

## **Wholistic Nutrition Practitioner Level Course Package Description**

*In this Wholistic Nutrition Practitioner Level career package, you will be immersed into the world wholistic nutrition through the teachings of David Avocado Wolfe, Dr. Henele, Dr. Terry Willard, Malcolm Saunders, and Lars Gustafsson, Founder of the BodyMind Nutrition Series of courses and the BodyMind Institute.com. Upon successful completion, you will have earned a Certificate of Completion in each of the courses as well as a final Certificate of Completion from the BodyMind Institute as a Wholistic Nutrition Practitioner.*

*Through these courses, you'll learn everything you need to know about safe and effective cleansing as well as learn about the principles of living raw nutrition, what it means to really be hydrated, the art of fermentation, maximizing your immunity with herbs, principles of food colors and how they affect us, superfood nutrition, using and preparing flower essences, and how to bring all of these things together to create not only a healthy life for yourself, but for your family and clients alike. This course package includes a full business coaching course by Corbin Links who'll teach you how to establish your own thriving health coaching business in 30 days or less.*

#	Wholistic Nutrition Practitioner Level	Course Time (hours)
1	Cleansing Intensive	20.8
2	Coaching Profits Intensive	7.5
3	David Avocado Wolfe Living Nutrition	30
4	Essence of Emotional Intelligence	2.7
5	Fermentation For Life - Background of Culturing and Wild Dairy Fermentation	2.5
6	Fermentation For Life with Kombucha - kvass and Probiotic Tonics	4.5
7	Flower Essences	38.1
8	Making Chocolate at Home with David Avocado Wolfe	24.7
9	Stress Management Tools 365	31.3
	<b>Total Course Hours</b>	<b>162.1</b>
	<b>Price</b>	<b>479\$ CAD</b>

### **Course Hours**

*Total course hours include: Hours of video, time to do quizzes, time to read all of the handouts, study for the final exam by redoing quizzes, and time to do the final exam itself.*

*You will have 1 year unlimited access to your courses, giving you plenty of time to dive deep into your studies. If you require additional time after the 1 year has passed, you can renew your courses for an annual renewal fee of 60\$ CAD per course, to a maximum of 180\$ (3 courses worth).*

## **Time Management**

*Your courses are self-paced and you can work through your courses at any pace that you like according to your schedule. Here are a few guidelines to help you schedule your study time to best support your educational goals:*

*Total Course Hours: 162.1*

*If you want to finish your studies in.....*

*...3 months: 54 hours per month, or 1h 30 minutes per day*

*...6 months: 27 hours per month, or 45 minutes per day*

*...1 year: 13.5 hours per month, or 30 minutes per day*

## **Course Package Descriptions**

### **Cleansing Intensive**

*Discover the path to holistic internal cleansing practices, to improve your physical, emotional, mental, and spiritual wellbeing. Learn how to quickly help yourself, be a guide for your family, and many others through holistic cleansing and detoxifying! In this fulfilling professional course, Dr. Willard shares his practical step-by-step guidance, and detailed scientific, and holistic medical information, helping you to understand and plan for the cleansing process!*

### **Coaching Profits Intensive**

*Are you ready to START your own consulting or coaching business? Are you ready to ACCELERATE results, while saving time and money? In this course you will be able to go from start to a fully functioning, scalable business in 30 days (or less), expand your existing business, learn the secrets to true sales confidence and mastery, and how to attract any client with confidence, from an individual to a full corporate board.*

### **David Avocado Wolfe Living Nutrition**

*SIMPLIFY nutrition into an UPGRADED lifestyle! Living Nutrition is the course that delivers! Millions of people all over the world LOVE David's no-nonsense approach to nutrition. You will learn how you can increase your physical, mental, and emotional well-being, how to naturally detox your cells, organs and body, how you can increase longevity, vitality and physical stamina, balance your hormones, and enhance your brain power and mental stamina.*

### **Essence of Emotional Intelligence**

*What is 'Emotional Intelligence'? Aren't 'emotional' and 'intelligence' mutually exclusive?! This brief-but-intensive video e-course offers vital perspectives on the nature of EI and Emotional Quotient (EQ), providing simple but powerful insights into improving them, and thus our relationships. This unique course provides an understanding of the essence of EI, and helps you appreciate how you can improve yours through enhanced awareness.*

## ***Fermentation For Life - Background of Culturing and Wild Dairy Fermentation***

*Once you have eaten homemade cultured butter, the store purchased variety will seem but a mere reminder! In this class you will learn to make Crème Fraîche, Butter and Butter Milk, you will find out about the three basic types of microorganisms and three kinds of fermentation techniques, and look at ways to create the right conditions to enhance these processes. It's easy, economical, tasty, and so healthy!*

## ***Fermentation For Life with Kombucha - kvass and Probiotic Tonics***

*Make and benefit from your own elixirs! Spanning the globe and being used for over 8,000 years we can easily say these fermented elixirs are not just a current fad. In this fermentation course, you will learn how to make Kombucha, jun and beet kvass, cleansing probiotic lemon/limeade, fermented Virgin Mary, pineapple tapache, Mexican horchata, and how to ferment herbal teas, ginger-mint vinegar shrubs and Peruvian chichi.*

## ***Flower Essences***

*Can you imagine plants as teachers? This course, taught by celebrity herbologist, Dr. Terry Willard, helps you develop a professional and in-depth understanding of plant life, and its many varieties. In this video e-course you will explore 44 different flower essences, including numerous formulas for daily applications and uses. Learn about how flowers impact our lives, their self-healing properties, associated vibrational medicines, and associated meridian and chakra systems.*

## ***Making Chocolate at Home with David Avocado Wolfe***

*“Making delicious raw chocolate has been taught for over 10,000 years! You will learn this ancient skill and delight your friends and family! When it comes to chocolate it’s always a HAPPY YES!” Raw cacao is a powerful superfood enjoyed for millennia for its delicious taste, mystery, and health benefits. Learn how to make your own raw chocolate while being guided step-by-step by David Wolfe , who makes the process fun and simple.*

## ***Stress Management Tools 365***

*Your peace of mind can't be taken away...only surrendered. Surrendered to the stresses that you may allow to dominate your perception of life. But stress could be a thing of the past! Learn simple but key principles for lasting improvements in your ways of thinking and behaving, based upon Dr H's 12 Stress Management Tools, including What's Good?, the logic of forgiveness, and how to respond (not react) to adversity.*

## ***Career Package Upgrades...***

*Do you have a deep passion for wholistic nutrition? Should you finish these courses with an even stronger desire to continue your studies in wholistic nutrition, upgrade to the **Wholistic Nutrition Masters Pack**. This next level wholistic nutrition course package has been formulated to serve as a natural progression in education from one package to the other as you deepen your knowledge in wholistic nutrition. This package is designed to both personally and professionally prepare you as an expert in the field of wholistic nutrition.*