

ENROLMENT FORM

Please complete the form on the reverse side and send with your course fee to:
Herbal Education Resources Centre NZ
PO Box 6041
Tauranga
New Zealand

For enquiries:
Phone + 64 7 570 0560 ext. 3
Fax + 64 7 570 0360
Web www.herbaleducation.info

ABOUT THE DIRECTOR

This basic Nutritional Healthcare Course has been designed and written by Dr Janice-Ann Priest, Director of Herbal Education Resources Centre NZ, educational division of Herbal Ltd.

Dr Janice-Ann Priest

www.janicepriest.com
DSc., Kn., N.C., Dip. Herb, Cert. Reflex., Hb.T.
Chartered Natural Medicine Practitioner

- Publisher of:
Healthy Options, RainbowNews and HealthNews Magazines
- Director of:
Herbal Education Resources Centre NZ
- Committee Member of:
NZ Herb Federation
Citizens For Health Choices
- Member of:
New Zealand Charter of Natural Health Practitioners Inc.
Society of Natural Therapists and Researchers Inc.
New Zealand Register of Drugless Therapists
- Natural Health Consultant
- Author of:
Can You Remember What to Take?
Our Health At Risk
Health Information Series incorporating videos, courses and lectures.

Dr Priest is well versed in all areas of nutritional and natural healthcare, lecturing in modalities such as nutrition, medical herbalism (including Maori herbalism), homeobotanicals, reflexology, iridology and homeopathy, as well as holistic subjects. Well known as an author, publisher and lecturer, Dr Priest has written *Can You Remember What to Take?*, a popular natural healthcare reference book; *Our Health At Risk*, a history of the New Zealand health system; filmed a video on stress management; and produced many other health resource booklets and health and lifestyle magazines through her company Healthy Options Ltd, www.healthyoptions.co.nz.

YOU ARE WHAT YOU EAT . . . AND
. . . YOU ACT HOW YOU THINK!

Nutritional HEALTHCARE

www.herbaleducation.info

Nutritional Healthcare Course
by Correspondence

Herbal Education Resources Centre NZ Educational Division of Herbal Ltd

Registered Member of:
Society of Natural Therapists and Researchers Inc.
New Zealand Register of Drugless Therapists Inc.
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A basic certified Nutritional Healthcare Correspondence Course. This course will enable the participant to understand the principles of nutritional healthcare and how to apply the knowledge of sound health into daily life.



course

COURSE CONTENT

Section 1

- So You Want To Study Good Nutrition
- The Basis Of Sound Nutrition And Healthy Eating
- A Wholefood Diet
 - ~ 10 Tips For Healthier Eating
 - ~ 6 Steps Towards A Healthy Nutrition Programme
 - ~ Improve Your Digestive System
 - ~ A Checklist
 - ~ 8 Tips For Nutritional Buying

Section 2

- 20 Facts About Food
- The Main Foods That Cause Degeneration
- Foods That Are Needed To Stay Healthy
 - ~ A Chart
- Nutritional Foods
- A Few Rich Sources Of Food Nutrients

Section 3

- Food Combinations
 - ~ Best Combinations
- Acid / Alkaline Balance
- Food Classifications
- Food Cravings
 - ~ Identify The Craving
 - ~ The Ensuing Cravings Are Commonplace In Today's Society
 - ~ Other Specific Cravings
- Foods and Moods
 - ~ Simple Suggestions

Section 4

- Guide To Vitamins In Fresh Food
- Guide To Minerals In Food
- Vitamins and Minerals In Herbs
- Different Ways To Use Your Herbs
- Water
 - ~ A Few Tips On Your Water Intake

Section 5

- The Essential Food Nutrients
 - ~ Carbohydrates
 - ~ Soluble Fat
 - ~ Protein
 - ~ Vitamins
 - ~ Minerals

Section 5 continued

- Introduction To RDA Levels
- Vitamins In Combinations
- Minerals In Combinations
- Summary Of Nutrients And The Deficiency Symptoms

Section 6

- Specific Guidelines For Sound Nutrition
- Digestion
 - ~ Nutrients For Digestion
- More Food For Thought
- Times To Eat Certain Foods
- 12 Digestive Destroyers

COURSE INFORMATION

- This is a correspondence course.
- You can enrol and complete the course at any time.
- No previous qualification necessary.
- Ideal for those interested in nutritional healthcare.
- Presents a background knowledge for health industry retailers and their staff.
- Can be completed at one's own pace.
- Nutritional Healthcare Certificate issued upon completion which complies with the 1981 Medicines Act.

This fully certificated course is ideal for those interested in nutritional healthcare, health industry sales personnel, and the beginner, while still providing information for the more experienced.

The Nutritional Healthcare Course is easy to follow and is available as a complete correspondence course accompanied by questions, so that it can be studied and completed at your own pace. The certificate will be issued within three weeks of completion.

ENROLMENT FORM

Cost: NZ\$150.00 inc. GST (Overseas: Plus Postage)

Please enrol me for the Nutritional Healthcare Course.

Name: _____

Company Name (if applicable): _____

Address: _____

Telephone: _____

Enclosed full fee payment of \$ _____
(Please make cheques payable to Herbal Limited)

or

Please charge to my (circle one):

VISA / MASTERCARD / BANKCARD

Card No.

Expiry Date: /

Cardholder's Name: _____

Signature: _____

GST Receipt required (circle one): YES / NO

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