



NATUROPATHIC 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

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