



Naturopathic Wellness Course Outline

Class 1: Overview of Naturopathy

- What is Naturopathy?
- Understanding Root Cause of Disease
- Naturopathy VS Traditional Medicine
- pH Imbalance: What it is & Issues it causes
- Inflammation & Free Radicals

Class 2: Digestive System

- Functions of the Digestive System
- Immune, Lymphatic & Circulatory systems
- Autointoxication
- Leaky Gut Syndrome and Auto Immune Disease
- Detoxification
- Nutritional Supplements

Class 3: Immune, Lymphatic and Respiratory Systems

- Main Function of the Lymphatic System
- Understanding the Immune System
- Respiratory System and the Lymphatic & Immune Systems
- Nutritional & Herbal Support

Class 4: Circulatory System

- Function of Circulatory System
- Related Health Problems
- Understanding Cholesterol & Blood Pressure
- Diet and Life Style
- Supplements Used to Support a Healthy Circulatory System

Class 5: Glandular System

- Understanding the Endocrine System
- Blood Sugar Imbalance
- Hormones
- Weight loss
- Low Glycemic Foods
- Glandular System Support

Class 6: Structural & Nervous System

- Bones, Joints, Muscle, Skin and Connective Tissue
- Related Health Problems
- Nutritional Support for the Structural System: Osteoporosis, Arthritis (Osteoarthritis & Rheumatoid) Fibromyalgia, Degenerative Joints, Gout, Skin disorders

Bonus Class 7: Creating a healthy Lifestyle... Where to Start?

- Possible Drug Interactions with Herbs and Vitamins
- Medications That Deplete Essential Vitamins & Nutrients
- What is Missing From the Standard American Diet?
- Foundation for Optimal Health