

# *What is a* NUTRITIONAL THERAPY PRACTITIONER? (NTP)?

NTPs use a deep foundational and bio-individual approach to functional, holistic nutrition to balance body chemistry and achieve optimal wellness. NTPs are equipped to support the body's innate ability to heal by addressing the importance of nutrient-dense food, anatomy and physiology, lifestyle choices, culinary wellness, client coaching, and how social and personal components influence health.

## *What skills and tools does an NTP possess? NTPs are able to:*

- Conduct an effective interview with clients
- Evaluate Food and Mood journals and make recommendations for beneficial dietary changes, as well as in key lifestyle areas such as stress management, sleep, hygiene, and intentional movement
- Suggest individual foundational supplement recommendations
- Evaluate the Nutritional Assessment Questionnaire (NAQ) and interpret the information to identify imbalances in the body
- Communicate using appropriate terminology
- Prepare nutrient-dense foods
- Create recipes and meal plans

## *How can an NTP help clients?*

NTPs are trained to use a combination of professional tools to assess the unique needs of each client. One of the most powerful tools used in this process is the Nutritional Assessment Questionnaire (NAQ). The NAQ is a standardized questionnaire that enables the practitioner to analyze a client's symptoms to identify their nutritional needs and prioritize what areas of the body to support. This data empowers practitioners to develop tailored, bio-individual plans that help clients advance on their personalized path to optimal health and wellness.

**Upon graduation, an NTP has received a minimum of 325 curricular hours across topics such as blood sugar regulation, anatomy and physiology, hydration, mineral balancing, and more.**

## *What guides the Nutritional Therapy Association?*

- The belief that every individual can tap into their innate intelligence to find the nutrient-dense, real foods that will support optimal health
- Profound respect for the teachings of the nutritional pioneers
- Commitment to the concept of bio-individuality

FOR MORE INFORMATION, VISIT [NUTRITIONALTHERAPY.COM/NTPS-FNTPS](https://www.nutritionaltherapy.com/ntps-fntps)



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