

# Introduction Module

## NATURAL NUTRITION COACH® CERTIFICATE



Lisa Tsakos B.A., R.H.N.  
Heather Creamer MBA, R.H.N., CCP, PT, CES

# Natural Nutrition Coach®

## Certificate of Advanced Qualification

“Coaching a Natural Foods Diet in the Pursuit of Health and the Prevention of Chronic Disease.”

Lisa Tsakos, B.A., R.H.N.

Heather Creamer, MBA, R.H.N., CCP, PT, CES

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## WHAT YOU CAN EXPECT FROM THIS COURSE:

Welcome to the *Natural Nutrition Coach® Certificate of Advanced Qualification Program*. The program provides a foundation for implementing a natural foods diet as a primary modality in the pursuit of health and the prevention of chronic disease. The course is a combination of textbook (PDF) reading and short videos, with a brief quiz following the completion of each module. At the end of the course is a multiple-choice exam (pass mark: 80%).

### **Upon completion of the Natural Nutrition Coach® Certificate of Advanced Qualification Program, you'll be able to:**

- Critically evaluate a client's diet
- Educate a client about healthy eating
- Identify how a client's diet may be interfering with his/her optimal health
- Identify where dietary improvements may be made
- Recommend a menu plan (or plans) based on the client's health and lifestyle goals
- Make diet and lifestyle recommendations to restore health and balance in a client's life
- Provide advice for common digestive issues, and
- Advise clients on basic nutritional supplements.

### **Note that a Natural Nutrition Coach® does not:**

- Practice medicine
- Diagnose and treat disease
- Prescribe medical treatments or blood tests
- Make unproven health claims, or
- Misrepresent training or represent him/herself as a Registered Dietitian (or equivalent).

This information is not intended to replace medical advice. Seek the advice of your physician or other qualified health provider with any questions regarding a medical condition or supplemental program.

### **Course Format**

1. Course manuals (downloadable PDFs) in 6 modules
2. Quiz following each module (6 in total)
3. Videos that correspond to the course manuals
4. Multiple-choice online exam (80% or higher required to pass exam)
5. Resource library and forms



## COURSE DESCRIPTION

This course is designed to teach you the principles of healthy eating and individualized nutrition. Every person's body is unique, but the basic principles of eating healthy and whole foods apply to everyone. This course provides practical guidelines for developing a unique nutrition plan for your clients, especially those with a compromised digestive system.

## COURSE OBJECTIVES

1. Master the basics of nutrition, including the potential health complications associated with a poor-quality diet.
2. Be able to effectively create a menu plan and recommendations for your clients that will help them meet their health and fitness goals, such as improve the nutritional quality of their food, reduce inflammation, balance blood sugar, improve sleep, and manage weight.
3. Be able to provide recommendations that may alleviate common digestive issues.
4. Be able to work with overweight or obese clients to improve metabolism and digestion and establish a weight-loss program.
5. Effectively help a client manage or reduce stress levels by suggesting nutritional protocols that support the body's natural stress response.

### Exam

At the end of the course, you'll take a **Multiple-Choice Online Exam**. The pass mark is **80%**.

## Topical Outlines with Course Table of Contents

### MODULE 1: NUTRITION FUNDAMENTALS

This module introduces you to a different approach to food and eating. For too long, we've used food as a tool to achieve specific goals based on measurements by counting calories and weighing food to achieve an optimal weight. In this course, you'll explore a new perspective—that food is a source of life- and health-sustaining nutrients, and that its purpose is to nourish all physical and mental aspects of your health.

## MODULE 1: SECTION I

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### MODULE 1 QUIZ Online

- 15 Multiple Choice Questions/ Pass Mark 80%

## MODULE 2: HEALTHY EATING IN THE REAL WORLD

In this module, you will learn how to integrate the teachings from Module 1 into real-world settings. You will learn healthy meal preparation and cooking short-cuts, what to eat at a restaurant or when you're on the run, and how-to super-charge meals with nutrients to get the most out of your food. Labels and other interventions designed to help you and your clients make healthy eating choices will be explored.

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### Videos:

- **What Causes Food Cravings:** length 10:56 minutes

- **Recommending Nutritional Supplements:** length 15:26 minutes

**Module 2 Quiz online:**

- 15 Multiple Choice Questions, Pass Mark 80%

## MODULE 3: BETTER DIGESTION, BETTER HEALTH

You aren't just what you eat—you are what you *absorb*. An underactive digestive system generally results in the poor absorption of nutrients, and long-term malabsorption can lead to chronic health problems. In this module, you'll learn how the digestive system works and why problems can so easily arise, leading to constipation, heartburn and indigestion, or chronic illnesses of the digestive tract. You'll also learn how these concerns may be prevented with food and behavioral interventions.

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### Videos:

- **Brain Foods:** length 13:09 minutes
- **A Journey Through the Digestive System:** length 11:09 minutes

### Module 3 Quiz online:

- 15 Multiple Choice Questions/ Pass Mark 80%

## MODULE 4: FINDING A BALANCE - STRESS & DIET

Stress can take a toll on your health, and that toll can have lifelong consequences. This module explores the physiological implications stress has on your health, and the various foods, nutrients, and other interventions that can help your body cope with or recover from long-term stress.

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#### Videos:

- **Reducing Inflammation:** 16:51 minutes
- **Sound Sleep Strategies:** length 13:35 minutes

#### Module 4 Quiz online

- 15 Multiple Choice Questions/Pass Mark 80%

## MODULE 5: HOW TO EFFECTIVELY COACH YOUR NUTRITION CLIENTS

In this module you will learn about the ‘art’ of coaching, how habits are formed and how you can coach your client through the stages of change. You will discover how to help your client set SMART goals, and the process and flow of the coaching session.

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## Module 5 Quiz:

- 15 True or False Questions/Pass Mark 80%

## MODULE 6: CASE STUDIES

Case studies are a practical simulation of working with clients. They are a great way to provide you with the experience as if you were working in your own natural nutrition practice!

Through the case study practice, in the Case Study Module, you will gain experience in how to identify relevant information that is related to your client's main health concerns and goals and to make recommendations related to those health concerns and goals, including those for lifestyle, food, and supplement recommendations.

We take you through a case study assessment step-by-step so you don't miss any part of the evaluation process and it will help you to focus more deeply on the clients' priorities and goals. Successful completion of the case studies will provide you with experience and confidence as you begin your own practice in natural nutrition!

These case studies are submitted, and feedback is provided so you know that you're on the right track!

## MODULE 7: RESOURCE LIBRARY WITH FORMS

### **Nutrition Forms**

#### **For the Coach:**

- Key Terms - PDF
- Scope of Practice - PDF
- Calculating Carbohydrate, Fat and Protein Needs - PDF
- Designing a Menu Plan - PDF

#### **To Use with Your Client:**

- Health and Nutrition Assessment Form - Editable
- Food Mood and Activity Journal - Editable
- Think You Don't Like Vegetables? Think Again- Shopping List - Editable
- Grocery Shopping List - Editable

#### **Handouts for Clients:**

- Brain Boosters and Stress Solutions - PDF
- Diet Trends, Pros and Cons - PDF
- Gut Instinct: Eating for Better Digestion - PDF
- How to Improve Your Gut and Mental Health - PDF
- Reducing Inflammation - PDF
- The Gut Brain Connection - PDF
- What Are You Craving? - PDF

## **Coaching Forms:**

### **For the Coach:**

- First Session Flow Outline – PDF
- Sample Coaching Contract – Editable
- Sample Session Agreement – Editable
- Visualization Script – PDF

### **To Use with Your Client:**

- Exercise: Five Things Gratitude – Editable
- Exercise: Sample Values List – Editable
- Exercise: Understanding the Why of Your Goals – Editable
- Exercise: The Wheel of Life (Including Blank Wheel) – Editable
- Exercise: Addressing Limiting Beliefs – Action Steps – Editable

## **MODULE 8: NUTRITION BUSINESS ESSENTIALS**

Even before you graduate, it is never too soon to think about setting up your coaching practice - in fact, we recommend that you start looking into the essentials of running a nutrition business early on! The reason is that it can take time to set up a business and there are a lot of moving parts to it. The sooner you can start your social media and networking with like-minded professionals, the more successful you will be! Lynne Faires from the Holistic Nutrition Hub has created an extensive nutrition business course in collaboration with many professionals in the industry. In this BONUS business course, you will find information on the following:

- Goal Setting
- Business Musts Before Practicing
- Finding Your Niche
- How to Gain Practical Experience
- Coaching vs Consulting - Which one is right for you?
- The Truth About Entrepreneurship
- Other Streams of Revenue
- Networking Ideas to Build Your Following
- Helpful Business & Nutrition Tools
- Social Media & Marketing
- How to Use the **HUB** for Your Business

## MODULE 9: FINAL EXAMINATION

The Final Examination consists of 180 multiple choice and true or false questions which is done online. The pass mark is 80 percent and is automatically graded once you have completed and submitted the exam.

## GRADUATES

Congratulations! Upon the successful completion of the Final Exam, you can print off your Advanced Qualification Certificate as a Natural Nutrition Coach®. Instructions for doing this can be found in the course curriculum online.

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## ABOUT THE AUTHORS

### LISA TSAKOS, B.A., R.H.N.

Registered Holistic Nutritionist, Corporate Wellness Speaker, Weight Management Coach

Lisa Tsakos is a nationally recognized nutritionist and educator specializing in weight management and corporate nutrition programs.

Since graduating from the Canadian School of Natural Nutrition in 1996, Lisa has been involved in corporate wellness, presenting her nutrition seminars at hundreds of organizations throughout Ontario, and her Nu-Vitality (Healthy!) Weight Program has guided employees at businesses across Canada to lose thousands of pounds. Her clients have included the Toronto Police Service, Eli Lilly Canada, Telus Mobility, the University Health Network, and many more.

Lisa has taught nutrition at the Canadian School of Natural Nutrition, Centennial College, the Transformational Arts College, and the Canadian College of Acupuncture and Traditional Chinese Medicine. Additionally, she has taught natural foods cooking workshops and authored two books before co-writing *Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks* (Simon & Schuster, December 2011).

Over the years, Lisa has been featured on CTV News, the Discovery Channel, Wylde on Health, The Better Show (nationally syndicated across the U.S.), and many other television programs. She has been interviewed on numerous Canadian and American radio programs and is a contributor to various websites, including NaturallySavvy.com (which she helped

launch in 2007), The Healthy Shopper, and The Huffington Post Canada. Her articles have appeared in magazines and newspapers around the world.

Lisa continues to teach, train and mentor wellness and health professionals while raising two young children with a healthy, natural lifestyle.

## **Heather Creamer MBA, R.H.N. CCP, PT, CES**

Registered Holistic Nutritionist, Certified Coach Practitioner, Personal Trainer, Cancer Exercise Specialist.

Heather Creamer is a Fitness and Nutrition Professional who loves what she does! She is a breast cancer survivor, who through her own journey after surgery and treatment, found a renewed passion for fitness and a healthy lifestyle, lost 40 pounds in the process, and has transitioned that passion into helping her clients to achieve their own health and fitness goals; with a **Specialty** practice in *Cancer Exercise*. She understands the **need** and the **opportunity** for Medical Fitness Exercise and Nutrition Specialists in all fields of Practice.

Heather is Personal Trainer (NSFA/NFLA - ICREPS member), a Cancer Exercise Specialist (Cancer Exercise Training Institute) a Certified Coach Practitioner (Certified Coaches Federation) and a graduate of the Canadian School of Natural Nutrition (R.H.N). She has certifications in Mat Pilates for Cancer Exercise, Bosu Balance Trainer, Indoor Cycling and Group TRX.

Heather also earned an MBA from the Sobeys School of Business at St Mary's University, has a Masters Certificate in Project Management and a Professional Sales Certificate, and prior to developing her passion for fitness and helping others gain theirs, she worked in Account Management and Market, Sales and Planning, nationally.

Heather is the Co-Founder and Chief Operating Officer of MedeXN Fitness Institute ([www.medexn.com](http://www.medexn.com)), an on-line provider of Advanced Qualifications and Specialty Programs, in the field of Medical Fitness Exercise and Nutrition, providing CEC's and CEU's for Health and Fitness Professionals, and the Canadian National Affiliate for the Cancer Exercise Training Institute. She conducts workshops and presents at conferences on topics of Medical Fitness Exercise and Nutrition and is the co - author of the book *Lymphedema: What Your Haven't Been Told and What You Need to Know*.