



CURRICULUM SYLLABUS

Twenty five years ago, I created Integrative Nutrition and the Health Coaching profession. I developed the theories of Bio-Individuality and Primary Foods. These two concepts alone will put you light years ahead of most health professionals in the field. These concepts are unique to our curriculum, and will produce dramatic results for you, your family, and your clients. We're the real deal, as you'll see in this syllabus.

Our program consists of 40 modules taught by world-class educators and industry experts on the topics of nutrition, personal development, coaching skills, and business training. After graduation, you'll be able to say you studied with Deepak Chopra, Dr. Andrew Weil, David Wolfe, and the best in the world.

Our comprehensive program will help you transform your health and career. I can't wait to work with you and teach you how to earn a great income doing what you love!

To your future!



Joshua Rosenthal
Founder, Director, and Primary Teacher



**INTEGRATIVE
NUTRITION**



NUTRITION

- Anti-Inflammatory Health and Disease Prevention
- Blood Type and You
- Brain Health
- Calories, Longevity, and Success
- Clean Eating and Detoxification
- Deconstruct Cravings
- Eating Through the Ages
- Environmental Limits and Factory Farming
- Food Allergies and Gluten-Free Living
- Food Politics and Dietary Guidelines
- Preventive Nutrition and Healing Through Food
- Healthy Cooking, Kitchen, and Produce
- Integrative Medicine
- Raw Foods, Juicing and Blending
- Macrobiotic Living
- Nutrition and Government
- Obesity Explained
- School Food Activism and Programs
- Sleep and Nutrition
- Sustainable Farming and Agriculture
- The Truth About Sugar
- Ayurvedic Healing
- Traditional Food
- Disordered Eating
- Challenges in Nutrition
- Elimination and Digestive Health
- Exploring Protein
- Food Control
- Food is More Than Fuel
- Great Grains
- Powerful Nutrients
- Science in Nutrition
- Gut Microbiome
- Explore Dietary Theories
- Atkins Diet
- The Blue Zones Diet
- Paleolithic Eating
- Vegetarian and Vegan Diets



BUSINESS TRAINING

- Build an Online Presence
- Build Your Business
- Business Basics
- Coach Through Body Image and Eating Disorders
- Create a Group Program
- Create a Movement
- Create a Social Media Network
- Create and Promote Products and Programs
- Create Your Ripple Effect
- Determine Your Rates
- Financial Responsibility
- Forge Your Unique Future
- Funnel Clients Into Your Business
- Get Clear on Your Target Market
- Healthy Budgeting
- Marketing With Purpose
- Network and Create Accountability
- Plan for the Future
- Prepare Your Practice
- Start Seeing Clients
- Time Management
- Use Content to Attract Clients
- Work With Doctors and Meaningful Marketing



PERSONAL DEVELOPMENT

- Align with Who You Are
- Alternative Healing Practices
- Authentic Happiness
- Authentic Spirituality
- Exercise for Optimal Health
- Healthy Mind, Healthy Body
- Healthy Relationships
- Integrative Nutrition Theories (Bio-Individuality & Primary Foods)
- Love the Life You Live
- Nourishment off the Plate
- Positive Psychology
- Primary Food In Action
- Setting Intentions
- Total Well-Being
- Understanding Your Value
- Your Relationship with Food



COACHING SKILLS

- Accountability Coaching
- Active Listening and Connection
- Address Client Hesitations
- Coach Complex Clients
- Coach Through Nutrition
- Coach Through Oppression
- Communication in Coaching
- Confidence
- Developing a Health Coaching Program
- Effective Coaching
- Group Coaching
- Health History Demos and Tips
- Listen to Your Inner Voice
- Manage Time and Emotions
- Prepare to Succeed
- Re-evaluation Counseling and Oppression
- Self Healing in Coaching
- Set Clients Up for Success
- Simple Coaching and Exploring Relationships
- Teach Health as Wealth
- The Role of a Health Coach
- Working with Clients
- Your Inner Voice on Health

CALL TODAY TO GET STARTED!

If you're passionate about these topics, then
contact us now to start learning!

www.integrativenutrition.com/contact-us



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