



TAILORED COURSES

ORTHOMOLECULAR

210 HOURS

* **Prerequisites:** Nutrition

Also known as nutritherapy, orthomolecular therapy is based on the principle that many disorders result from nutrient, vitamin and / or mineral deficiencies.

This course offers you a more in-depth study of the different roles and functions of vitamins and minerals, and how we can use them in the presence of different pathologies.

Orthomolecular

- Introduction to the orthomolecular
 - Vitaminotherapy
 - Fat-soluble vitamins
 - Water-soluble vitamins
 - Mineralotherapy
 - The mineral and trace elements
 - Heavy metals
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