



International Institute
of Naturopathy

Education with Vision

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



**Practice
Module**

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Introduction

Dear Participants,
The time has finally come to put the theory into the practice of nutrition consultation.

Now, let's imagine your first day at work as a holistic health consultant. Your schedule is full and your first client is already waiting. His name is Henry Meatman, and he is a 60-year-old retired electrician, heavily obese, who complains about ongoing flatulence. Henry also suffers from hip joint arthritis (his appointment for surgery has already been made), as well as high blood pressure and a benign prostatic enlargement with chronic prostatitis. Henry lives primarily on hearty food (a sample day consists of brown bread with ham and a fried egg for breakfast, stuffed pig's stomach for lunch, sausage salad with pumpernickel for dinner, and lots of snacks in the form of sweets interspersed throughout the day). His wish? With your help, he wants to lose 10 kg and get rid of his flatulence.

What would you recommend?

Of course, it's great to have a client with whom you can use most of your knowledge right away. Without hesitation you tell him that his body is completely overacidic and that he has a very dysfunctional intestinal flora. You explain to him

that, following an intensive deacidification process, he has to undergo an intestinal rehabilitation for three months while changing his diet to one that is base-excessive and anti-inflammatory. You tell him to drop his morning coffee, his ice cream in the afternoon, several meaty meals, the beer in the evening, and his chocolates while watching TV.

Instead of beer, he should drink Chi¹, and instead of coffee he should try matcha tea². On top of that, you hand him a list of suitable food supplements that he should take on a daily basis, including antioxidants, bitter constituents, omega-3 fatty acids, and something for his prostate (such as saw palmetto extract, stinging nettle root extract, or a compound made from pumpkin seeds). Of course, you also mention the importance of an extensive sports program and daily relaxation techniques. Finally, you ask his wife to attend a crash course at your office, where you teach her how to prepare green smoothies so she can serve them to her husband for breakfast.

Your client will most likely take to his heels and you will probably never see him again, right 😊?

1. Chi is a fizzy, refreshing, fermented drink made from green tea, fruit, petals, or ginger with herbal extracts and natural carbon dioxide that occurs during the fermentation process.

2. Matcha tea is a pulverized green tea that is not sieved, but drunk with the green tea powder.

What happened?

You have completely overwhelmed your client with all of your knowledge and advice. He has never heard of most of the foods that you integrated into his new diet: Chi, matcha tea, smoothies, amaranth biscuits, seeded bread, chia pudding, zucchini pasta ... this is all Greek to Henry. He would never be able to suddenly change his current hearty diet so drastically. Eating habits and taste preferences are firmly established within a person. A person who has always eaten hearty meals will not be able to suddenly enjoy green smoothies – if this should ever be the case. And even if he tried to implement only a part of your dietary plan, there would have been a high risk that his body would have not have reacted so well to these radical and sudden changes. His emunctories (intestines, kidneys, liver) would probably be severely strained, resulting in extreme detoxification reactions from a sudden elimination of toxins and dross. Therefore, both a mental and a physical overload have to be avoided under any circumstances in the field of nutrition consultation.

The theory of an optimal diet is considerably different from a successful nutrition consultation in real life. The art of nutrition consultation is therefore not about recommending the gold standard to someone (which is useless anyway if the client can or does not want to implement it or if it results in health complaints following a detoxification that was too strong). Instead, it is about picking only those measures and recipes from your vast knowledge that the client (and his or her partner who is preparing the meals) is able to implement at that point.

Hence, go steady and recommend only a few measures to start with – and only those that the client is likely to implement. As soon as the client registers success after a few weeks, he or she will be highly motivated. This is the right time to introduce more measures.

Plus, your client should continue to enjoy his or her food. If Henry used to eat brown bread with

fried egg and ham for breakfast, he certainly will not want to change to base-excessive muesli or a green smoothie. An improvement in his breakfast might just be to make it less hearty, such as turning it into whole grain bread with ham, accompanied by tomato slices and fresh onion rings or dill.

Moreover, you should explain the recommended changes in a way that your client can understand and comprehend them. Only then will he or she enthusiastically implement them. Of course, you can explain to a cook, a nurse, a caregiver, or a person who deals with nutrition in any other way, how the arachidonic acid promotes inflammations, and that sugary foods should also be avoided because sugar activates an enzyme whose function is to transform the linoleic acid into the proinflammatory arachidonic acid.

However, Henry Meatman, who might easily be engaged in a conversation about the installation of alarm systems, should be spared this nutrition scientific “gibberish”. Therefore, how would you explain to Henry that he should reduce his consumption of ice cream and pralines? Theoretically, you could simply tell him that he needs to reduce his sugar consumption because sugar has proinflammatory effects. But why would you explain it this way? Sugar has many health disadvantages – in addition to its proinflammatory characteristics. Therefore, you should choose just one of the disadvantages that is relevant to Henry.

Of course, Henry also suffers from an inflammatory problem (prostatitis, possibly also caused by arthritis). Yet, Henry has never even considered that his prostatitis or his arthritis might also be influenced by his diet. This would seem unbelievable to him. Henry would not be able to imagine that these two issues could be improved simply by changing his diet. He has suffered from prostatitis and arthritis for years, and all that his doctors told him was that not much can be done apart from surgery (a new hip joint) and taking medication.

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