

"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

- Thomas A. Edison

January 1st, 2016

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Contents

Introduction	1
Mission Statement & Objectives	2
What is a Nutritional Consultant?	2
Distance Learning	3
Official Recognition	4
Satisfied Students	5
Faculty	7
Advanced Standing / Credits	9
Transferring to Other Institutions	9
Admission Standards	10
Confidentiality of Records	11
Student Services	11
Curriculum Overview	12
Introduction to Holistic Nutrition	13
Career Program Overview	14
Practitioner Program	15
Postgraduate Mentorship Program	17
Continuing Education	17
Subject Descriptions	19
Continuing Education	25
Grading System	26
Graduation Requirements	26
Testing and Examination Procedures	27
Tax Deductions	27
Fee Structure	28
Shipping	28
Time Schedule	29
Application Procedure	30
Refund Policy	31

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Introduction

The Edison Institute of Nutrition (EIN) was established in 1996. EIN is a Canadian school providing in-depth training in holistic nutrition by distance learning. Students across Canada, the USA, and around the world have enjoyed the benefits of EIN's comprehensive introductory, practitioner, advanced and mentorship programs.

EIN is a school without walls. Students work at their own pace in the comfort of their own homes, wherever in the world they are located. Faculty and students communicate with each other via fax, telephone, Skype, Face Book, email and postal service. All instruction, textbooks and supporting materials are in the English language.

EIN programs combine the latest scientific research with ageless truths practiced by traditional societies. You will study nutrition from many different perspectives. Among these are both common threads and points of difference. That is as it should be. Nutrition as a science is relatively new and some of its findings are controversial. The more viewpoints to which you are exposed, the more you are able to see a larger, more complete picture. You will also be better equipped to assess the merits of new ideas you come across than if your studies had been only from a single perspective.

When you study with EIN, you will learn how to apply scientific principles to everyday health problems. Whether you wish to become a nutritional consultant, to update your present nutritional skills, to improve your own health, to help family or friends, or simply to learn for its own enjoyment, we can offer you an exceptional learning experience.

Mission Statement

The human body is a powerful self-regulating organism. It has an innate ability both to heal itself and to keep itself healthy - if given the conditions it needs to do so. Thus, the more we know about the body's nutritional needs, the greater control we have over our own health and lives. It is EIN's mission to make this knowledge universally available to all that choose it. Our standards equal or exceed those of traditional schools. EIN's curriculum offers a depth and variety of training in holistic nutrition unavailable elsewhere.

Objectives

EIN's distance learning program is intended to:

- Provide a comprehensive understanding of human nutrition and its role in health and disease.
- Apply sound scientific principles to the giving of practical nutritional advice.
- Train health care professionals to practice nutrition from a focus that recognizes the uniqueness of every individual.
- Prepare graduates to work as nutritional counsellors on holistic health care teams and as nutritional consultants to both individuals and organizations.

What is a Nutritional Consultant?

A nutritional consultant advises people on how to improve health by recommending what their bodies actually need. Since each of us is unique biochemically, what works for one person may be of little benefit to another. Very few bodies conform to norms, averages or standardized "one-size-fits-all" approaches. The truly successful practitioner must have training that combines scientific principles with practical skills of individual assessment and the ability to make recommendations. Upon completion of the Practitioner Program, you will graduate with a Diploma in Holistic Nutrition (DHN).

Distance Learning

EIN provides nutritional training for those who are unable to undertake on-campus studies. You may have family, job, financial or other commitments that prevent you from participating in on-campus programs. With EIN methods, you learn in the comfort and convenience of your own home, working at your own pace. Start at any time. Study when and where you choose according to the objectives that you set for yourself.

EIN's step-by-step instruction guides you through every stage of your program. Everything you need is included with your course: notes, study aids, audio-visual aids and textbooks that will provide an excellent reference library for years to come.

Learn in the comfort
and convenience of
your own home.

Distance learning is not for everyone. It requires self-motivation and self-discipline.

If you need a controlled classroom environment in order to learn, then EIN may not be for you. However, you can set and consistently follow your own work schedule, you may find your EIN experience to be particularly rewarding. You can spend your committed study time in whatever way is most productive to you. Highly motivated students are able to complete their distance learning in less time than it would have taken in full time resident studies.

Research published since 1920 repeatedly suggests that distance or correspondence study is every bit as effective as classroom training. Often it is more effective. This may be because students are able to choose subjects for which they have special interests or aptitudes, and/or because of their greater maturity and self-discipline.

The most decisive factor in determining success or failure of the distance learner appears to be the resonance between personal interest and course content. If you enjoy nutrition and are eager to learn more; if you are seeking personal satisfaction in this field; if you enjoy the experience of learning itself; then EIN programs will likely be a good match for you.

Official Recognition

Canadian Association of Natural Nutritional Practitioners, CANNP

The CANNP has approved the Practitioner Program (DHN) of the EIN curriculum as meeting the educational requirements for its designation *Natural Nutrition Clinical Practitioner* (NNCP) or Registered Nutritional Therapist (RNT). CANNP is a non-profit association formed for the purpose of creating a stronger presence for Natural Nutritional Practitioners within Canada and supporting members in the development of their professional expertise and businesses. For more information visit www.cannp.ca or call 519-787-2667.

International Organization of Nutritional Consultants, IONC

The IONC has approved the Practitioner Program (DHN) of the EIN curriculum as meeting the educational requirements for its professional designation *Registered Nutritional Consulting Practitioner* (RNCP) and *Registered Orthomolecular Health Practitioner* (ROHP). IONC, founded in 1983, is an independent, non-profit association that sets standards of practice for its professional members. Members must obtain malpractice insurance and may be covered by private health insurance plans. For more information visit www.ionc.org or call 1-800-342-8037.

National Association of Nutritional Professionals, NANP

NANP is a U.S. nutrition association originally founded in 1985. EIN's Practitioner Program meets the NANP's requirements for professional membership. NANP also offers the opportunity for members to write the board exam in holistic nutrition for the designation *Board Certified in Holistic Nutrition*. For more information visit www.nanp.org or call 877-526-5340.

Human Resources and Social Development Canada, HRSDC

EIN is certified as an educational institution under the Income Tax Act for the purposes of issuing tuition tax receipts for amounts over \$100 to students 16 years of age and older. For more information on tax deductions, please refer to Tax Deductions on page 27.

Recognition by Other Educational Institutions

Depending on their particular policies, other institutions may or may not accept transfer credit for subjects completed at EIN. We recommend that you speak directly with the college or university you plan to attend to determine their requirements.

Satisfied Graduates

This has been a very rewarding and fascinating journey!
I just wanted to thank all of you for providing the opportunity to learn so much about a subject I have always been passionate about. Edison's extremely in-depth program has left me with the confidence to know that I am ready to make a difference out there.

Judy, thank you for talking me through all my worries about tackling the work-load with three children at home. You really helped me stick to it and keep plugging away!

Lynne & Marlene, thank you for all the opportunities to learn. Your feedback has been so helpful and the time you have taken to ensure that I continue to learn is forever appreciated! With much gratitude!

C. Luzzi, ON

"The entire course was a breath of fresh air. No more fad diets! I thought I knew a lot about nutrition before I took this course. It really opened my eyes to the myths and misleading information circulating in the media and helped me educate myself. The distance learning was a real plus in my opinion. Addressing the root causes of symptoms or "disease" is so important in the healing process and the institute teaches you how to recognize the underlying nutritional issues. I really enjoyed the textbooks; they continue to be a great asset in my practice. The staff at the institute was very helpful, courteous and prompt in returning calls and email. Overall a wonderful experience!"

K. Donais RNCP, ON

"Edison's program is really meeting what I was searching for, I always say if I want to design a program for my own needs, it won't be better than Edison's. I really love it when I study, I feel that I'm studying with all my "cells". Let your goal be helping people, not gathering money because money will come any way. When you have big intentions, your study and business will flourish more and you will enjoy it more. In addition, people really need big help, so let's all gather our efforts wherever we are around the world and try to make some difference, under EIN leadership! That's all, thanks a lot for your support, help and time. God bless you all!"

Mais Karesly, U.A.E

After much research I decided that Edison Institute of Nutrition was undoubtedly the best choice to pursue my education based on their extensive and impressive credentials along with the verbal recommendations I have received from accredited professionals within the field. Yes, I've done my home work! Now I look forward to embarking on this path of holistic wisdom and pursuing an exciting new professional career.

Jeanelle Rodin, ON

"I began my studies at EIN in 2004. I stumbled upon this discipline in search of help when I developed some health problems. Finally, I found the solution through studying holistic nutrition. It has literally changed (and probably saved) my life. I have loved every minute of my studies. The selection of textbooks were interesting, appropriately and progressively challenging as I worked my way through my certificate, my diploma and my master's diploma. For me, the opportunity for self-paced education just enhanced the value of the whole process. I have truly appreciated having someone a phone call (and email) away whenever I needed help. My questions were always answered promptly and in a way that made me feel that I was important to the school. It has been a very positive experience - one that I would definitely recommend. Now I look forward to helping others with my newfound knowledge."

Jane Claxton-Oldfield RNCP MDN, ON

"Prior to my master's program with EIN, I had already attained master's degrees in business and botanical medicine, a doctorate in naturopathic medicine and many certifications in various aspects in holistic healthcare. I thoroughly scrutinized the Edison program prior to commencing. I researched its reputation, its curriculum, course format and found it to be the most convenient, yet most comprehensive nutrition education. I was certainly impressed with the curriculum, the textbooks and the manner in which assignments were submitted, as well as the assistance that I received from the staff at Edison. The EIN program was one of my most rewarding educational experiences. It has formed the foundational framework supporting all of my subsequent training. I am very proud to be a graduate of EIN. I have a very busy naturopathic practice in Clifton, New Jersey, and continue to use many of the principles learned from my Edison education."

Dr. Glenn B. Gero, N.D., M.Sc., M.H., M.E.S., C.L.C, U.S.A

Faculty

Education Directors:	Lynne Hinton, BSc, BEd, RNT, CHCP Marlene Marshall, CNP(Hon), ROHP
Education Advisors:	David W. Rowland, MBA, PhD (Nutr) Dr. John Gannage, MD
Education Instructors:	Alisa Herriam, ROHP, CPCC, CHCP Meredith Deasley BA., RHN, RNCP Paul Demeda, Holistic Nutritionist, CNP Sue Skillins, CNP, CHCP, NNCP
Registrar/ Off. Mgr:	Sharon Atkinson CNP, NNCP
Student Liaison:	Gilda Rovani BA, DIHOM(Pract), ROHP Jennifer Papaconstantinou, CP NNCP

Lynne Hinton, BSc, BEd, RNT, CHCP practises at Health House in Markham, ON. She is a Darkfield Microscopy instructor and author of two texts, *Nutritional Symptomatology* and *Advanced Nutrition Practice*. Lynne's teaching in the health field includes sixteen years in the Canadian public school system and seventeen years training health care professionals worldwide. As a lecturer, instructor, author and trainer in microscopy and nutrition, Lynne has a wealth of knowledge to share with practitioners.

Marlene Marshall, CNP (Hon), ROHP practises at Health House in Markham ON. Along with homeopathic drainage and Darkfield Microscopy, Marlene employs Psychosomatic Energetics to dissolve the emotions that provoke chronic health issues. Her combination of knowledge, compassion and the ability to listen makes her an approachable mentor for clients, students and a diverse network of practitioners.

David W. Rowland, MBA, PhD (Nutr) For over a quarter century, David Rowland has been a leading edge innovator in alternative medicine. Dr. Rowland's results-oriented approach spans many areas of expertise. One of his unique contributions is the Nutri-Body® method of nutritional assessment, widely used by natural health practitioners. Another is his formulation of food-based medicines which have a 25 year history of highly successful use. . He is the founder of the Edison Institute of Nutrition & Nutritional Consultants Organization of Canada (NCOC), now IONC.

Dr. John Gannage, MD graduated from University of Toronto medical school in 1990 and completed his residency at the University of Ottawa. He has obtained two diplomas in Homeopathy. Dr. Gannage is medical director of Markham Integrative Medicine, where he has been administering Chelation Therapy since 1999 and emphasizing prevention and treatment of chronic disease through nutrition, drainage, detoxification and reduction of oxidative stress, while addressing the underlying cause of disease.

Alisa Herriman, ROHP, CPCC, CHCP

Alisa is a registered Nutritionist, Life Coach, Certified Cancer Coach, founder of Nutrinity Health Services and mom of 4, who has been actively consulting since 2004. She works with clients on an individual and group basis. Alisa teaches workshops and is a sought-after speaker for health and wellness events, post secondary and corporate settings. Alisa also co-ordinates The Business of Wellness Consulting course and co-facilitates the Certified Holistic Cancer Practitioner Course at EIN.

Meredith Deasley BA., RHN, RNCP

Meredith graduated from UWO with a BA in sociology, worked in the corporate world for a decade and then in 2002, started her company called "The Resourceful Mother". She is a Registered Holistic Nutritionist and Life Coach, focussing on children. Meredith authored and published the "The Resourceful Mothers Secrets to Healthy Kids," which is the pediatric text for EIN. She has been featured on numerous television and radio shows, presented seminars for schools, parenting centres and corporations. Meredith counsels individual families, helping them understand the power of food.

Sue Skillins CNP, CHCP, NNCP, Live Cell Microscopist

Sue is a believer that "life and healing come from within, where the promotion and maintenance of health is superior to the treatment of disease." Susan graduated from Institute of Holistic Nutrition, with First Class Honours, after many years in multi disciplinary holistic health care. Susan has developed a new Nutrition and Aging course for EIN. In collaboration with Lynne Hinton, she has co-created The Practitioner's Toolkit, a Continuing Education course. Susan also facilitates the Case Study webinars. In her spare hours, Susan loves spending time with her granddaughter, three children and her dog, Ebby.

Paul Demeda, Holistic Nutritionist, CNP

Paul is a Certified Holistic Nutritionist who loves to empower individuals to consciously and holistically manage their health. He teaches courses on Nutrition Fundamentals, Preventative Healthcare and Nutrition for Mental Health and conducts private workshops. Paul provides seminars highlighting content from the annual International Orthomolecular Medicine Today conference on behalf of the Canadian Society for Orthomolecular Medicine. Paul has a passion for challenging the conventional thinking with the question “is this really true?” and then looks for the evidence.

Sharon Atkinson CNP, NNCP is a Graduate of the Institute of Holistic Nutrition in Toronto ON. Sharon is also a Certified Colon Hydro Therapist, Certified Metabolic Balance Coach and has trained in allergy testing, Live Blood Analysis, and Cancer Coaching. Sharon has faced a variety of illness through her life including asthma, eczema, allergies, epilepsy and leukemia. Through her own healing journey, she realized the important connection between health and nutrition.

Gilda Rovani BA, DIHOM(Pract), ROHP is a Registered Nutritional Consultant Practitioner, in private practice in Toronto, ON since 1997. She received her Practitioner's Diploma in Homeopathy from the British Institute of Homeopathy. Gilda employs nutrition, biotherapeutic drainage, supplements and homeopathy in conjunction with BEAM and EFT , to help her clients move toward a state of health and well-being.

Jennifer Papaconstantinou CNP, NNCP is a graduate of the Institute of Holistic Nutrition in Toronto ON. She has continued her studies with completion of a Certification in Live Cell Microscopy and is studying the philosophies and teachings of Dr Bernard Jensen as well as being certified in Clinical Iridology and B.A.S.E allergy therapy.

Advanced Standing / Credits

Transfer credits may be awarded for post-secondary courses related to EIN's curriculum (i.e. Biology, anatomy, chemistry), completed by the student at other institutions and deemed to be the equivalent of EIN course subjects. Students wishing to apply for transfer credit must have the issuing institution send official transcripts directly to EIN. A fee of \$80 will be charged for the Advanced Standing/Credit Assessment. In such cases, a customized program will be created.

Admission Standards

Admission is open throughout the year. You may enrol and start your studies at any time.

In addition to the following educational prerequisites, applicants must have sound moral character, maturity, academic aptitude, and commitment to the study of nutrition. EIN reserves the right to admit or reject applicants at its sole discretion at any point in the admissions process. EIN is non-discriminating; it welcomes students of all races, ages, religious beliefs, abilities, national origin and marital status.

Introductory

This program is open to anyone interested in pursuing education to support their own health or that of their family.

Practitioner Program-Diploma in Holistic Nutrition

Students may enroll in the Practitioner Program with a high school diploma (grade XII) or its equivalency as demonstrated by satisfactory completion of the General Education Development (GED). Mature student status may be granted to anyone who is over age 21.

Postgraduate Mentorship Program

Open to students who have completed the EIN Practitioner Diploma Program.

Note: Detailed information on EIN's Curriculum can be found on pages 19-25.

Confidentiality of Records

EIN respects the confidential nature of student records. We consider the following information about each student to be directory information: name, address, telephone number, program enrolled in, date of enrollment. We also recognize your right of access to your own records.

EIN maintains detailed school and student records for seven years. Transcripts are kept for 30 years. Changes in personal or enrollment information; including change of name, address, email, phone, fax or payment information, must be reported to the registrar.

Student Services

- All instructions and course materials are clear, self-contained, and easy-to-understand.
- You may direct queries to staff or faculty via telephone, fax or e-mail. (In North America a toll-free phone/fax number is provided for this service.) Full-time staff are available between the hours of 9:00am and 5:00pm Monday to Friday (Eastern Standard Time, Canada).
- You may submit your tests and assignments by fax, mail or e-mail.
- Your tests and assignments are processed and graded promptly. Results are returned to you by e-mail.
- To help you stay on your personal schedule, you will receive a reminder from EIN if you have not submitted any tests or assignments for two months.
- You may communicate with other EIN students through a closed face book group who have allowed their names and locations to be used for that purpose.

Curriculum Overview

The EIN curriculum consists of an Introductory Program, the Practitioner Diploma Program, a Post-Graduate Mentorship Program and Continuing Education courses. The program you choose will depend on what you want to get out of your program.

If you are simply interested in your own health and the health of your family, then the Introductory Program may be for you.

If you want to turn your interest into a career, then the Practitioner Program is for you.

Wherever you decide to start, we have made it easy for you to continue to higher levels.

Program	Competency Achieved
Introduction to Holistic Nutrition	Certificate of Completion
Practitioner Program*	Diploma in Holistic Nutrition, DHN
Postgraduate Mentorship	Certificate of Completion

**qualifies for designation with the CANNP, the IONC and NANP, see page 4.*

Individual subjects have been organized into modules according to logical groupings, their prerequisites and each program has a grouping of modules.

The Introductory Program has a maximum completion time of 1 year. The Practitioner Program has a maximum completion time of 3 years. You may complete the Practitioner Program within one year depending on the time you can devote to the program. The Mentorship Program has a maximum completion time of 6 months.

Dividing the curriculum into modules allows you to progress one step at a time, with meaningful guideposts along the way. It also gives you flexibility in setting your own time line and goals. You might for example start with the Introductory Program before deciding to continue on to the Practitioner Program (not required). You can decide to go the whole distance right from the start or to ease into it one step at a time.

Introduction to Holistic Nutrition

The Introduction to Holistic Nutrition program is for everyone who is interested in their own health and the health of their family. This program can also be customized to your individual interests.

The basic program includes three base subjects plus your choice of one elective subject for a simple flat fee of \$670.00 that includes your text books, tuition and \$25 application fee. See page 28.

BASE SUBJECTS *(subject descriptions are available starting on page 19)*

Subject	Title
NUTRF	Fundamentals of Nutrition
PHYS2	Digestion
ECOL2	Allergies
ELECTIVE	Select one from below

ELECTIVE SUBJECTS - choose one

NUTR5B	Pediatric Nutrition
NUTR8B	Nutrition & Aging
PHYS3	Nutritional Cardiology
NUTR9B	Body-Mind Nutrition
NUTR6A	Sports Nutrition

When you complete the Introduction to Holistic Nutrition program, you will receive a certificate of completion.

Another Advantage

All of the subjects in the Introduction to Holistic Nutrition program are counted as credits toward the career programs. This means that if you want to continue learning and want to turn your education into a career, you have a head start. Please note, the **Introductory Program** is not a prerequisite to the Practitioner Program.

How long does the Introductory program take?

This will depend on how fast you comprehend and absorb information and on how much time you have available for study. At only 11 hours per week, you will complete the program in about 6 months. If you study full-time at 32 hours per week, you could finish in less than 2 months. The maximum time frame for completion is 12 months from the start date.

Career Program Overview

The program you choose will depend on what you want to get out of the program and the level of knowledge you feel you need for a desired career.

The Practitioner Diploma Program is recommended for someone who desires to become a Nutritional Consultant and to qualify for designation with a professional organization or association such as the CANNP (Canadian Association of Natural Nutritional Practitioners), IONC (International Organization of Nutrition Consultants), or NANP (National Association of Nutrition Professionals). For more information see page 4.

We want everyone to reach the highest level of knowledge and understanding possible and have made it easy for you to continue your education with our Continuing Education Units..

Program	Competency
Practitioner	Diploma in Holistic Nutrition, DHN
Continuing Education	CEU credits

Each subject is assigned a weight in units. A unit is the approximate equivalent of a semester hour, or 20 hours of class time.

Practitioner Program:

A maximum time frame for completion is 3 years. Devoting 41 hours per week of study time or the completion of 1 module every 2 months will allow you to complete the program within 1 year. If a student is having difficulty completing their course due to unusual or extenuating circumstances, an extension may be granted. In some cases a reactivation fee and/or upgrading may apply.

Continuing Education Subjects:

Continuing Education subjects and courses are available for practitioners to increase their knowledge base and meet the required upgrading hours for their association membership.

Practitioner Program - Modules 1 - 4

Competency Achieved: Diploma in Holistic Nutrition (2046 Hours)

Prerequisite: See Admission Standards on page 10.

Module	Subject	Title	Units
1	JURS2	Jurisprudence	2
	PHYS2	Digestion	2
	BIOLT1	Biology T1	3
	NUTRF	Fundamentals of Nutrition	6
	ECOL2	Allergies	<u>2</u>
			15
2	BIOLT2	Biology T2	2
	CHEM1A	Biochemical Individuality	2
	NUTR3C	Science of Food	6
	NUTR4B	Vegetarianism	3
	NUTR5B	Pediatric Nutrition	<u>3</u>
			16
3	BIOLT3	Biology T3	2
	ECOL1C	Ecology of the Soil	1
	NUTR7B	Environmental Toxicity	3
	HERB2	Herbology	2
	CHEM1B	Chemistry	3
	PHYS1	Anatomy & Physiology	<u>7</u>
			18
4	BIOLT4	Biology T4	2
	NUTR6A	Sports Nutrition	3
	PHYS3	Nutritional Cardiology	3
	PHYS4	Nutritional Endocrinology	2
	SYMP1	Nutritional Symptomatology	<u>10</u>
			20
		Mid-Term Exam	

Quick Reference

Subject Descriptions	page 19
Fee Structure	page 28
Time Schedule	page 29

Practitioner Program - Modules 5 & 6

Competency Achieved: *Diploma in Holistic Nutrition, DHN*

Module	Subject	Title	Units
5	BIOL3A	The Epigenome	1
	CHEM2	Biochemistry	3
	CHEM3B	Lipid Metabolism	3
	NUTR8B	Nutrition and Aging	3
	NUTR9B	Body-Mind Nutrition	<u>3</u>
			13
6	CLIN2	Diet Psychology	1
	CLIN4	Comparative Diets	3
	CLIN5	Therapeutic Nutrition	6
	SYMP2	Advanced Nutrition Practice	<u>10</u>
			20
		Final Exam	
		Total Units	102
7	BUS2	Business of Wellness (Optional)	

Postgraduate Mentorship Program

Competency Achieved: *Certificate of Completion*
Prerequisite: *Practitioner Program or Advanced Program.*

Mentorship has become an effective and, many believe, essential part of natural health care study. For Edison graduates of the Practitioner Program (minimum requirement), this resource expedites the learning process that increases a student's confidence and effectiveness as a consultant.

The Mentorship Program assists in the transition from book learning to practical application. Practising consultants may also find the program useful as a second-opinion resource for more complex cases.

Each mentorship period provides assistance with a maximum of six cases, of the student's choice, including follow-up on these cases during this same period. General information questions may be asked as well. Students of this program will be able to communicate with their mentor by phone, fax and/or e-mail.

The cost of the program is \$675.00 CAD for a six-month period, with the option of renewing for an additional six-month period for \$575.00. Students finishing the Mentorship Program receive a certificate of completion.

Continuing Education

The **Nutritional Preceptorship Program (NPP)** was established in 1997 to provide a tutorial mentoring for health practitioners. It is designed to fast-track the conversion of nutritional theory into clinical practice, through skill-building by observation of real-life case studies or through seminar presentations of guest speakers.

Our mission: Empowering practitioners to structure optimal health for both themselves and their clientele through shared knowledge and experience. In other words - our goal is to save you the many years it took us to get to this point.

Webinars are available at : www.nppwebinars.com/npp
Each webinar includes printable PDF Power Point notes and a Continuing Education Certificate.

Continuing Education

Certified Holistic Cancer Practitioner (CHCP)

The CHCP course is a comprehensive, hands-on, practical training program for health care practitioners through live webinar sessions. Our objective is to enable students to ~ understand what cancer is and its possible causes ~ understand which dietary and lifestyle strategies increase the risk for cancer development ~ develop and implement cancer preventative strategies ~ understand common medical protocols for a person diagnosed with cancer and develop and implement specific dietary and lifestyle strategies for those living with cancer. *Lynne Hinton, BSc, BEd, RNT, CHCP and Alisa Herriman, ROHP, CPCC, CHCP*

Live Cell Microscopy

We offer certified health practitioners the most comprehensive Live Cell Microscopy training course worldwide, with 4 full days of hands-on training in our fully equipped training facility. Students will learn ~ How to interpret live and dry blood cell samples ~ How to incorporate live cell microscopy in your practice ~ The principles of pleomorphism ~ Capillary puncture training and certificate ~ How to assess your findings and make effective health recommendations. *Lynne Hinton, BSc, BEd, RNT, CHCP*

The Practitioner's Tool Kit

So Many Supplements, So Little Time, What Works?

It is crucial for new graduates and those already in practice, to ensure they understand how to most effectively utilize the professional supplement formulas available to optimize health outcomes for their clients. This course will fast-forward the many hours (or even years) it takes to obtain this knowledge. In this two-day intensive course, you will learn ~ The best supplements from 20+ professional line companies ~ The science behind each supplement ~ The manufacturing process and quality control ~ The clinical trials that back up product claims ~ Clinical protocols ~ How to get outstanding results for your clients! *Lynne Hinton, BSc, BEd, RNT, CHCP and Susan Skillins, CNP, CHCP, NNCP. Coming in 2015!*

Subject Descriptions

In alphabetical order by subject code:

BIOLT1 Biology T1

Atoms and molecular bonds; acids, bases and buffers; structure of carbohydrates, lipids and proteins; cell structure and function; energy and metabolism; cell membrane transport; enzyme design and function. Text: *Biology: Concepts and Applications (8th ed.)* by Cecie Starr.

BIOLT2 Biology T2

Cell division; mitosis and meiosis. Patterns of inheritance, human genetics, and DNA. Viruses, bacteria, parasites, and fungi. Plants and animals. Text: *Biology: Concepts and Applications (8th ed.)* by Cecie Starr.

BIOLT3 Biology T3

Exploring plants; plant structure, nutrition, reproduction, growth and development, and plant hormones. Examining animals; animal structure and function, homeostasis, nervous, endocrine and circulatory systems, immunity and senses. Text: *Biology: Concepts and Applications (8th ed.)* by Cecie Starr.

BIOLT4 Biology T4

Respiration; oxygen and carbon dioxide transport. Digestion; digestive systems and support organs, absorption, and nutrition requirements. The internal environment; body fluids, temperature, and pH. Reproduction, ecology, behavior, ecosystems, and the biosphere. Text: *Biology: Concepts and Applications (8th ed.)* by Cecie Starr.

BIOL3A The Epigenome

The epigenome. The complex chemical network that controls gene expression; how genes can be switched on or off; how environmental toxins can affect not just the individual exposed but offspring two to three generations later. DVD: *NOVA: Ghost in Your Genes*, by Sveriges Television and NHK, Japan in association with WGBH/Boston.

BUS2 Business of Wellness Consulting Course

This intensive 1-on-1 mentoring course will show you how to establish pricing, write programs, run corporate programs, increase client compliance and improve your bottom line! You will also learn how to write your business and marketing plans giving you a definite foundation for success. Text: *Business of Wellness Consulting and DVD and Starting Your Own Business* by Alisa Herriman RNCP, ROHP, CPCC, CHCP

CHEM1A Biochemical Individuality

Each of us is genetically and biologically unique. Diversity in human anatomy and body chemistry create widely differing nutritional needs from person to person. We each have unique requirements. Text: *Biochemical Individuality*, by Roger J. Williams, PhD.

CHEM1B Chemistry

Matter, compounds, gases, liquids and solids, solutions, electrolytes, oxidation-reduction, electro-chemistry, organic chemistry, energy. Text: *Chemistry Made Simple* (rev. ed.), by John T. Moore, Ed.D, Revised 2004.

CHEM2 Biochemistry

The chemistry of living organisms. The chemical composition of cells, how such chemicals are converted into others, how cells maintain their structures, and how they perform their functions. Energy provision, the functions of enzymes, metabolic pathways, the role of DNA. Text: *The Chemistry of Life* (4th ed.), by Steven Rose, PhD.

CHEM3B Lipid Metabolism

The most up-to-date research on the role of fats in health and disease. Essential fatty acids and their derivatives, digestion and absorption of fats and lipids, cholesterol and CVD fats in foods and the therapeutic use of fats and lipids. *Instruction Manual and DVD: Lipid Metabolism* by Paul Demeda, Text: *Fats that Heal, Fats that Kill* by Udo Erasmus.

CLIN2 Diet Psychology

Recognizing the emotional consciousness behind destructive eating patterns; exploring the real needs and feelings behind food cravings; learning practical strategies to help clients develop a healthy relationship with food and deal with family members who don't share their desire to change. Text: *Eat by Choice, Not by Habit* by Sylvia E. Haskvitz, M.A., R.D.

CLIN4 Comparative Diets

A survey of the components that contribute to a healthy diet. Therapeutic versus maintenance diets. Vegetarianism versus omnivorism. Analysis of diets based on their content of protein, fat, and complex carbohydrates. Text: Notes supplied by EIN.

CLIN5 Therapeutic Nutrition

The use of diet, vitamins, minerals, herbs and other supplements to help the body correct disease conditions. Causes and possible treatments for over 70 health problems. Text: *Encyclopedia of Natural Medicine* (Revised 3rd ed.), by M. Murray, ND and J. Pizzorno, ND.

CLIN7 Prescription Drug-Nutrient Interactions

Drug descriptions and side effects. How prescription drugs cause imbalances in the body, from depletion of vitamins and minerals, to adverse effects on all systems and functions of the body. How drugs interact with food, drink, and supplements. How your body processes drugs. How to assess the ways in which medications affect health. How to counteract these imbalances with alternative treatments. Text: *Prescription Alternatives* (4th ed.), by Earl L. Mindell, R.Ph., Ph.D.

ECOL1C Ecology of the Soil

Teaches the miraculous nature of soil, illustrates humanity's mismanagement of soil and shows some hopeful approaches to better management, including natural building, tree planting, edible schoolyards, mountaintop removal, mycology, energy, food, water, farming, composting and gardening. DVD: *Dirt: The Movie* (2009), narrated by Jamie Lee Curtis, adapted from Bill Logan's essays collected under the title "*Dirt: the Ecstatic Skin of the Earth.*"

ECOL2 Allergies

Food allergies and intolerances. How hidden food sensitivities can masquerade as almost any disease. Identifying, managing and overcoming allergic responses. Text: *One's Food is Another's Poison*, by David W. Rowland, PhD.

HERB2 Herbology

An in-depth handbook of traditional herbalism consisting of 3 parts; plants and their relationship to healing and humanity; the herbal treatment of systems in the body and details about herbal chemistry and actions, as well as the gathering and preparation of herbs. Text: *Holistic Herbal - A Safe and Practical Guide to Using Herbal Remedies* by David Hoffmann

JURS2 Jurisprudence

How to run a legally sound nutritional practice. Legal pitfalls and how to avoid them. Regulations that affect the (a) giving of nutritional advice, (b) recommending or selling supplements, and (c) collecting specimens from the human body. Text: *The Holistic Nutritionist's Guide to Lawful Practice* by Glenn Rumbell, BA, LL.B. and *How to Give Nutritional Advice Legally* by David W. Rowland, PhD.

NUTRF Fundamentals of Nutrition

A holistic and comprehensive overview of nutrition that combines insights of the East with the science of the West. The ecology, biochemistry, physiology and pharmacology of nutrition. Food and consciousness. What each vitamin and mineral is, what it does in the body and symptoms of deficiency. How internal and external factors affect the body's absorption of these nutrients. Suggestions for food sources and optimal supplementation. Text: *Diet & Nutrition, A Holistic Approach* (24th ed), by Rudolph Ballentine, M.D., 2007 and *Audio DVD* by Lynne Hinton BSc, BEd, RNT, CHCP

NUTR3C Science of Food

The basic principles of a healthful diet. The main food components; protein, fats, carbohydrates and fiber, vitamins, minerals, and phytochemicals. Detailed description of the history, health benefits, nutritional highlights, storage, preparation, and safety of a large number of foods. Includes food prescriptions for over 70 specific ailments. Text: *The Encyclopedia of Healing Foods* (Revised 2nd ed.) by Michael Murray, N.D. and Joseph Pizzorno, N.D., with Lara Pizzorno, M.A., L.M.T.

NUTR4B Vegetarianism

A comprehensive resource for planning or fine-tuning a nutritionally sound vegetarian diet; vegetarianism during pregnancy, childhood, and the senior years; special nutrient concerns and vegetarian diplomacy. Text: *The New Becoming Vegetarian (Revised & Updated) - The Essential Guide to a Healthy Vegetarian Diet* by Vesanto Melina, MS, RD and Brenda Davis, RD, 2003.

NUTR5B Pediatric Nutrition

Teaches how to detect, prevent and eliminate reactions to food. Explains which foods and supplements every child needs and why. Identifies which foods are related to symptoms and disease. Includes healthy meal ideas, recipe planning, communicating about feeding your child differently and healthy choices outside the home. Teaches how alternative therapies can help with childhood health issues. Instructional Audio DVD & Text: *The Resourceful Mother's Secrets to Healthy Kids*, by Meredith Deasley, BA, RNCP, RHN.

NUTR6A Sports Nutrition

Nutritional needs for athletes. Improving performance and delaying fatigue. Protein needs, fat loss and lean weight gain. Competition nutrition. Supplementation. Maintaining hydration. The female athlete. Daily menu plans.. Text: *The Complete Guide to Sports Nutrition* (6th ed.), by Anita Bean.

NUTR7B Environmental Toxicity

The dangers of toxic contamination from long-term exposure to man-made chemicals and heavy metals in our environment. Specific health problems associated with commonly used chemicals. Everyday sources of toxins and how they disrupt bodily functions. How to protect your food supply and home from dangerous toxins. Text: *What's Toxic, What's Not* by Dr. Gary Ginsberg & Brain Toal, 2006

NUTR8B Nutrition & Aging

Learn the biological processes involved in aging, how the major body systems decline and cell rejuvenation. Understand the latest theories of aging at the cellular and molecular level. Take an in-depth look at anti-aging nutrients (natural hormones, vitamins, minerals, amino acids, herbs and other phyto-nutrients). Gain a full range of information on lifestyle and its impact on longevity. Text: *The 10 Secrets of Healthy Ageing* by Patrick Holford and Jerome Burne 20007. *Audio DVD* by Sue Skillins

NUTR9B Body-Mind Nutrition

How biochemical disturbances and nutritional imbalances contribute to psychological disturbances and affect mental functioning. Protect your brain; boost your memory, IQ and mood; and prevent age-related mental disease. Topics include autism, depression, schizophrenia, addictions, eating disorders, ADD, Alzheimers's, Parkinson's. Text: *New Optimum Nutrition for the Mind*, by Patrick Holford, 2009.

PHYS1 Anatomy & Physiology

Organization of the body from the single cell to the co-ordinated whole. Detailed descriptions of all bodily systems, disorders associated with each, and systemic interactions required for homeostasis. Text: *Human Body in Health & Disease* (13th ed.), by B. Cohen, MEd, and D. Wood, RN, MS.

PHYS2 Digestion

How the digestive system works. Psychological factors, food combining, digestive enzymes, lactic bacteria, fibre. Natural treatments for indigestion, heartburn, ulcers, gallstones, malabsorption, diarrhea and constipation. Text: *Digestion: Inner Pathway to Health*, by David W. Rowland, PhD.

PHYS3 Nutritional Cardiology

Causative factors contributing to atherosclerosis. The cholesterol myth. A nutritional program to both prevent and reverse ischemic heart disease and related conditions. Texts: *Cardioprotective Nutrition*, by David W. Rowland, PhD; *The Nutritional Bypass*, by D. W. Rowland, PhD.

PHYS4 Nutritional Endocrinology

Endocrine glands and their functions. Hypothyroidism, an under-diagnosed condition. Nutritional support for each gland in the endocrine system. Text: *Endocrine Harmony*, by David W. Rowland, PhD.

SYMP1 Nutritional Symptomatology

Analyze bodily symptoms of nutritional imbalance. Develop custom-tailored nutritional programs for individuals, based on their unique biochemical requirements. Text/CD: *Nutritional Symptomatology*, DVD: *Symptoms, Synergy, Solutions* Instructional Audio Course by Lynne Hinton, BSc, BEd, RNT, CHCP & Tracy McBurney, BA, RNCP, EMP.

SYMP2 Advanced Nutrition Practice

An in-depth study of clinical assessment methods and detoxification protocols to address the underlying causes and degenerative health conditions. Advanced principles of interviewing and counselling nutritional clients. Texts: *Advanced Symptomatology / Audio DVD* by Lynne Hinton, BSc, BEd, RNT, CHCP.

Grading System

Essay assignments and theses are evaluated on an A, B, C basis. Objective type tests are evaluated on the basis of a percentage of correct answers. On official transcripts, EIN translates all achievements into the A, B, C system, according to the following schedule. EIN does **not** use the grade point system; however, grade point equivalents are also given below for purposes of comparison.

Letter Grade	Grade Points	Percent Conversion	Notes
A+	4.3	95-100	Exceptional
A	4.0	90-94	Excellent
A-	3.7	85-89	Very Good
B+	3.3	80-84	Good
B	3.0	75-79	Satisfactory
B-	2.7	70-74	Fair
C+	2.3	65-69	Pass
C	2.0	60-64	Marginal
F	0.0	59-below	Fail

A grade of B+ or above is required for successful completion of all core nutrition EIN subjects. Students who do not achieve successful completion grades in a given subject may, at EIN's discretion, be required to repeat that subject after having received constructive suggestions from a faculty advisor.

First Class Honors will be awarded to students with an overall average of 90% or greater.

Graduation Requirements

A diploma candidate must have: (a) completed and paid for the prescribed curriculum for that program, (b) achieved competency in all subjects (B+ or above in core nutrition subjects), (c) achieved a grade of at least B+ on the mid-term and final proctored examinations and (d) been recommended for graduation by the faculty.

Testing and Examination Procedures

Each subject in the EIN program is self-contained. It may include a textbook, DVD or CD, notes and/or a study aid. It will always include a test or assignment. Once completed, it should be sent by fax, email or mail to EIN. There, it is routed to a faculty member for grading and evaluation. (If sending by mail, please keep a copy in case of loss).

After successful completion of modules 1-4 of the Practitioner Program, each student must pass a mid-term proctored examination before proceeding to modules 5 & 6. After successful completion of modules 5 & 6 of the Practitioner Program, each student must pass a final proctored examination before a diploma is awarded. A date will be included on the "student time tracking form" provided by EIN.

The student is responsible for locating a library, college or university that offers proctoring services for these examinations subject to approval by EIN. The examinations will be mailed directly to the proctor. Proctoring and return postal fees are the responsibility of the student.

Final examinations may be taken only after all course tests and assignments have been completed to EIN standards and all fees paid. EIN students are expected to observe a code of strict academic honesty.

A \$50.00 fee will be charged for each exam (mid term and final).

Tax Deductions

EIN is certified by Human Resources and Social Development Canada to issue tuition tax receipts (T2202A) for amounts over \$100 to Canadian students. Students outside Canada may request an official tax receipt.

If you declare income from nutritional counselling, the income tax departments of most countries will allow you to deduct the cost of your training at EIN as a **business** expense. You must check with a tax accountant or the tax authorities where you reside to verify the extent to which such a business deduction is permitted.

Tuition Fee Structure - January 1st, 2016

Practitioner Program Payment Options

1 payment: \$3,978.00 - save up to \$510.00

Pay by the module. EIN has a unique pay-as-you-learn plan.

Program	Module	Tuition	Texts*	**TOTAL
Practitioner Program	1	\$660.00	\$337.75	\$997.75
	2	\$704.00	\$122.85	\$826.85
<i>Diploma in Holistic Nutrition (DHN)</i>	3	\$792.00	\$124.43	\$916.43
	4	\$880.00	\$176.95	\$1056.95
	5	\$572.00	\$161.92	\$733.92
	6	\$880.00	\$169.34	\$1049.34
		\$4488.00	\$1093.24	\$5581.24
Optional The Business of Wellness	7	\$595.00	\$ 61.95	\$656.95

Application Fee - Practitioner Program (non-refundable) **\$ 175.00**

Advanced Standing/Credit Assessment Fee - (non-refundable) **\$ 80.00**

Introductory Program **\$ 670.00**

- includes tuition, texts, and application fee (\$25). **

Postgraduate Mentorship: 6 months/\$675. - 2nd 6 months \$575. **

Examination Fee: \$50.00 per exam (mid term and final exam).

Reactivation fee: A reactivation fee may apply if there is a lapse in completion of the program beyond specified time frame.

Payment methods: Visa, MasterCard, Amex, certified cheque, Interac e-mail money transfer or money order to 'Edison Institute of Nutrition'.

Text books: purchased on a per module basis, fees are approximate and subject to change. *

All fees are quoted in **Canadian Dollars**.

Shipping and Taxes**

All shipping and handling charges will be added to each shipment. Modules will be shipped by expedited service with a tracking number. Overseas students should contact us for a shipping estimate. Applicable taxes will be added to each purchase based on the student's location.

Time Schedule

The following table shows the allotted time period to complete each program and the course hours for each program in both part-time and full-time schedules. The part-time schedule is given at 11 hours per week. The full-time schedule is given at 41 hours per week. The amount of time you invest in your program will depend upon how fast you read and comprehend material and upon your personal circumstances.

Students who are *not* receiving student financial aid may start at anytime. We will set a time table to help you achieve your personal study goals. You will have a maximum of 3 years to complete the Practitioner Diploma Program.

Students receiving financial aid are expected to follow a time schedule and will have specific start and end dates for their program. Please contact us for current start and end dates. There is a start date each month for students receiving financial aid.

Program	Module	Part-Time	Full-Time	Hours
Introduction to Holistic Nutrition	-	20 weeks	6 weeks	260
Practitioner Program	1	21 weeks	7 weeks	300
<i>Diploma in Holistic Nutrition (DHN)</i>	2	23 weeks	8 weeks	320
	3	25 weeks	8 weeks	360
	4	28 weeks	10 weeks	400
	5	18 weeks	6 weeks	260
	6	28 weeks	10 weeks	400
		143 weeks 3 years	49 weeks 1 year	2040

Application Procedure

To apply for admission to EIN Practitioner Program, complete and return the following **to the EIN fax number, email or mailing address**.

1. A completed Application for Admission form.
2. A non-refundable application fee (\$175.00 CAD). This can be paid by credit card, certified cheque, e-mail money transfer or money order, payable to Edison Institute of Nutrition Inc.
3. A photo suitable for use on a student ID card.
4. If applying for exemptions: Official transcripts from post-secondary institutions **must** be mailed to EIN directly from the issuing institution(s). A \$80 Advanced Standing/Credit Assessment fee is required for this service. Photocopies of transcripts can be used for assessment until originals arrive.
5. A 200-word essay stating your reasons for pursuing studies at Edison Institute of Nutrition.
6. The names, addresses and telephone numbers of two professional people who have each known you for at least three years and whom EIN may contact for references. [Suitable professionals include teachers, health care practitioners, lawyers, accountants, ministers, or managers.]

Your application will be evaluated as rapidly as possible. Unless there are omissions from the required documentation, notification of acceptance or non-acceptance usually takes about one week. If applying for course exemptions and providing transcripts, the application process may take longer. If accepted, you will be sent your student identification number and be asked to submit payment for tuition and texts for the first module of the program to which you have been accepted.

To avoid unnecessary delays, please make sure that you have legibly answered each and every question on the application form, have signed it, and include with it, all the other documentation required. If you have any questions, please call EIN.

Refund Policy

Introductory Program:

A full refund of tuition fees, minus the \$25.00 application fee, will apply if cancellation is received in writing within 10 days from the commencement of the program. Withdrawal after 10 days results in no tuition refund. All unused current edition texts and curriculum materials must be returned to EIN in new, resalable condition prior to refund. A 15% processing fee will apply and the text/materials must be returned at the expense of the student. Authorization must be obtained before returning any course material.

Practitioner Program:

A full refund of tuition fees, minus the \$175.00 application fee and \$80.00 will apply if cancellation is received in writing within 10 days from the commencement of the program. A 50% refund of tuition fees, minus the application fee, will apply if cancellation is received in writing within 30 days from commencement of the program. Withdrawal after 30 days results in no tuition refund. All unused current edition texts and curriculum materials must be returned to Edison in new, resalable condition prior to refund. A 15% processing fee will apply and the text/materials must be returned at the expense of the student. Authorization must be obtained before returning any course material.

Continuing Education:

Continuing education fees, text, materials and tuition are non-refundable.

If you cancel your enrollment you may or may not be eligible for re-admission at a later date, at EIN's sole discretion.

Contact Information

Phone: 905 294-5090/1-800-456-9313	137 Main St. North
Fax: 905 294-4162/1-888-466-5574	Suite 208
E-mail: info@edisoninst.com	Markham, ON
Website: www.edisoninst.com	L3P 1Y2 Canada

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

Mike Adams,
Natural News Editor

