the trajectory of my career and how I help others – my one-on-one clients to my virtual community, alike. I have so much more focus and intent behind what I am creating and sharing with the world, and I feel more fueled than ever in my mission to help empower others to take control of their health. Becoming an NTP has allowed me to feel confident in my expertise and to trust that I have the knowledge to truly help others. The NTP program also taught me how to investigate and become a critical thinker, rather than arming me with a set diet, program or paradigm. All of this has given me so much clarity, confidence and knowledge in how I spend my energy and it allows me to direct my passions in a highly customized, much more meaningful and impactful way than I ever thought possible.

Beth Manos Brickey, FNTP, RYT | Tasty Yummies | tasty-yummies.com

After struggling with bulimia and body dysmorphia for 8 years, I stumbled upon the ketogenic diet. Ignorant to the reasons, this whole food, high fat diet completely changed my life. I began to try and understand not just the “what” but the “WHY”. That lead me to the NTA! Becoming and FNTP is everything I needed it to be and more. It not only taught me the core foundations of health but also it brought out a drive in me to exceed beyond it! It has empowered me to help my clients on levels I never thought possible and I could not be more grateful. I now run my own one-on-one coaching program and am currently pursuing my board certification as a holistic nutritionist! The sky is the limit as an NTP! I truly believe that!

Jonathan Shane, FNTP | The Keto Road

I chose the NTA after carefully researching several schools since I had formerly attended the Institute for Integrative Nutrition for my Health Coach certification, I knew that I wanted to dive much deeper into the science of nutrition and how to more specifically help my clients confidently. I wanted to be able to speak in a clinical setting with doctors and have the tools and background to stay up to date on the latest studies, to feel purposeful in what I teach to my audience and clients. After chatting with former graduates of the NTA and familiarizing myself more with the curriculum, I knew this was the one. It was also a major benefit to be accredited by NANP, which further proved out the legitimacy to me since there are so many schools popping up now and it can be confusing!

Alison Marras, FNTP, RWP | Recipe Developer and Content Creator | foodbymars.com

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CAREER OPPORTUNITIES

The wisdom you’ll gain from our programs, paired with the excitement and drive that result, will empower you and provide you the opportunity to shape your career the way that YOU want while also living a more purposeful life. You’ll be able to:

‣ Be your own boss
‣ Work from wherever, whenever
‣ Keep a schedule that fits your lifestyle
‣ Do work that you love
‣ Influence your community and loved ones
‣ Be a leader for positive change
‣ Contribute to our mission of healing the world

NTA graduates are skilled practitioners, ready to take on transforming the world. The opportunities to redefine health by nourishing, educating, and connecting individuals and communities are endless. They include, but are not limited to:

‣ Consult with clients 1:1 or in groups
‣ Join wellness centers with practitioners of other modalities
‣ Conduct corporate wellness coaching
‣ Blog or write articles about health and wellness
‣ Social media influencer
‣ Host podcasts
‣ Host nutritional coaching groups
‣ Work as an in-store nutrition consultants for grocery and or health food stores
‣ Develop meal planning system or business
‣ Teach seminars to children or adults
‣ Lecture or speak at events and conferences
‣ Author books
‣ Host retreats
‣ Start meal preparation and delivery businesses
‣ Create and run community kitchens or gardens
‣ Be guests on local programming, radio, news, TV, or public forum
‣ Open restaurant or personal chef businesses
‣ Improve their overall health, and the health of their families, friends, and communities

I’m able to work from home, I can control my schedule, and I’m able to see my kids for the important times and be home when they need me. I owe so much of that to the foundation the education.

-Michael Rutherford, FNTP

+ Watch Now
WONDERING, ‘WHICH HOLISTIC NUTRITION CAREER PATH IS RIGHT FOR ME?’

If you’re still unsure what direction you want to take this education, we have a helpful quiz to get you inspired down the right path.

Take our quiz and learn all about the possible career paths available to you as a future Nutritional Therapy Practitioner!

Take the quiz here.

INTERESTED IN DIVING DEEPER INTO YOUR BUSINESS?

Learn the how-tos of making a successful business in the holistic nutrition industry through the NTA’s comprehensive Career Development Course. You can save money by bundling this with your NTP enrollment, or you can pursue this career training as the next step after you graduate.

The Career Development Course is an eight-week online course designed to empower practitioners with actionable steps and resources to launch their career. This course is for practitioners looking for support in building a successful business and want help navigating marketing methods and generating new clients.

Learn more here.
COMPLEMENTARY MODALITIES

Many of our graduates seek out other programs to further their knowledge, broaden their scope, or specialize in a specific area. Others come from the health and wellness space initially, in order to enhance another certification or degree that they have earned.

Complementary modalities include, but are not limited to:

- Holistic medicine
- Functional medicine
- Traditional western medicine
- Dietetics
- Nursing
- Massage therapy
- Fitness coaching or personal training
- Psychology, psychiatry, or mental health
- Chiropractic
- Dentistry
- Ophthalmology or optometry
- Lab testing

Before the NTA I was craving structure around how to work with clients and create protocols. As an FNTP, I have the structure I need and now work with clients 1:1 as well as in my signature group program.

I was able to quit my job within my first year as an FNTP and now do this work full time!

Not only do I get to choose who I work with and love all my clients, but I'm on track to earn 6-figures this year."

Eleni Chechopoulis, NTP
HAVE QUESTIONS?

How much time do I need to set aside to be successful in the NTP program?

While study time may vary from week-to-week, students can expect to spend a minimum of 20 hours per week on program-related activities for the NTP program.

A typical week includes watching video lectures, reading a book or sections from a book, completing assignments, participating in class discussion groups, and studying for exams.

Students will participate in regular Zoom webinars with their class to dig deeper and connect the dots throughout the curriculum.

I need help to pay tuition, what options do you have?

Our tuition payment plan breaks down your tuition into five affordable monthly payments. There’s no interest, low finance charges and it’s easy to enroll.

For each enrollment cycle, we offer several scholarships in amounts up to $2,500 off the enrollment cost if you’re chosen. It involves a video submission of two minutes or less in which you’ll provide an answer to a specific prompt. More information on deadlines and the application process can be found here: https://nutritionaltherapy.com/scholarship-financial-aid/

Is this program accredited/Is this program recognized in every state/Can I practice in my state?

We are a private vocational school in Washington State, licensed by the Washington State Workforce Training and Education Coordinating Board, that trains practitioners to address nutrient deficiencies and body imbalances through holistic nutrition. Our programs are not accredited by the Department of Education.

States vary in their requirements for licensure for those providing nutritional counseling and advice. The majority of states allow NTPs to establish their own practice, but some states require additional licensure or working 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 the National Association of Nutrition Professionals: https://www.nanp.org/legislative-affairs for up-to-date information on the laws and regulations in your state.

To see our complete FAQs, visit our website.
GET STARTED TODAY

APPLY AND BEGIN YOUR REWARDING CAREER

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