



NATUROPATHIC PROGRAM
COURSES DESCRIPTION

ANATOMY AND PHYSIOLOGY

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

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|--------------|---|-----------|------------|
| 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 |

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|--------------|--|-----------|------------|
| | <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 |

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|--------------|---|-----------|------------|
| 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 |

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|--------------|--|-----------|------------|
| 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 |

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|--------------|--|-----------|------------|
| 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 |

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|---------|--|--|---|
| 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 |

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|--------------|--|-------------|------------|
| 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 |

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| TOTAL OF THE PROGRAM | 2,000 |
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| FEES FOR THE LONG DISTANCE PROGRAM (NO TAXES) | \$ 21 600.00 |
| FIRST PAYMENT | (\$ 1 000,00) |
| BALANCE | \$ 20 600,00\$ |
| 36 INSTALLMENTS | \$ 572,22 |

Academy of Professional Naturopaths and Naturotherapists

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