

Wellness Forum Institute for Health Studies Winter Semester 2024

The Diet and Lifestyle Intervention Course Starts Jan 24

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions **Tuition \$845 (\$795 + \$50 registration fee)**

You do not have to be a practitioner to take this course; laypersons are welcome too!

Nutrition Educator Classes

Nutrition and Gastrointestinal Disorders

Textbooks: none; slides and materials provided by instructor

16 hours: one 2-hour session per week for eight weeks

Topics include gastrointestinal function and health; the gut microbiome, role in health status and effect of diet; GI Disorders: causes, commonly prescribed drugs, nutritional and natural solutions; gas, constipation, hemorrhoids, halitosis, ulcers and h pylori, GERD, indigestion, hiatal hernia, irritable bowel, gallbladder disease, inflammatory bowel diseases (Crohn's, Ulcerative Colitis), celiac, liver disorders, leaky gut, diverticulitis, colon polyps and cancer, autism as a GI disorder

Class Dates:

All classes 8PM eastern:

Jan 30 Feb 6 Feb 13 Feb 20 Mar 5 Mar 19

Apr 2 Apr 9

Tuition: \$480

Psychology I

Textbook: none; slides and materials provided by instructor

20 hours: one 2-hour class per week for 10 weeks

Topics include PTSD, Psychosis, Depression and Despair, Bipolar, Anxiety (includes OCD and panic disorder), ADHD and Behavior Disorders in Children, Addiction.

Class dates:

All classes 7PM eastern

Apr 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5

Tuition: \$600