

# Year 1 Naturopathic Nutrition Diploma Course Structure

Year 1 provides a comprehensive foundation in naturopathic nutrition and natural health. Students explore the principles of healing, nutrition, cleansing, seasonal living and traditional healing systems, while developing practical skills that can be applied immediately for personal wellbeing and future professional practice.

## Accreditation

Accredited by the Society of Naturopaths.

## Qualification Awarded

Successful completion of Year 1 leads to qualification as a Natural Nutritionist / Naturopathic Nutritionist.

## Core Areas of Study

- Philosophy of Naturopathic Nutrition
- Detoxification, Cleansing, Hydration and Your Relationship with Food
- Food as Medicine and Therapeutic Nutrition
- Foods that Restore Vitality and Energy
- The Five Elements
- Face Analysis and Tongue Analysis
- Hydrotherapy and Traditional Naturopathic Techniques
- Seasonal Cycles and Natural Detox Rhythms
- Essential Fatty Acids and Nutritional Supplementation
- Ayurvedic and Celtic Healing Principles
- Spiritual Awareness and the Return to Health
- Case Histories and Practical Application
- Creating Personalised Health Programmes

## Learning Format

- 12 course days across the year
- 3-day residential retreat
- Recorded sessions for review
- Monthly self-directed study
- Reading and research journal
- Ongoing assessments and end-of-year examination

## Progression

Year 1 is a standalone qualification and also forms the foundation for Year 2. Successful completion of Year 2 leads to qualification as a Naturopath.