Since 1997, we have been providing 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.


TABLE OF CONTENTS

3 Message from the Founder
4 Introduction and Our Philosophy
6 Testimonials from Our Graduates
9 Our Instructors
10 Professional Recommendations
13 Nutritional Therapy Practitioner Program (NTP)
18 Nutritional Therapy Consultant Program (NTC)
23 Career Development Course
26 Paradigm-Relevant Reading
28 Frequently Asked Questions
33 Registration and Venues
MESSAGE FROM THE FOUNDER

Welcome!

I founded the Nutritional Therapy Association over 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, 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 now also 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 curriculum, 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, Lead Instructor and Board President
Dear Believers in Real Food and Real Education,

Thank you for your interest in the Nutritional Therapy Association’s training programs. The NTA is an independent vocational school and membership organization based in Olympia, Washington, providing both a fully-online and a blended online and in-person training in holistic nutrition. Since the first Nutritional Therapy Practitioner (NTP) class in 2001, the NTA has taught thousands of students around the world, changing the lives and health of countless more individuals. Graduates of our programs have gone on to open their own practices, work alongside other medical professionals, act as in-store nutritionists, run corporate wellness programs, teach online and in-person classes, launch careers as nationally recognized thought leaders, publish best-selling books, and improve their overall health, and that of their families, friends, and communities.

Our training programs offer a healthy, balanced, whole-food alternative to the processed, low-fat, grain-based dogma of the “food pyramid”, an outdated paradigm that has contributed to many of the rampant health woes plaguing modern societies.

The NTA equips graduates with unique tools for assessing and addressing nutritional deficiencies and imbalances in the body. Instead of resorting to pharmaceutical drugs and surgery, NTA graduates help clients reclaim their health through a step-by-step, foundational approach that emphasizes nutrient-dense, properly prepared foods, lifestyle changes, and targeted supplementation as required.
The NTA’s philosophy is that the myriad health problems plaguing modern society result from weaknesses in the body’s physiological foundations brought on by poor nutrition. As an educational organization, NTA is dedicated to helping healthcare professionals and individuals understand and reverse the tragic and unexpected effects of the modern diet on their families, patients, and clients. Our foundational holistic approach focuses on the importance of properly prepared, nutrient-dense, whole foods paired with a well-balanced lifestyle. Throughout our seminars, students access a wide range of educational tools and techniques that help identify and correct nutritional imbalances.

Our courses cover scientific principles about how the human body functions, anatomically and physiologically. We also understand there is an innate intelligence of our own body's nutritional needs that we have lost touch with. The Nutritional Therapy Training Programs provide a means to reconnect with, and grow attuned to our body's physiological response to nutrients. We're bringing healthy back.
TESTIMONIALS FROM OUR GRADUATES

“I knew I was in the right place by taking the Nutritional Therapy Practitioner course through the NTA when I looked at the textbook and reading list and realized I already owned the material! My experience with the 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 NTPs.

Becoming a Nutritional Therapy Practitioner 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 the NTA has given me many powerful assessment tools, including the Functional Evaluation and the Nutritional Assessment Questionnaire. 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, the 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 of “Your Best Body Now” and the “Eat-Clean Diet” series
“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, California

“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 NTP 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
Cultured Health, LLC
Lacombe, LA
“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 the 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 in the right place!”

Karen McFarland, NTP
Mansfield, Texas

“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 decision 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 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: the fact 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

LEAD INSTRUCTORS

- Rachel Alm, NTP, MMH, Board Certified in Holistic Nutrition®
- Caroline Barringer, NTP/NTC, Board Certified Holistic Health Coach, CGP
- Cathy Eason, LMT, NTP, CGP, CFSP
- Janelle Johnson-Grove, NTP, MSEd
- Meredith Kinsel-Ziter, NTP, BCHN
- Victoria LaFont, NTP, CGP
- Dusty Lapp, BA, NTP
- DeAnn Laube, BS, NTP, LMP, PBP
- Mishabae (Lora) Mahoney, NTP, LMT
- Janine Martin Horst, NTP, CGP
- Brook Reynolds, BS, NTP
- Leanne Scott, NTP, IHS, FDN-P, RWS, ADAPT
- Kate Mahoney, NTP, BCHN
- Krista McCafferty, NTC
- Miriam Zacharias, MS, NTC, BCHN®

For complete Instructor biographies, visit: www.nutritionaltherapy.com/meet-the-staff.
PROFESSIONAL RECOMMENDATIONS

“I wanted to commend you on your Nutritional Therapy 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 W. Koss, DO
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
“My extensive family history of autoimmune disease started me on a journey to discover what I was intuitively beginning to understand through my own health—how we choose to nourish ourselves is the basis of our wellbeing. I began my journey as a student of the Integrative Institute of Nutrition (IIN) and although I learnt a great deal about myself, the value of health coaching and the wide array of popular dietary theories of which I will always be grateful for, I found I needed a deeper understanding about the functional power of nutrition on our health. It was when I found the Nutritional Therapy Association that everything changed not just for me, but my family and my clients. I truly discovered the underlying multilayered workings of our health and WHY FOOD MEANS EVERYTHING. I found this so profoundly important that I did more than just graduate; I petitioned to bring the school back to my home in Australia. It’s the greatest gift I can do for my country and my children. I’m so grateful for the NTA because with their vision of better world health for ours and future generations, they are going to do just that. Thank you NTA. I’m forever indebted.”

Leanne Scott, NTP
Queensland, Australia

“I highly recommend the Nutritional Therapy Association’s NTP program. This program teaches science-based protocols and methodologies that allow you to assess and support your client’s health from a foundational perspective. In an era when many practitioners, even alternative ones, are simply prescribing pills that soothe symptoms, the knowledge I gained through the NTP program allows me to offer an empowering and incredibly valuable perspective to clients interested in addressing the root cause of their dysfunction. In addition, the NTP Certification is becoming well-known and respected in the healing community across the United States and even the world. I was hired to be the nutritionist in a cutting-edge integrative medical clinic soon after graduating from the NTP program, and my NTP Certification carried a lot of weight with the doctor who hired me.”

Doug Walsh, NTP
Olympia, Washington
“I enrolled in the NTA’s training program because of the solid training, grounded in real food, and the pioneering work of some of the world’s greatest healers. The integration of knowledge with the practical skills of working with clients has shaped me into a confident and competent professional. It’s not unusual for naturopathic doctors, acupuncturists, and chiropractors to ask for my advice and opinion. One of my best surprises though, was a registered dietitian who came to me for a nutritional consultation to help support her fertility, acknowledging that her training simply hadn’t equipped her to deal with this issue herself.”

Sara Russell, NTP
Berkeley, California

“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”, and “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, PhD, MPH, RPP
Director, Center for Traditional Medicine, Olympia, Washington
The Nutritional Therapy Practitioner (NTP) Program couples the flexibility of asynchronous, online study with the benefits of instructor-led conference calls and three in-person workshops. Students will receive access to comprehensive learning materials, reference documents, PowerPoint presentations, and videos through Brightspace, the NTA's online learning environment. To take the course, students must have reliable, high-speed Internet access and be comfortable working in a primarily online environment.

Course requirements consist of module-based homework and quizzes, book reviews on required texts, a community outreach project, practical application projects, and a series of client-practitioner exercises. There will be both in-progress and comprehensive examinations throughout the course.

The 3 workshops include hands-on instruction in the NTA's unique Functional Clinical Assessment (FCA) and Lingual-Neuro Testing process, diet and lifestyle assessments, review of course material, and examinations.

During the Instructor-led conference calls, students will review the student guides and reference materials, and join in-class discussions that complement the curriculum. Students will be part of small learning groups supported by Group Leaders. Students may schedule individual phone conferences to clarify any questions about the course or curriculum during instructor office hours. Students can also ask questions and hold discussions in the online forums.

Upon completion of the NTP program, passing both in-progress and comprehensive examinations, and completing all homework, one will be certified as a Nutritional Therapy Practitioner™ by the Nutritional Therapy Association, Inc.® NTP certification needs to be renewed every two years by submitting 24 Continuing Education Units (CEUs) and paying the membership fee.

Tuition: $5,900 USD

Tuition does not include costs for required texts, purchase of testing tools (e.g. stethoscope, blood pressure cuff, and pen light), travel to the workshops, or hotel accommodations. Financing through Harborstone Credit Union is available to all U.S. residents, regardless of state. To apply, please download the Harborstone Credit Union Application and Authorization for Disclosure PDFs and complete both forms (available at nutritionaltherapy.com/scholarships-and-financial-aid). You will also need to provide proof of income with year-to-date (YTD) earnings or at least 90 days of income. Complete the application and disclosure form, along with proof of income and send to Johna LaRue at johna.LaRue@Harborstone.com. Financing for the NTP Australia class is available from Auswide Bank. For more information, visit the NTA Australia site.

The NTA is now offering a tuition payment plan for our NTP and NTC programs! Our tuition payment plan breaks down your tuition balance into affordable, automatic monthly payments. There's no interest, a low enrollment surcharge of $400, and it's easy to enroll! Download and complete enrollment forms and find directions at www.nutritionaltherapy.com/scholarships-and-financial-aid.

NTP PROGRAM COURSE OUTLINE

The NTP curriculum focuses on the following points:

1. **The Big Ideas**
   These short, concise overviews help solidify key concepts in each module and help graduates quickly educate clients.

2. **Anatomy & Physiology**
   Learning key body structures and functions allows students to understand the scientific basis of nutritional therapy and communicate with other health professionals using standard terminology.

3. **Dietary Considerations & Supplemental Support**
   Students learn a variety of dietary suggestions and nutritional supplementation protocols to support healthy physiological function, improve nutritional status, and bring balance to body systems. Emphasis is placed on the Nutritional Foundations, which include digestion, blood sugar balance, mineral balance, fatty acid balance, hydration and a properly prepared, nutrition-dense diet.

4. **The Functional Clinical Assessment**
   This unique assessment technique helps identify and correct nutritional deficiencies and imbalances in the specific organ or system in the body by answering these three critical questions:
   1. Is there a deficiency or imbalance?
   2. What specific food or nutrient will help rebalance and support healing of the organ or system?
   3. When is the client nutritionally sufficient?
The NTP course includes:

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</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>
</tr>
<tr>
<td>Evolution of the Modern Diet</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>
</tr>
<tr>
<td>Basics of Nutrition</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>
</tr>
<tr>
<td>The Client Consultation Process</td>
<td>In this module, students will learn how to conduct an initial interview using Motivational Interviewing techniques, evaluate a Food &amp; Mood Journal, and manually evaluate a Nutritional Assessment Questionnaire (NAQ). Using these tools, students will be able to develop a customized protocol based on each client’s bio-individual needs.</td>
</tr>
<tr>
<td>Introduction to Anatomy &amp; Physiology</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>
</tr>
<tr>
<td>Digestion</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 restore health to the digestive system.*</td>
</tr>
<tr>
<td>Blood Sugar Regulation</td>
<td>In this module, students will learn the physiology and importance of blood sugar regulation. How to identify blood sugar dysregulation in clients, and how to regulate blood sugar through nutritional and lifestyle practices.</td>
</tr>
</tbody>
</table>
This module highlights the many critical roles of fat in the body and debunks common myths about fat and cholesterol.

This module emphasizes the role of minerals in maintaining proper serum pH, nerve conduction, muscle function, and tissue growth. Students will learn to identify and address mineral deficiencies caused by stress, nutritional deficiencies, and other lifestyle choices.

This module addresses the systemic effects of dehydration and the importance of maintaining kidney health for optimal elimination, mineral balance, and blood cell production.

In this module, students will learn about the complex system of relationship within the endocrine system, how to identify hormonal imbalances, and help bring clients into balance by addressing The Foundations.

This module focuses on the physiology of the immune system and food allergies and intolerances, as well as how to improve the health of the immune system to enhance overall health.

This module presents many underlying causes of cardiovascular dysfunction and methods to support the cardiovascular health through a focus on The Foundations.*

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.

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.
In this module, students will learn the difference between metabolic clearing and detoxification and how to use nutritional therapy to help optimize the body’s natural process of cleaning, nourishing, and restoring the body from the inside out.*

This module provides an explanation of advanced physiology to understand an athlete's nutrient needs for optimal performance. Current research on macronutrient and micronutrient balance as well as timing of food intake, supplements, assessments for athletes and other science will be explored.

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.

*Students will learn Functional Clinical Assessment (FCA) techniques associated with these organs and systems.

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

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

**Homework and Attendance Requirements:** Students are required to meet online participation requirements, workshop attendance requirements, required reading, a community outreach project, and client-practitioner folders to become certified. Status and grades will be reported to students in writing. Absences need to be reported to the Instructor. Transcripts may be requested by calling NTA at (800) 918-9798 or +1 (360) 493-0900 for international students, or emailing nta@nutritionaltherapy.com.
NUTRITIONAL THERAPY CONSULTANT PROGRAM

The 9-month fully online Nutritional Therapy Consultant Program (NTC) is one of the most holistically comprehensive, paradigm-shifting approaches to nutrition and wellness education. The curriculum encompasses NTA’s foundational approach to nutrition while speaking to the importance of lifestyle choices and the ways that social and personal influences impact our health.

With a focus on real food, this program will empower students 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. This is our first holistic certification course that requires no travel or in-person commitments and will be accessible virtually anywhere through our exclusively online learning platform.

Each module includes curriculum from videos, required reading, student guides, and reference materials. Assessments are focused on critical thinking and engagement through practical and written assignments that allow students to assess, build upon, and apply their learning and firsthand knowledge to future clients.

The NTC Program will be mentor-focused with assigned small cohorts of students led by a Course Mentor for the duration of the program. The Course Mentor will hold mentoring calls to answer questions, present case studies, and provide real world application. This will be in addition to participating in instruction team-led assignments and activities with the entire class.

Upon completion of the NTC program, passing both in-progress and comprehensive examinations throughout the course, and completing all homework, one will be certified as a Nutritional Therapy Consultant™ by the Nutritional Therapy Association, Inc.®

Tuition: $5,400 USD

Tuition does not include costs for required texts. Financing through Harborstone Credit Union is available to all U.S. residents, regardless of state. To apply, please download the Harborstone Credit Union Application and Authorization for Disclosure PDFs and complete both forms (available at nutritionaltherapy.com/scholarships-and-financial-aid). You will also need to provide proof of income with year-to-date (YTD) earnings or at least 90 days of income. Complete the application and disclosure form, along with proof of income and send to Johna LaRue at Johna.LaRue@Harborstone.com.

The NTA is now offering a tuition payment plan for our NTP and NTC programs! Our tuition payment plan breaks down your tuition balance into affordable, automatic monthly payments. There’s no interest, a low enrollment surcharge of $400, and it’s easy to enroll. Download and complete enrollment forms and find directions at www.nutritionaltherapy.com/scholarships-and-financial-aid.

For more information on registration, go to NutritionalTherapy.com, or call us at (800) 918-9798, International: +1 (360) 493-0900.
The NTC curriculum focuses on the following points:

1. **The Big Ideas**
   These short, concise overviews help solidify key concepts in each module and help graduates quickly educate clients.

2. **Anatomy & Physiology**
   Learning key body structures and functions allows students to understand the scientific basis of nutritional therapy and communicate with other health professionals using standard terminology.

3. **Therapeutic foods and supporting a holistically balanced lifestyle**
   Students will take an in depth look at the therapeutic use of foods and lifestyle modifications to support healthy physiological function, improve nutritional status, and bring balance to body systems. Emphasis is placed on the Nutritional Foundations, which include digestion, blood sugar balance, mineral balance, fatty acid balance, hydration, sleep, stress, and movement along with a properly prepared, nutrition-dense diet of whole foods.

4. **Motivational Interviewing skills and Finding a Client’s WHY**
   Students will learn how to coach clients to visualize their why and take ownership over their health journey. Students will learn how to guide a client down a sometimes-tumultuous path while at the same time engaging, inspiring, reassuring, and empowering them to continue on their path toward optimal health.
The NTC course includes:

Welcome

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 Consultant.

Evolution of the Modern Diet

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.

Basics of Nutrition

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.

The Client Consultation Process

In this module, students will learn how to conduct an initial interview using Motivational Interviewing techniques, evaluate a Food & Mood Journal, and manually evaluate a Nutritional Assessment Questionnaire (NAQ). Using these tools, students will be able to develop a customized protocol based on each client’s bio-individual needs.

Culinary Healing Pt. 1

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.

Introduction to Anatomy & Physiology

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.

Digestion

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 restore health to the digestive system.
In this module, students will learn the physiology and importance of blood sugar regulation. How to identify blood sugar dysregulation in clients, and how to regulate blood sugar through nutritional and lifestyle practices.

This module highlights the many critical roles of fat in the body and debunks common myths about fat and cholesterol.

This module emphasizes the role of minerals in maintaining proper serum pH, nerve conduction, muscle function, and tissue growth. Students will learn to identify and address mineral deficiencies caused by stress, nutritional deficiencies, and other lifestyle choices.

This module addresses the systemic effects of dehydration and the importance of maintaining kidney health for optimal elimination, mineral balance, and blood cell production.

In this module, students will learn about the complex system of relationship within the endocrine system, how to identify hormonal imbalances, and help bring clients into balance by addressing The Foundations.

This module focuses on the physiology of the immune system and food allergies and intolerances, as well as how to improve the health of the immune system to enhance overall health.

This module presents many underlying causes of cardiovascular dysfunction and methods to support the cardiovascular health through a focus on The Foundations.

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.
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.

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.

In this module, students will learn the difference between metabolic clearing and detoxification and how to use nutritional therapy to help optimize the body’s natural process of cleaning, nourishing, and restoring the body from the inside out.

Building on the knowledge introduced in Culinary Healing, Part 1, 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.

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.

**Exams:** Students must get 80 percent or higher on both in-progress and comprehensive examinations to obtain NTC certification.

**Homework Requirements:** Students are required to complete all required coursework to become certified. Status and grades will be reported to students in writing. Transcripts may be requested by calling NTA at (800) 918-9798 or +1 (360) 493-0900 for international students, or emailing nta@nutritionaltherapy.com.
The Career Development Course has been designed to give Nutritional Therapy Consultants and Practitioners the necessary resources to launch a successful career.

The intensive, eight-week, fully online program will give you the tools to start a one-on-one nutritional therapy practice, develop a network that could land you in a successful functional medicine practice, or offer group programs.

It takes the guesswork out of the business side of being a practitioner so you can focus on what you want to do most: Help people thrive.

Based on the PEACE Process, the definitive business resource for nutritional therapists, the course is lead by its author, Miriam Zacharias, NTC and the founder of the Holistic Entrepreneur Association, Jessica Pantermuehl, NTP. You will have the opportunity to work directly with the lead instructors via online forums and four live video discussions, giving you access to the best business experts in the field.

The Career Development Course has been carefully crafted to address the most common concerns of Nutritional Therapy Practitioners. Each participant will:

- Build the “WHY” for your practice
- Refine the niche client for your practice
- Understand service offerings and pricing structures
- Develop a brand identity and description
- Build marketing messages for your niche clients
- Understand resources for website development and digital marketing for Nutritional Therapists
- Build a network of practitioners and mentors for long term support
- Complete a Career Compass foundation that will guide your practice

Tuition: $599 USD for students of the NTP or NTC program

For more information on registration, go to NutritionalTherapy.com, or call us at (800) 918-9798, International: +1 (360) 493-0900
The Career Development Course includes:

**Module 1**
**The Essential Link Between Your Story and Your Career:** Connect to your purpose and define your vision statement so that you can become crystal clear on the kind of impact you’d like to create in this world.

**Module 2**
**Using Goal Setting, Planning, and Productivity to Achieve Your Aims:** Learn how to translate your vision into real-world goals, and discover how you can create a clear, step-by-step plan of action for accomplishing them. Also, find out how to overcome one of the primary roadblocks that sabotages the success of a new business owner.

**Module 3**
**How to Differentiate Yourself through a Unique Market Position:** Uncover how to position yourself as a practitioner in a way that attracts the kind of clients you most love working with. Sidestep the confusion regarding how to build awareness by following the step-by-step method waiting for you in this module.

**Module 4**
**Putting Systems to Work in Your Business:** Avoid the notorious overwhelm that accompanies starting a practice by learning the seven systems you must have in place for business clarity and expansion. Learn how to structure programs and track clients, finances, supplements, programs, and more.

**Module 5**
**Establish a Clear Brand to Convey Who You Are and Who You Serve:** Learn how visual elements, such as colors and fonts, contribute toward your overall brand message, and discover how to decide on - and implement - the best visual elements for your business.

**Module 6**
**Your Website: Your Digital First Impression:** Isolate the key differences between a website that works for your business and one that works against it. In this module, you’ll also learn how to navigate the world of web design so that you can have a website you love that fits within a budget of any size.

**Module 7**
**Using In-Person Marketing to Grow Your Practice:** Explore the world of in-person marketing opportunities, such as referrals, networking, and speaking engagements, and learn to identify which will work best for your unique skillset and business model. Learn how to provide value to your community so that you can establish yourself as a trusted practitioner in your area.
Module 8  
**Promoting Yourself Through Media Marketing:** Understand the difference between push and pull marketing, and learn the step-by-step methods for creating marketing campaigns that will have clients knocking at your door. Explore the many opportunities in media marketing, from being featured in blogs and magazines you love, to navigating radio, TV, and print advertising.

Module 9  
**Authority Through Writing: Blogs, Books, E-Books, and Publishing:** Explore the different types of content you can write to attract your audience, build your credibility, and fill your practice. In this module, you’ll find out just how easy it can be to write powerful content, whether a book, a blog, or a simple how-to guide, and, if it aligns with your goals, the steps you can take to become an author.

Module 10  
**Leveraging the Power of Digital Marketing:** Uncover the powerful role that digital marketing can play in your business. Learn the unique advantages of digital platforms like social media, blogging, and email marketing, and discover timesaving tools that put them to work for you. Avoid overwhelm and confusion by understanding how to create step-by-step digital marketing strategies using the 3-part framework you’ll learn in this module.

Module 11  
**Getting Gigs with Allied Practitioners and Partners:** Learn the process for how to make yourself irresistible to an existing practitioner or practice you’d like to join, and get clarity on what you’ll need to consider and have in place prior to joining forces.

Module 12  
**Sales Skills: from Prospect to Client:** Banish your fear of selling and learn the 4-step method for converting a prospect into a paying client. In this module, you’ll have the opportunity not to just learn the theory of effective sales, but will be able to practice the proven 4-step method so that you can feel confident conducting sales conversations in your practice.

Module 13  
**Launching an Online Business:** Discover the four-part strategy for building an online business to provide your practice with an additional stream of income. The world of online business can be daunting, but if you’d like to incorporate an online business in your career strategy, this module will provide you with the key steps necessary to build the foundations and launch.

Module 14  
**Putting It All Together and Next Steps:** Complete your comprehensive Career Development Compass, a powerful, yet simple roadmap for your career and your business, and identify your list of priorities to focus on so that you can take consistent action to move forward in accomplishing your career goals.
PARADIGM-RELEVANT READING

A current required reading list will be available to students when class begins.

- *Nutrition and Physical Degeneration*
  by Weston A. Price, DDS

- *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*
  by Sally Fallon

- *Introduction to the Human Body: The Essentials of Anatomy and Physiology*
  by Gerald Tortora & Bryan H. Derrickson

  by Elson M. Haas, MD & Buck Levin, RD, PhD

- *Motivational Interviewing in Health Care: Helping Patients Change Behavior*
  by S. Rollnick, W. Miller & C. Butler

- *Signs and Symptoms Analysis from a Functional Perspective*
  by Dr. Dicken Weatherby

- *Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux and GERD*
  by Jonathan V. Wright, MD & Lane Lenard, Ph.D.
• **Paleo Principles: The Science Behind the Paleo Template, Step-By-Step Guides, Meal Plans, and 200+ Healthy & Delicious Recipes for Real Life**  
  by Sarah Ballantyne, PhD

• **The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet**  
  by Nina Teicholz

• **Put Your Heart in Your Mouth: Natural Treatment for Atherosclerosis**  
  by Dr. Natasha Campbell-McBride, MD

• **The PEACE Process: Attract a Steady Stream of Clients and Create a Thriving Holistic Practice**  
  by Miriam G. Zacharias

• **How to Read a Paper: The Basics of Evidence-Based Medicine**  
  by Trisha Greenhalgh
FREQUENTLY ASKED QUESTIONS

What's the difference between the NTP Course and the NTC Course?
The NTC program is a 9-month long online training program that empowers consultants to address foundational nutrition needs, lifestyle challenges, and environmental factors to educate clients on their journey to optimum health. The NTP program is a 9-month long hybrid training program that equips practitioners to address advanced imbalances and deficiencies in the body with clinical level nutritional therapy skills and the Functional Clinical Assessment.

Is your program accredited?
The Nutritional Therapy Association is 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.

Does your program prepare you to sit for board exams?
The Nutritional Therapy Practitioner (NTP) Program is recognized by the National Association of Nutritional Professionals (NANP), and graduates can sit for NANP’s National Board Exam.

What are the prerequisites for the NTP & NTC program?
The only prerequisite for both the NTP and NTC program is a high school diploma. These are not 4-year degree programs and are not a prerequisite for a four-year dietetics program. Students must have access to high-speed Internet and be comfortable working in a primarily online environment.

How long is the program and does it have to be completed consecutively?
The NTP course is approximately nine months in length and must be completed within the scheduled time. The NTC course is approximately nine months in length and must be completed within the scheduled time. There are two term breaks during the NTP program, and three term breaks during the NTC program.

Please note that workshop attendance is required to obtain the NTP certification. There are three weekend workshops for the NTP course, wherein there is allowable maximum of 8 missed hours as an approved excused absence.
Would it be practical to take this course while working full time?
Many of our graduates completed the NTP or NTC course while working full-time jobs. However, students should budget a minimum of 20 hours per week for studying, assignments, and conference calls.

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 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).

Is this certification recognized by any state?
States vary in their requirements for certification and licensure for those providing nutritional counseling and advice. The majority of states allow NTPs and NTCs 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 [http://holisticcouncil.org](http://holisticcouncil.org) for up-to-date information on the laws and regulations in your state.

Will I be able to bill insurance for my services?
Because the NTP and NTC programs offer certification not a licensure, you will not be able to bill insurance for your services or supplementation unless you have other licensure that allows you this privilege.

What role does diet play in your programs?
Diet is fundamental to the NTP and NTC programs. A cornerstone of our programs is the belief that proper nutrition is built upon properly prepared, nutrient-dense foods. Though we discuss targeted supplementation in our NTP program, especially relating to our Functional Clinical Assessment and Lingual-Neuro Testing techniques, our instructors emphasize the critical importance of real, whole food as 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 on properly prepared, nutrient-dense whole foods. We do discuss supplements in our NTP curriculum, and they play a key role in our Functional Clinical Assessment techniques, but it is important to note that the primary goal of supplements in the Functional Clinical Assessment is to identify deficiencies and imbalances, not to choose supplements for clients. Once deficiencies and imbalances are identified, Nutritional Therapy Practitioners can then use a variety of tools (e.g. dietary changes, lifestyle recommendations, targeted supplementation, etc.) to strengthen and balance the body’s foundations. The NTC curriculum focuses a food first approach to health and students do learn about food based supplements to support this approach.
**What is included in the curriculum? What is required for certification?**

The course curriculum includes anatomy and physiology, basic chemistry concepts, and the science of food and its nutritional components. 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, a community outreach project, outside client-practitioner folders, review audio and video lecture content, attend required workshops (NTP only), and pass both in-progress and comprehensive examinations throughout the course (a written exam for NTCs and both a written and practical exam for NTPs). There is a minimum passing standard of 80% for the written exam and 90% for the practical exam.

**How are these nutrition programs different from other courses?**

The NTP and NTC programs offer a holistic, whole food, nutrition-based approach to addressing health problems and promoting wellness. We emphasize: 1) allegiance to the teachings of such pioneering greats as Dr. Weston A. Price and Dr. Francis Pottenger, 2) the belief that each person is biologically unique, and 3) that the body possesses innate intelligence and defaults to health when given what it needs. Our NTP program offers a system of evaluative measurements that help identify nutritional weaknesses in the body. The Nutritional Assessment Questionnaire, combined with the Functional Clinical Assessment and Lingual-Neuro Testing method, provides a powerful way to assess a client’s biochemical needs and make appropriate, personalized diet and lifestyle recommendations. Our NTC program also offers a comprehensive set of assessment tools that encompass motivational interviewing techniques, lifestyle and environmental questionnaires, food & mood journal evaluation, and utilization of therapeutic foods to help a client achieve their health goals.

**How much can a Nutritional Therapy Practitioner or Nutritional Therapy Consultant earn?**

Income for NTPs and NTCs typically range from $50 to $150 per hour, depending on location, experience, and other certifications or licenses.

**Is there financing available?**

Tuition can be paid in full, through a payment plan, or with a personal loan. For our payment plan, there is a non-refundable $400 enrollment fee to participate and we have 4, 3, and 2 installment options available based on the date you are registering. Alternately, we work with Harborstone Credit Union to offer financial aid through a personal loan. You may also apply for a personal loan through your own bank or credit union. Full details and applications for the payment plan and Harborstone loan can be found here: https://www.nutritionaltherapy.com/scholarships-and-financial-aid. For students in Australia, NTA Australia partners with Auswide Bank to offer loans for tuition and books. To learn more, go to ntaaustralia.com.au/courses.

**Are there any scholarships available?**

Yes. The NTA will notify prospective students when scholarships become available. Announcements and applications will be posted here when scholarships are open: www.nutritionaltherapy.com/scholarships-and-financial-aid.

**Does NTA have an ADA policy?**

Information about the Nutritional Therapy Association’s ADA policy can be found at NutritionalTherapy.com/ada-policy.
Can I take the program even though I don’t know if I want to start a business?
Yes, students take NTP and NTC courses for a number of reasons, with graduates going on to apply their credential in a number of ways. Some do indeed start their own businesses or private practices, while others join existing practices, augment existing licenses, write books, start successful blogs, etc. Some graduates don’t apply their credential professionally, but instead use the skills they learn in their course to help improve the health of their family and community.

Can I complete your programs from overseas?
Our NTC program is a fully online course offering that can be completed from anywhere with access to the internet. Currently, the NTA offers NTP training programs in the United States, Canada, and Australia. Note that the NTP program requires in-person attendance at three multi-day workshops.

Will you train me how to open my own business?
Your NTA program will provide you with practice resources, including professional organization information, scope of practice, and tips for setting up your business. In addition, the NTA offers a robust Career Development Course that will put you on the path to success with setting up and running your own business. This course is a robust, 8-week, 14 module Career Development Course available to all NTA students and alumni.

What is the difference between a Nutritional Therapy Practitioner and a Nutritional Therapy Consultant?
An NTC is an educator and resource in their community who utilizes nutrient dense foods, lifestyle and environmental assessments, and mindfulness techniques to help clients achieve their health goals. An NTP is a specialized practitioner that performs a hands-on clinical assessment to discern a client’s bio-individual needs and utilizes advanced nutritional therapy skills to restore balance and functionality in the body.

Do the NTP and NTC classes count as continuing education credits?
In some cases, continuing education credits can be applied to other certificates or licenses. Inquires must be made to the institution that awarded the original license or certificate.

How many CEUs do I need to keep my certificate current after I graduate?
The NTA requires students to obtain 24 CEUs every two years to keep their NTP or NTC certification current. At least 14 of the credits need to be directly related to nutrition, while up to 10 can be related to business or other relevant non-nutrition topics that support your practice.

If I’m an existing practitioner needing to earn CEUs, how many CEUs does one receive per class?
One CEU credit is awarded per one hour spent in class.
What types of positions are available for graduates of your programs?

NTA graduates find jobs in several fields. Some graduates combine their certificate with existing licenses or certificates in alternative medicine. Many establish private practices as nutritional consultants, while others work in a clinical setting with other like-minded professionals. The NTA has also graduated numerous healthcare professionals such as chiropractors, medical doctors, acupuncturists, registered nurses, and massage therapists. Note that the NTP and NTC programs do not qualify you to work in a hospital or other government regulated settings as a nutritionist. Many graduates go on to do speaking events, write books, create courses, or lead group classes. Others use the knowledge to help heal themselves and their families.

What does the week of a student look like?

At the beginning of the week, you will log into our online learning environment to see the module for that week and what the assignments are. You'll watch the videos for that module and study PowerPoint slides. On some weeks, you'll read a book related to that module topic and then write and upload a book report for grading. You'll also complete a quiz based on a combination of material from the videos and the assigned reading. You will also complete module assignments such as essay questions, action assignments, journaling questions, as well as a series of client folders throughout the program. During the workshop weekends, NTPs learn the hands-on Functional Clinical Assessment, practice the client interview process, analyze diet and lifestyle assessments, and review course material.

Who are these programs ideal for?

Success in an NTA program is more about attitude than aptitude. You will fit well if you are a person who questions the status quo, who is a lifelong learner and is propelled by curiosity, who has an eager spirit, and has a willingness to work hard and commit to being a contributing member of the NTA community. If you enroll in the NTP program, you must be willing to learn basic anatomy and do hands-on work. You don’t need any background in nutrition or fitness, but a basic understanding of anatomy and physiology can help.

How will the course mentors help me?

Course Mentors are graduates of a Nutritional Therapy Association program. They have been where you are now! On the forums in the online learning environment, with small group calls, and in workshop weekend classes (for NTPs), they will support you and your learning throughout the program.

Where will I be doing the learning?

We use an online learning environment called Brightspace. This is where all the course modules live, including: videos, audio lectures, quizzes, book review assignments, etc. You will also have access to forums where you can ask questions of the instructors and other students. Finally, you’ll have access to conference calls that are led by your Lead Instructor where you can ask questions and have further discussion and learning time. You will get an invite to Brightspace when the course begins.

How do I know if I’ll be able to practice where I live?

You can check http://www.holisticcouncil.com to see the current policies in your state. The Council of Holistic Health Educators works to protect and grow the practice of holistic health.
REGISTRATION

Check out NTP class dates and register now at NutritionalTherapy.com

Registration for all NTA courses is on a first-come, first-served basis. You will be added to a class once payment is received. If you are applying for a professional development loan through the Harborstone Credit Union, we must receive notification that the loan has been approved before you will be registered for the class. Please note that due to the popularity of the course, we are unable to “hold” seats.

NUTRITIONAL THERAPY PRACTITIONER PROGRAM

September 2019 - June 2020 Classes

- Ann Arbor, MI
- Austin, TX
- Boston, MA
- Dallas, TX
- Denver, CO
- Portland, OR
- San Diego, CA
- San Francisco, CA
- Seattle, WA
- Melbourne, AUS
- New York, NY
- Auckland, NZ

February 2020 - November 2020

- Ann Arbor, MI
- Austin, TX
- Boston, MA
- Dallas, TX
- Denver, CO
- Los Angeles, CA
- Minneapolis, MN
- New York, NY
- Philadelphia, PA
- San Diego, CA
- Seattle, WA

Tuition: $5,900 USD

Workshop Weekends: NTP students are required to attend 3 in-person workshops. Each day of the workshop includes 8 hours of instruction, typically from 9AM to 6PM each day. The 1st and 3rd workshops are Friday-Sunday, while the 2nd workshop is Thursday-Sunday.
REGISTRATION

Check out NTC class dates and register now at NutritionalTherapy.com

Registration for all NTA courses is on a first-come, first-served basis. You will be added to a class once payment is received. If you are applying for a professional development loan through the Harborstone Credit Union, we must receive notification that the loan has been approved before you will be registered for the class. Please note that due to the popularity of the course, we are unable to “hold” seats.

Nutritional Therapy Consultant Program

NTC Online Program Start Dates:
September 2019
February 2020
May 2020

Tuition: $5,400 USD
The NTC Program is a fully-online course.

For complete tuition, financial aid, and scholarship information please visit: www.nutritionaltherapy.com/scholarship-financial-aid.
READY TO TAKE YOUR PASSION FOR NUTRITION TO THE NEXT LEVEL?

Get dates for classes and download the registration packet at NutritionalTherapy.com