

Nutrition & Herbal Remedies (Certificate)

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This course is a [core module for the Diploma level qualifications](#). It gives natural therapists, people in the fitness and sports industries, community health, working in aged and maternal care etc, a greater understanding of nutrition, herbs and supplements, dietetic advice, eating disorders and more. When you have completed this course of study you are able to offer nutritional advice to your clients combined with a natural therapies, sports or fitness program, giving clients the complete package. The wonderful teaching of Natalie Wood and the depth of knowledge gained not only adds to your skill base but makes you a [very competitive therapist in today's market](#) when [people are so into "healthy eating"!](#)

The 25 week Nutrition module and 3 day Herbal Remedies course may also be studied as an elective for Cert IV qualifications. Come in and talk to us about it. The module is popular with graduate students as well as the many people wishing to give their families a better nutritional start in life. You just need to enrol with the College and you may do this course on its own if you wish.



[It comes Highly Recommended!!](#) A Certificate from the College will detail your study in this module if you also complete the Certificate IV Core Modules.

[Nutrition](#) - Macro and micro nutrients, the place of vitamins minerals and trace elements in health, diets through the age groups, eating disorders and diets for common illnesses eg diabetes. And much more! For full details please ring the college and talk to Wendy or Andrea. Our number is 4367 4277 and we are enrolling from 12/01/10

Module Name	Wks	Day	Starting Dates	Time	Cost
Nutrition (includes excellent text book)	25	Mon	22/02/10 - 20/09/10 Next Nutrition course 2011	6.30pm – 9.00pm	\$1,895
Inside the Health Food Store			Part of the Herbal Remedies Course		No Extra Cost
Herbal Remedies	3 days	Sat	October 16th, 23rd and 30th 2010	9.30am - 4.00pm	\$450

