



International Institute
of Naturopathy

Education with Vision

Distance Learning
Program
**Integrative Nutrition
and Health Consultant**



Module 6

Dear Participant

Welcome to Module 6

This sixth module concludes your training, because eventually all good things must come to an end... 😊

However, we can promise you that this last module is just as exciting as the others. For example, we will demonstrate which nutrition is most favorable for certain conditions, and what you should consider during your counsel besides nutrition. Moreover, you will learn about the psychological issues that are often hidden behind different illnesses.

We are sure you will be excited about finally being able to implement your theoretical knowledge at the end of this module!

As always, here is a brief overview of what to expect in the sixth module.

Ideal Nutrition

- Which nutrition acts in an anti-inflammatory way?
- Nutrition during pregnancy and breastfeeding: What to keep in mind?
- How does the nutrition of children and older people differ?
- Diagnosis: Arthrosis, arthritis, kidney stones, or gout – what are the right individual recommendations for these illnesses?
- Recommendations for a client who no longer has a stomach
- Why do the nutritional recommendations for overweight people hardly differ from those for underweight people?
- What is the ideal nutrition for an exercise enthusiast?
- What to recommend for those who are always in a hurry?

Stress Management

- The journey from stress to burnout syndrome
- What negative effects does constant stress have on the body?
- How can we effectively confront stress?

Once again, we hope you enjoy reading and learning in equal measures ... one last time!

[Your International Institute for Naturopathy](#)

Psychological Backgrounds of Diseases

- Why do we get ill?
- What effects do our thoughts and emotions have on the body?
- The “higher self”: Have you heard of it?
- Understanding the soul’s messages

Nutrition Counseling in Practice

- The ideal nutrition – is it suitable for everyone?
- What recommendations are sensible for a client who has not looked after his or her nutrition at all so far?
- Counseling requires viewing the client as a whole (physically and psychologically) – this requires flexibility.

6. Why is a diet rich in antioxidants so important in the case of these diseases?

7. Why does the diet also have to be rich in magnesium?

8. How can constant stress foster inflammatory processes?

9. Which other two factors can foster the development of arthritis and arthrosis, and why?

1 Stress

You have encountered stress many times over the course of this training; though hopefully less in a personal way than as part of the subject matter. ☺

Therefore, you already know that short-term stress is not a problem, but long-term and therefore chronic stress, is. When we subsequently talk about “stress” and its negative effects on the health, we always refer to “chronic stress”.

What do you still remember about stress?

You know that...

- stress overacidifies;
- stress can strain the liver;
- stress can make asthma worse;
- stress raises the blood sugar levels;
- stress adds to the development of dysbiosis and therefore can cause food intolerances;
- stress can cause gastro-intestinal problems;
- stress can weaken the immune system, which often involves fungal infections or other infections;
- stress can cause muscular tensions;

- stress can raise the heart rate and affect the heart in the long run;
- stress raises the demand for vital substances (for the formation of stress hormones, the body especially needs B vitamins and particularly vitamin B5 and folic acid);
- stress can have a negative influence on bone health;
- stress can cause chronic inflammatory processes;
- stress can cause eating disorders (loss of appetite - weight loss, cravings - weight gain); and
- stress can foster a progesterone deficiency and therefore increase the corresponding symptoms.

Furthermore, you know about the process of stress reaction on a hormonal level and the possible consequences of chronic stress on the health from the unit on the “Endocrine System” in module 2.

But what exactly is stress?

Your Direct Contact

International Institute of Naturopathy

service@institute-of-naturopathy.com

www.institute-of-naturopathy.com

A Project of

Swiss Education Center AG

Galgenried 22

6370 Stans

Switzerland

Phone:

+41 41 552 29 90

Fax:

+41 41 552 29 99

