



**NATUROPATHIC HYBRID PROGRAM
COURSES DESCRIPTION**

ANATOMY AND PHYSIOLOGY

N°	COURSE	NBR OF UEC	NBR OF HOURS
ANA-A01	An orientation of the human body <ul style="list-style-type: none"> • Anatomy and physiology – complementary sciences • Levels of structural organization • Maintaining life • Homeostasis The cellular basis of life <ul style="list-style-type: none"> • The cellular constituents • The functions of cell organelles • Nucleic acids and protein synthesis • The different type of tissues 		14
ANA-A02	The integumentary system <ul style="list-style-type: none"> • Epidermis, dermis and hypodermis • Appendages of the skin • Functions of the integumentary system 		5
ANA-A03	The digestive system <ul style="list-style-type: none"> • General characteristics and digestive processes • Digestive system organs • Mechanical and chemical digestion and absorption 		8
ANA-A04	The urinary system <ul style="list-style-type: none"> • Kidney anatomy • Urine formation • Urine, ureters, bladder and urethra 		4
ANA-A05	The lymphatic and immune systems <ul style="list-style-type: none"> • Lymphatic vessels • Lymphoid cells and tissues • Lymph nodes • Other lymphoid nodules • Immune system 		8
ANA-A06	The respiratory system <ul style="list-style-type: none"> • Anatomy of the respiratory system • Mechanics of breathing 		4
ANA-A07	The cardiovascular system <ul style="list-style-type: none"> • Blood – general characteristics • Transfusion and blood groups • Heart anatomy and physiology 		8

ANA-A08	The skeletal system <ul style="list-style-type: none"> • Cartilage and bones • Skeleton • Joints 		7
ANA-A09	The muscular system <ul style="list-style-type: none"> • Muscle tissue • Skeletal muscle and smooth muscle • Muscle interactions 		4
ANA-A10	The nervous system <ul style="list-style-type: none"> • The nervous tissue • The central nervous system • The peripheral nervous system • The autonomic nervous system • The senses 		19
ANA-A11	The endocrine system <ul style="list-style-type: none"> • The hormones and their regulation of secretion • The main endocrine glands • Other endocrine glands and tissues 		8
ANA-A12	The reproductive system <ul style="list-style-type: none"> • The male reproductive system (anatomy and physiology) • The female reproductive system (anatomy and physiology) 		11
TOTAL		10	100

* Includes the training manual: **Human Anatomy and Physiology**; Elaine N. Marieb et Katja Hoehn; Pearson ERPI Edition (last edition)

NUTRITION

N°	COURSE	NBR OF UEC	NBR OF HOURS
NUT-A01	Introduction <ul style="list-style-type: none"> • History of nutrition • Basic principles of nutrition • 		4
NUT-A02	Energy requirements <ul style="list-style-type: none"> • Useful energy • Units of measurement • Energy expenditure • Body mass index, waist circumference, obesity 		8
NUT-A03	Carbohydrates <ul style="list-style-type: none"> • Classification of carbohydrates <ul style="list-style-type: none"> – Mono and disaccharide, assimilable polysaccharides – Dietary fiber (role, need, sources) • Carbohydrate sources • Use of carbohydrates in the body • Metabolism of carbohydrates • Glycemic index of foods • Caloric distribution of food • The dangers of white sugar • The content of white sugar in foods 		9
NUT-A04	Fats <ul style="list-style-type: none"> • Fatty acids (saturated, mono and polyunsaturated) • Triglycerides • Oils (refining and hydrogenation) • Phospholipids and steroids (cholesterol) • Digestion and metabolism of fats • Essential fatty acids • Fat recommendations • Fat intake of foods 		9
NUT-A05	Proteins <ul style="list-style-type: none"> • Amino acids • Sources of proteins • Digestion and absorption of proteins • Metabolism of proteins • Proteins requirements • Quality of proteins • Complementarity of proteins 		8
NUT-A06	Vitamins and minerals <ul style="list-style-type: none"> • Classification of vitamins and minerals • Role of vitamins and minerals in the body • Phytoelements and antioxidants • Nutritional value of food • Vitamins, minerals and enzymes supplements 		24
NUT-A07	Food... Source of life <ul style="list-style-type: none"> • Food guide of the future • Fruits and vegetables • Grain products • Legumes, nuts and seeds • Soybeans • Animal products (meat, fish, etc.) 		16

	<ul style="list-style-type: none"> • Dairy products, necessary? • Super foods: sprout, algae, yeast, etc. • Different kinds of salt - pros and cons • Water • Read the labels • Food additives • Healthy alternatives 		
NUT-A08	Nutrition and life stages <ul style="list-style-type: none"> • Pregnant and lactating women • Infants, children and adolescents • Adults and seniors 		16
NUT-A09	Nutrition and environment <ul style="list-style-type: none"> • Organic farming • GMOs • 3NJ (naked, not far, natural and just) 		8
NUT-A10	Dietary approaches <ul style="list-style-type: none"> • Vegetarianism (lacto-ovo-vegetarianism, semi-vegetarianism, pescatarianism, flexitarianism, veganism) • Natural food • Mediterranean diet • Paleolithic diet • Nordic diet • Raw and living food • Food combinations 		8
TOTAL		10	110

NATUROPATHY

N°	COURSE	NBR OF UEC	NBR OF HOURS
NAT-A01	The history of naturopathy <ul style="list-style-type: none"> • The first naturopaths • Germany: Birthplace of naturopathy • The rise of naturopathy in France and Europe • The naturopathy in America 		12
NAT-A02	Naturopathic fundamentals and role <ul style="list-style-type: none"> • Naturopathy... For whom? Why? • Allopathic medicine and naturopathy are complementary • The roles of a naturopath • Naturopathic advices • Naturopathic philosophies 		12
NAT-A03	Why do we fall sick? <ul style="list-style-type: none"> • Heredity • External attacks • The environment and its toxicity • Lack of sleep • Bad habits • Stress • Denatured and unbalanced food Reconnect with your body <ul style="list-style-type: none"> • The foundation of change • Change your perspective on disease 		15
NAT-A04	Naturopathic techniques and cures <ul style="list-style-type: none"> • The major and minor naturopathic techniques • Naturopathic cures 		9
NAT-A05	Predictive assessment and terrain assessment <ul style="list-style-type: none"> • Terrain • Constitution • Temperament • Diathesis 		25
NAT-A06	Vitality assessment (part 1) <ul style="list-style-type: none"> • Review of vitality • Vitality assessment • Morphology and morphopsychology 		19
NAT-A07	Vitality assessment (part 2) <ul style="list-style-type: none"> • Onychological assessment 		22
NAT-A08	Vitality assessment (part 3) <ul style="list-style-type: none"> • Iridology • Radiesthesia • Other useful tests • Clinical approach 		24
NAT-A09	Personal hygiene <ul style="list-style-type: none"> • The hygienist hypothesis • Body hygiene • Bath, shower and water quality • The history of skin care products and cosmetics • Organic and natural products • Guide of natural and synthetic ingredients used in cosmetics • Body care products • Oral hygiene 		37

NAT-A10	Nutritional hygiene <ul style="list-style-type: none"> • Organic food • Non-organic or conventional foods • Genetically modified organisms • Irradiation of food • Food labelling in Canada 		43
NAT-A11	Environmental hygiene (part 1) <ul style="list-style-type: none"> • Biotherapies • Biocides • Biotopes • Forests and biodiversity • Natural selection 		27
NAT-A12	Environmental hygiene (part 2) <ul style="list-style-type: none"> • Environmental problems • Environmental toxins • Toxic overload due to the environment 		27
NAT-A13	Geobiology and electromagnetism		15
TOTAL		20	287

PHYTOTHERAPY

N°	COURSE	NBR OF UEC	NBR OF HOURS
PHY-A01	Introduction to phytotherapy <ul style="list-style-type: none"> • Throughout history • Active ingredients • Current herbal preparations • How to take herbs 		5
PHY-A02	The basic medicinal herbs (1st part) <ul style="list-style-type: none"> • Yarrow • Garlic • Burdock 		17
PHY-A03	The basic medicinal herbs (2nd part) <ul style="list-style-type: none"> • Basil • Shepherd's purse • Calendula • Chamomile 		19
PHY-A04	The basic medicinal herbs (3rd part) <ul style="list-style-type: none"> • Cayenne • Cabbage • Comfrey • Mallow 		19
PHY-A05	The basic medicinal herbs (4th part) <ul style="list-style-type: none"> • Lemon balm • Peppermint • St-John's wort • Mullein 		17
PHY-A06	The basic medicinal herbs (5th part) <ul style="list-style-type: none"> • Stinging nettle • Dandelion • Horseradish 		13
PHY-A07	The basic medicinal herbs (6th part) <ul style="list-style-type: none"> • Rosemary • Thyme • Goldenrod 		11
PHY-A08	Herbs for women <ul style="list-style-type: none"> • Plant hormones • Female reproductive system disorders • Premenstrual syndrome (PMS) • Irregularities • Perinatal care • Menopause • Women's cancers • Support plants 		23
PHY-A09	Herbs for men <ul style="list-style-type: none"> • The prostate • Support plants 		7
PHY-A10	Herbs for children <ul style="list-style-type: none"> • The newborn • Childhood contagious diseases 		9
PHY-A11	Herbs and systems (1st part) <ul style="list-style-type: none"> • The immune and lymphatic systems • The digestive system • The respiratory system 		45

PHY-A12	Herbs and systems (2nd part) <ul style="list-style-type: none"> • The urinary system • The cardiovascular system • The nervous system 		26
PHY-A13	Herbs and systems (3rd part) <ul style="list-style-type: none"> • The integumentary system • The endocrine system • The muscular and skeletal systems 		38
TOTAL		20	249

AROMATHERAPY

N°	COURSE	NBR OF UEC	NBR OF HOURS
ARO-A01	Introduction to aromatherapy <ul style="list-style-type: none"> • The history of aromatherapy • Extraction methods • Quality criteria • Administration of essential oils and dosage • Essential oils toxicity 		12
ARO-A02	Biochemical families <ul style="list-style-type: none"> • How they function • Biochemical compounds of essential oils 		12
ARO-A03	Vegetable oils as an excipient <ul style="list-style-type: none"> • Descriptions • Properties • Indications and contraindications 		24
ARO-A04	Essential oils (1st part) (Presentation of 17 essential oils) <ul style="list-style-type: none"> • Description • Properties • Indications and contra-indications • Recipes 		32
ARO-A05	Essential oils (2nd part) (Presentation of 17 essential oils) <ul style="list-style-type: none"> • Description • Properties • Indications and contra-indications • Recipes 		30
ARO-A06	Essential oils (3th part) (Presentation of 17 essential oils) <ul style="list-style-type: none"> • Description • Properties • Indications and contra-indications • Recipes • 		29
ARO-A07	Essential oils (4th part) (Presentation of 15 essential oils) <ul style="list-style-type: none"> • Description • Properties • Indications and contra-indications • Recipes 		26
ARO-A08	Cooking with essential oils Presentation of about twenty recipes containing essential oils		4
TOTAL		10	169

DETOXIFICATION AND DRAINAGE

N°	COURSE	NBR OF UEC	NBR OF HOURS
DET-A01	Introduction <ul style="list-style-type: none"> • History • Metabolic and natural detoxifications • Medical detoxification • Detoxification techniques 		10
DET-A02	Detoxification phases and drainage techniques <ul style="list-style-type: none"> • History • The emunctories and other detoxification organs • Detoxification phases • Drainage techniques 		15
DET-A03	Detoxification and food <ul style="list-style-type: none"> • Acidity • Proteins • Gluten • Cleaning diet • Fasting • Cures 		15
DET-A04	Detoxification and the digestive system <ul style="list-style-type: none"> • Stomach disorders (gastro-oesophageal reflux disease, ulcers) • Liver and gallbladder disorders (hepatic insufficiency, cirrhosis, gallbladder stones) 		6
		4	46

HYDROTHERAPY

N°	COURSE	NBR OF UEC	NBR OF HOURS
HYD-A01	Introduction to hydrotherapeutic techniques <ul style="list-style-type: none"> • History of hydrotherapy • How it works • Techniques and therapy • Therapeutic applications and clinical studies • Contraindications 		7
HYD-A02	Other hydrotherapeutic techniques <ul style="list-style-type: none"> • Enemas • Fecal implants • Inhalation 		9
TOTAL		1	16

ORTHOMOLECULAR

N°	COURSE	NBR OF UEC	NBR OF HOURS
ORT-A01	<p>Introduction to the orthomolecular Vitaminotherapy</p> <ul style="list-style-type: none"> • Biochemical individuality • Pathological process • The biochemistry of vitamins • The nature of vitamins <p>Fat-soluble vitamins</p> <ul style="list-style-type: none"> • Biochemistry • Biochemical functions and physiological roles • Symptoms and causes of deficiency • Sources • Therapeutic doses • Intoxication symptoms • Therapeutic applications 		29
ORT-A02	<p>Water-soluble vitamins (1st part)</p> <ul style="list-style-type: none"> • Biochemistry • Biochemical functions and physiological roles • Symptoms and causes of deficiency • Sources • Therapeutic doses • Intoxication symptoms • Therapeutic applications 		41
ORT-A03	<p>Water-soluble vitamins (2nd part)</p> <ul style="list-style-type: none"> • Biochemistry • Biochemical functions and physiological roles • Symptoms and causes of deficiency • Sources • Therapeutic doses • Intoxication symptoms • Therapeutic applications <p>The safety index of nutritional supplements</p> <p>Deficiencies and intoxications</p> <p>The vitamins thieves</p> <p>The harmful effects of drugs on nutrients</p>		28
ORT-A04	<p>Mineralotherapy</p> <ul style="list-style-type: none"> • The nature of minerals • The minerals in the body • Action modes of minerals • History • Biochemical roles of each mineral <p>The mineral and trace elements (1st part)</p> <ul style="list-style-type: none"> • Biochemistry • Biochemical functions and physiological roles • Symptoms and causes of deficiency • Sources • Therapeutic doses • Intoxication symptoms • Therapeutic applications 		38

ORT-A05	The mineral and trace elements (2nd part) <ul style="list-style-type: none"> • Biochemistry • Biochemical functions and physiological roles • Symptoms and causes of deficiency • Sources • Therapeutic doses • Intoxication symptoms • Therapeutic applications The concept of bioavailability in mineralotherapy The role of mineral deficiencies in diseases and the treatment protocols Toxic metals		36
ORT-A06	Heavy metals <ul style="list-style-type: none"> • Heavy metals and sources of intoxication • Conditions related to heavy metal intoxication • Detoxification of heavy metals 		24
TOTAL		10	196

HOMEOPATHY

N°	COURSE	NBR OF UEC	NBR OF HOURS
HOM-A01	Introduction to homeopathy <ul style="list-style-type: none"> • The history of homeopathy • The law of similars • The principle of infinitesimal • Dilution, potentization and succussion 		10
HOM-A02	Clinical homeopathy <ul style="list-style-type: none"> • Dosage • Potency • Description of clinical homeopathy remedies 		24
HOM-A03	Classical homeopathy <ul style="list-style-type: none"> • Constitutional types • Lifestyle and health • 15 keys remedies 		40
HOM-A04	Homotoxicology <ul style="list-style-type: none"> • History of homotoxicology • The six phases • Environmental factors and epigenetic transgenerational phenotype • The miasms 		14
HOM-A05	The Schuessler salts <ul style="list-style-type: none"> • History • Dosage • The 12 Schuessler salts 		18
HOM-A06	The Bach flower remedies <ul style="list-style-type: none"> • The work of Edward Bach • How the remedies are made • Descriptions of the remedies Floral elixirs <ul style="list-style-type: none"> • Presentation of the properties of 147 floral elixirs • Production of floral elixirs 		28
HOM-A07	Organotherapy <ul style="list-style-type: none"> • History • Modern organotherapy • Examples of organo remedies 		2
HOM-A08	Gemmotherapy <ul style="list-style-type: none"> • History • The buds • The remedies 		5
TOTAL		10	141

PATHOLOGY

N°	COURSE	NBR OF UEC	NBR OF HOURS
PAT-A01	Introduction to pathology Pathologies (1st part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		9
PAT-A02	Pathologies (2nd part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7
PAT-A03	Pathologies (3rd part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7
PAT-A04	Pathologies (4th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		8
PAT-A05	Pathologies (5th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7

PAT-A06	Pathologies (6th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7
PAT-A07	Pathologies (7th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7
PAT-A08	Pathologies (8th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		8
PAT-A09	Pathologies (9th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		8
PAT-A10	Pathologies (10th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		8
PAT-A11	Pathologies (11th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		7

PAT-A12	Pathologies (12th part) (presentation of 4 to 5 pathologies) <ul style="list-style-type: none"> • Definition • Symptoms • Causes • Nutrition • Hygiene • Metaphysical aspects • The different healthcare approaches 		9
TOTAL		10,0	100

RECORD KEEPING

N°	COURSE	NBR OF UEC	NBR OF HOURS
TEN-A01	Record keeping <ul style="list-style-type: none"> • The file • Anamnesis • The meeting 		13
TOTAL		1	13

TREATMENT PLAN

N°	COURSE	NBR OF UEC	NBR OF HOURS
PLT-A01	Treatment plan <ul style="list-style-type: none"> • Treatment plan content • Listening, questioning and feedback • Creating a treatment plan • The counseling relationship 		12
TOTAL		1	12

ETHICAL CODE

N°	COURSE	NBR OF UEC	NBR OF HOURS
ETH-A01	Ethical code <ul style="list-style-type: none"> • Definitions • Basic principles of the ethical code • The guidelines in daily practice • The traps • The qualities of a naturopath • Professional attitudes 		10
TOTAL		1	10

CASE STUDIES

N°	COURSE	NBR OF UEC	NBR OF HOURS
CAS-A01	Case studies (15 clients x 3 appointments)	6,0	60
TOTAL		6,0	60

* Cases should be submitted at the end of the training.

INTEGRATIVE INTERNSHIP 1

N°	COURSE	NBR OF UEC	NBR OF HOURS
STA-A01	Professional internship	25,0	250
STA-A02	Thesis	25,0	250
TOTAL		50,0	500

OR

INTEGRATIVE INTERNSHIP 2

N°	COURSE	NBR OF UEC	NBR OF HOURS
STA-A03	Professional internship	50,0	500
TOTAL		50,0	500

TOTAL OF THE PROGRAM	2,000
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FEEES FOR THE LONG DISTANCE PROGRAM (NO TAXES)	\$ 9 000.00
FIRST PAYMENT	(\$ 1 000,00)
BALANCE	\$ 8 000,00
	36 INSTALLMENTS
	\$ 222,22
	24 INSTALLMENTS
	\$ 333,33

In addition to the 24 Modules of the Distance Learning Program, you have access, at an additional cost, to a **review service, in tutoring or webinar form**. This service being tailored, it gives you the freedom to choose whether you need it or not.

For more information about the terms of this service, please contact us.

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