



## **TAILORED COURSES**

### **ORTHOMOLECULAR**

**174 HOURS**

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**\* Prerequisites:**

Nutrition:

- The basics of healthy eating
  - Micronutrients
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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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**\$1 360,00**

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