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 healthcare 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 eighteen years ago, we have trained over five 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, getting high paying jobs 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 ancestral 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 five 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 the proper 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.

**Ancestral-based philosophy:** Our curriculum emphasizes ancestral wisdom, bio-individuality and real, whole foods as a foundation.

**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 constructive 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 practitioners and 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.
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.*

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2. [https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/PreventiveHealth.html](https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/PreventiveHealth.html)
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 modern and practical nutrition education.

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.

Every day, Nutritional Therapy Practitioners are empowering people to make positive change in their health and are helping to lead the global shift toward preventative wellness.
Nutritional Therapy Practitioner (NTP) Online

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 **Motivational Interviewing techniques** and cutting-edge knowledge to become a highly recognized nutrition and wellness professional in your community
• Enhanced **instructional delivery** with deeper level of understanding so that you can confidently know that you have everything you need to help others (and yourself) make progress with pressing or anticipated health needs
• In-depth education on the quality and sourcing of our food, culinary skills, meal planning, barriers, influences, emotional well-being, environmental factors, the importance of sleep and movement, as well as stress and its effects on the body
• The benefits of joining 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.
Module Overview

• Welcome
• Evolution of the Modern Diet
• Introduction to Anatomy and Physiology
• Basics of Nutrition
• Culinary Wellness, Part One
• Digestion
• Blood Sugar Regulation
• Fatty Acids
• Mineral Balance
• Hydration
• Sleep, Stress, & Movement
• Endocrine
• Immune
• Cardiovascular Health
• Nutritional Detoxification
• Barriers, Influences, & Emotional Wellbeing
• Environmental Factors
• Culinary Wellness, Part Two
• Practice Resources

*Client Consultation Process Integrated in Every Module
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. Plus, you can bundle with your enrollment and save some money by doing so or pursue after your NTP education.

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.

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.
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.
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, NTP, RYT | Tasty Yummies | tasty-yummies.com

This program is the foundation of everything I do from one-on-one client sessions, online programs, information I share on my blog and Instagram, to what I practice every day in my own life for optimal health + longevity. I couldn’t possibly put into words how grateful I am for the Nutritional Therapy Association and the NTP program— it has truly CHANGED MY LIFE. This program has not only taught me infinite information about the human body and how it is supposed to function, but it has given me the ability to have the freedom of owning my own business, to being able to change so many people’s lives, and to be incredibly excited about my career each and every single day.

Cait Crowell, BS, NTP, RWS | Specializes in Digestive Health | What Cait Ate, LLC | whatcaitage.com

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, NTP | Recipe Developer and Content Creator | Food by Mars | foodbymars.com
My education from the NTA was everything that I wanted and more. It gave me the firm foundation to be able to understand nutrition to the point where I could create the best quality content and recipes to serve my audience in the autoimmune community. If it weren’t for the NTA, I would not have the confidence or education to be effective. I highly recommend it to everyone who asks!

Michelle Hoover, BA & NTP | Owner, Recipe Developer, and Content Creator | Unbound Wellness, LLC | unboundwellness.com

The Nutritional Therapy Association provides a wonderful training program. You’ll learn so much about how the body works, what you can do to support the body’s proper function, and how to start a business helping people do the same.

Joanna Grove, NTP | Joanna Grove Nutritional Consulting, LLC

The best decision I ever made for my health, as well as for my career and happiness. Even if you don’t plan to make nutrition your career, the information and skills you will gain can literally be life saving and provides lifelong benefits to you and your family. I researched many different programs, including RD programs, and nothing compares to NTA in both scope, practical skills, and knowledge gained for the time investment. I was also able to complete the program while working full-time. I’m always happy to talk with anyone who has questions about the program, as others did for me when I was a prospective student.

Kristy Malone, MFT, NTP | Owner, Uncommon Wellness

If you are interested in engaging with like-minded people in the holistic community, if you are interested in getting the truth out about your food and how your body responds to it, if you want to learn practical applications to teach others or to become a practitioner yourself, this is definitely the place to go and the best bang for your buck. I am so glad that I started here because it began my journey into functional medicine in the right way. I was scared that if I went and got a four-year dietetics degree that it would be a waste, and I fear that would have been the truth. I am very proud to call myself a nutritional therapist and even more grateful that the program is exploding world wide, as the annual conferences continually show. You can’t go wrong.

Jennifer Doctorovich, NTP | Holhealth Harmony
MEET OUR INSTRUCTORS

Our passionate instruction team holds advance degrees and have broad experiences across a variety of fields, specialties, and services; enhancing student education by bringing diverse, real-world concepts and perspectives to each program. Their specialties include: Holistic Nutrition, Functional Medicine, Mind/Body Work, Autoimmunity, Ancestral Nutrition / Paleo, Gut and Psychology Syndrome (GAPS), Endocrine Dysfunction, Intuitive Healing, Nutrition Research & Healthcare General Practice, Therapeutic Use of Nutrients, Corporate Wellness, Botanical Medicine, Community Health, Thyroid Health, Women’s Health & Hormones, Stress Management, Career Development, and more. For the most current list of active instructors and their full biographies, visit our website.

INSTRUCTORS

Leanne Scott, FNTP, IHS, FDN-P, RWS, ADAPT
Leanne’s mission: To support community, empowerment, and respect for our bio-individual uniqueness. My philosophy is one of integrity and the belief that we all deserve the right to discover our best selves yet.

Janelle Johnson Grove, FNTP, NTP, MSEd
Janelle’s mission: To work with those who want to dive deep and breathe life into the soul through nutrition concierge and VIP services.

Victoria LaFont-Jackson, FNTP, Candidate MS HNFM
Victoria’s mission: To transform the practice of healthcare by creating a new paradigm focused on curious, cooperative practitioners, autonomous, self-aware patients/clients, and open source, accessible, evidence-based information.

Kate Mahoney, FNTP, BCHNTM
Kate’s mission: To empower people with the knowledge of how to optimally support their personal health through functional nutrition, one person at a time.

Dusty Lapp, B.A, FNTP
Dusty’s mission: To create a culture of wellbeing to help you reach your full potential.
Janine Martin Horst, BA FNTP, CGP, AIP
Janine’s mission: *To primarily work with women to help them cut fatigue and optimize their energy.*

Meredith Kinsel-Ziter, FNTP, BCHN
Meredith’s mission: *To support, educate, and empower chronically ill clients as they navigate their own path to healing.*

Brook Reyns, BS, FNTP
Brook’s mission: *To empower clients and students to embrace imperfection, patience, and grace in their journeys toward wellness.*

Jordan Schmidt, FNTP
Jordan’s Mission: *To support regenerative food systems all the way from soil to people!*

Allison Mädl, BA, FNTP
Allison’s mission: *To help women with chronic feminine health issues balance their diet and lifestyle so they can find freedom from discomfort and enjoy stable moods, restful sleep, normal weight, and healthy children.*

Amanda Jones, FNTP, MS, GPS, LMT
Amanda’s mission: *To empower students, clients, and community to assist the body in healing itself, as nature intended.*

Daniele Della Valle, FNTP
Leah Williamson, BA, FNTP, CGP, AIP, RWS
Leah’s mission: To empower students and clients to go forth with the knowledge and tools to help heal.

Melissa Shafer, LMP, FNTP
Melissa’s mission: To be passionate about helping people change their relationship to food by helping them discover what their body needs, eliminating confusion and freeing them of restriction, rules, and judgment.

Thomas Gilliford, BA, FNTP
Thomas’s mission: to help those in pain, whatever it may be, to understand that pain, shift it, and take their lives back.

Mishabae Mahoney, Lead Instructor, FNTP, LMP
Mishabae’s mission: To help people find the unique tools they need to build bridges back to their best possible self-body, mind and soul.

DeAnn Laube, BSNutr, FNTP, LMP, RWP
DeAnn’s mission: To help clients reclaim their health from the inside out though a combination of nutritional therapy, bodywork, herbal medicine and holistic cooking classes.

Krista McCafferty, FNTP, RWP, 21DSD Certified Coach
Krista’s mission: To use a functional nutrition approach to holistic health and wellness.

Jessica Pantermuehl, FNTP, CHHC
Jessica’s mission: To help shift the paradigm of modern healthcare by providing business and marketing education to holistic health professionals.
YOUR CAREER OUTLOOK

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 nutritionists 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
COMPLIMENTARY 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.

Complimentary modalities include, but are not limited to:

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

This program will change your life… and lives of countless others.

The foundational approach that NTA takes is unique and imperative to health.

When I found the NTA I knew I had to take the NTP program and I’m so thankful I did.

- Jenni Weinzel, NTP
GET STARTED TODAY

Next steps toward your rewarding career

Connect with an NTA Admissions Advisor and get your questions answered:

(800) 918-9798 | nta@nutritionaltherapy.com

Apply and begin your rewarding career today

Learn more about curriculum, financial aid, and scholarships