



**Food as Medicine Nutrition Program**

# Curriculum Guide



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## WHY WE BELIEVE IN THE Power of Nutrition

**At Food Matters, we firmly believe that you are what you eat.** We know this because we've seen it firsthand. In 2003, my father, Roy, was diagnosed with chronic fatigue syndrome, depression, and anxiety. At the time, we didn't realize how much this was going to impact our lives. We thought we could outsource treatment to the doctors and medical professionals then move on. How wrong we were...

For the next five years, Roy's days were spent in bed, and his nights were often filled with sweaty panic attacks, the anticipated side effects of his medications. The vicious cycle continued as Roy was on two to three medications for his condition and another two to three medications to curb the side effects. He had gained more than 55 pounds and was increasingly lethargic.

Not one medical professional suggested he change his diet or eating habits or recommended different ways to handle stress. Their advice: take the pills, and we'll see how it goes. Not surprisingly, Roy's health began to deteriorate further. He continued to consult with his doctors, who prescribed more and more medications.

### The more medications he took, the worse he became...

Laurentine and I knew we had to intervene. But every attempt to help was met with keen resistance. He would remind us that "These doctors have spent their entire lives training to help me. What makes you think you can do better?" As Roy's health and spirit spiraled, Laurentine and I continued to look for answers.

We grabbed every book we could find and started researching. We soon learned that healthy food could be used to heal. We also discovered that our healthcare, food, and agricultural industries were not particularly concerned about our health. They were primarily interested in profits. We couldn't believe what we uncovered.

At first, there were more questions than answers. Why didn't my father's doctor know about the power of nutrition and natural therapies? And why were we not taught this in school? But slowly, we started to see the bigger picture.

**After studying nutrition online, we felt even more confident that we could help my father.** We started sending him some of the books we had been studying. But motivating him to read 300 pages on natural healing was challenging. We needed a better way.

This is how Laurentine and I came up with the idea of creating the *Food Matters* film. If we couldn't get my father to read about nutrition and natural health, we figured we could probably convince him to watch a film on the subject. We knew he needed to see natural health in a new light to help him truly understand Hippocrates's famous saying, "Let thy food be thy medicine and thy medicine be thy food."

We invested our life's savings into making *Food Matters*. We bought some film equipment and traveled around the world—from Holland, Laurentine's home country, and England to the East and West Coasts of the United States, and then Australia—to interview all of the doctors, nutritionists, scientists, and wellness experts we had been studying throughout my father's illness.

After our second month of filming, we took the raw footage to Roy, telling him we weren't leaving until he got well. We were on a mission, and no one could stop us—not even Roy or his team of doctors. As a family, we watched the unedited interviews. Before long, Roy was hooked. What stood out, he told us later, was the story about one of his many medications and how it often caused suicidal thoughts.

This was Roy's worst fear. He couldn't believe the pharmaceutical and medical industries would knowingly produce and sell a product that could potentially cause people to physically harm themselves. Not only was modern medicine's approach not helping; it was making him worse. Almost immediately, he went from believing in the medical profession to believing in the age-old adage, "you are what you eat".

Together, Laurentine and I conducted a "fridge audit." We threw out any food that wasn't real. This included all of the diet products, all of the processed foods and refined vegetable oils, and all of the factory-farmed meat and dairy. We then guided Roy through a detoxification program, adding more healthy foods to his diet.

At the same time, we helped wean him off his medications by putting him on a special—and closely monitored—natural supplement regimen. Roy agreed to our help against the wishes of his team of doctors. They tried to scare him and pushed for more medications. When he told them he wanted to stop, the doctors responded with horror stories about what would happen if he did, including all of the potential symptoms associated with withdrawal.

Within a few weeks, his energy started to return. He was out of bed, moving freely and energetically around the house. Within a month he was off all 6 of his medications, after 5 years of daily use, and experienced zero side effects or withdrawal symptoms.

Within 3 months he lost 50 pounds (25kg) was no longer anxious or depressed, was sleeping through the night, and woke up each morning refreshed and ready for the day. He even started jogging again, something he hadn't done in years. He was renewed.

**A simple commitment to natural foods and an understanding of natural therapies freed him from an illness that had trapped and debilitated him for over five years. It was amazing to watch.**

Laurentine and I knew we had to show our documentary to as many people as possible and explain where the food, agricultural, and pharmaceutical industries have gone wrong. Since its release in May 2008, *Food Matters* has been seen by millions of people online, in theaters, on television, on airlines, and even in hospitals and community centers around the world, from Connecticut to Cambodia, in nine different languages.

**Reflecting on this watershed moment for our family, two things became abundantly clear.**

Firstly, studying nutrition online saved our family's life and set Laurentine and me up with the knowledge to help keep our family healthy and free from disease in the medical system! Except for when Hugo slices his finger with a bush knife (thank you doctors for critical and emergency care!).

Secondly, it completely changed our careers and life. Helping us to align our passion for nutrition and healing with building a successful career and business. Since Food Matters was founded in 2008 we have employed over 100 people, produced 4 successful documentaries seen by millions, built the Netflix for health & wellness, and merged it with Gaia to create the world's largest transformational streaming channel, funded multiple philanthropic projects through the Food Matters Foundation (including a nature school that we're currently building in Vanuatu) and created a life and group of friends and colleagues I couldn't have even imagined possible.

**Our biggest mission at Food Matters has always been, and always remains, "how can we help share this life-saving message with more people?"**

We know that this knowledge and information has the power not only to help you and those you love but also help to heal the planet and change the future direction of humanity for generations to come.



We still can't believe that this information is not more readily available. That it's not taught in schools. And that most doctors still don't have much nutrition training as part of their degree.

This has inspired us to bring together over 14 years of research with some of the world's greatest minds in nutrition and natural medicine to make studying nutrition online easier than ever before, no matter where they live in the world and start helping themselves and others straight away. Just like we did with my family and Food Matters.

So now we're calling forth all changemakers and world-class teachers to help us collectively create a ripple effect of healing, positivity, and hope around the world through studying nutrition and sharing these principles in your family and communities to give people the knowledge and know-how needed to heal themselves safely and effectively.

At Food Matters, we are committed to helping you help yourself. We believe that your body is worthy of good care and that no one is more suitably qualified to care for it than you are. We believe that good health requires a holistic view; a full mind-body integrated approach to lifestyle change. It is based around wellness care, not just disease treatment. Now, we empower people to do exactly this with our Food as Medicine Nutrition Program, which we can't wait to share more of with you.

*James & Laurentine*

James Colquhoun & Laurentine ten Bosch,  
Founders of the Food Matters Institute



## 6 REASONS WHY You Might Be Here

We know you wouldn't be reading this if you and your loved ones weren't facing struggles with their health, and we want to let you know that you're in the right place. Here are 6 reasons why you might be here today.

### 1. You Feel Let Down By Mainstream Medicine

Have you ever visited a doctor or specialist and left feeling like they just don't get it? Too many of us know how it feels to be let down by the modern healthcare system. In fact, it is reported that nearly half of U.S Deaths can be prevented (CDC). We firmly believe that we are the best advocates for our own health, and taking the opportunity to study nutrition and why there is no one-size-fits-all approach to nutrition can help you take back control of your health.

### 2. You've Tried Every Diet Out There

It's time to kick diet culture! Here at Food Matters, we believe in counting nutrients, not calories. With the right education, you can create a healthy relationship with all foods, including those containing healthy fats and natural sugars, while learning how to steer clear of the nasty ones found in processed foods. Not only will you improve your diet, but you'll be more equipped to lose excess weight - this time with science-backed guidance.

### 3. You Want to Save Money on Your Health Long-term

Consider how much money you spend each year on appointments with doctors, specialists, or even holistic practitioners. What if there were a simpler way to avoid getting sick? We know through our experience helping James' father Roy that good food truly has the power to heal. By arming yourself with the knowledge and education you need, you'll be able to address health concerns at the root cause

and begin to live a life of prevention, rather than treatment.

### 4. You Want to Save Money on Food

The cost of grocery items and eating out is only going up! But it is possible to save money on food by planning healthier, more satiating meals. Studying nutrition can teach you new recipes and cooking techniques so that each time you sit down to eat it's delicious and nutritious!

### 5. You Want to Improve Your Quality of Life & Prevent Chronic Disease

Each year, chronic diseases cause 7 out of 10 deaths among Americans, and heart disease, cancer, and stroke account for more than 50% of all deaths each year (STUDY). Research shows that diet and lifestyle-related factors are primary contributors to these diseases, so using strategies like good nutrition and natural healing practices to prevent and help treat patients makes complete sense. Educate yourself on what your body uniquely needs at any age to ensure you're feeling as great as can be!

### 6. You Want to Better Care for Your Family's Health

Do you eat exactly the same as your kids, grandkids, or parents? Most likely not! We all have different approaches to eating and experience different food cravings, but studying nutrition can help you provide sound nutrition advice to your loved ones by understanding their nutritional needs, depending on their age, gender, lifestyle, and more.

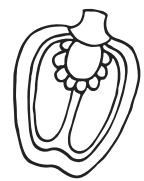
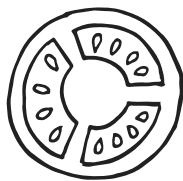
### 3 THINGS YOU NEED TO KNOW

## About Studying Nutrition Online

Many of us have those profound “what if’s” in the back of our minds. What if I had chosen that path? What if I had followed my passions? What if I wrote that book or studied something I felt called to in my heart?

Or perhaps, what if I turned my passion for healthy living into a career? It’s often said that we will never know unless we try, so maybe it’s time for a change of heart this year.

**If you’re ready to take back control of your health and study nutrition, here are three things you first need to know.**



#### **1. Mainstream Nutrition Schools & Universities Are Not Independent**

At Food Matters, we’ve long seen the influence of money in healthcare. Big pharma, big agriculture, big food, medical insurance companies, biased nutrition advice influencing public health... We’ve been pointing this out since our first Food Matters film launched in 2008 (and it’s still happening, in an even bigger way!). You and I both know that big business shouldn’t be influencing research studies and ultimately our collective health and wellbeing. This is why independent nutrition schools, that is, schools that aren’t influenced by corporate motivations, have the freedom to offer an evidence-based and anthropologically-supported education to their students. This is something that we believe has the power to change the future of healthcare and overall wellbeing and ultimately help to reduce our reliance on the very industries that seek to profit from our illness.

#### **2. Nutrition Study Doesn’t Have To Be Expensive**

We know that high-cost education isn’t attainable for everyone, and it may serve as a barrier to people getting the education they need to better themselves and their loved ones. This is why many online nutrition courses offer a rich curriculum, free from the influence of big business and expensive campus infrastructure, for a fraction of the cost.

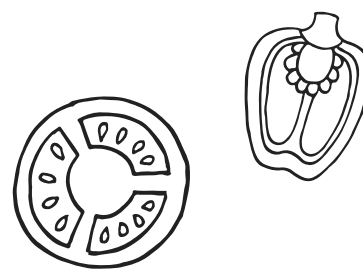
#### **3. Science Doesn’t Have To Take Place In A Lab**

Science is taking place every day in the real world - and this is especially true with nutrition. Many online nutrition courses offer real-world applications of basic nutrition theory because they know that this is where the knowledge is needed most.

**Now you just need to choose the right online nutrition program for you...**

## 4 REASONS WHY

# You Should Study With the Food Matters Institute



Here at the Food Matters Institute, we believe in bio-individuality and that there is no one-size-fits-all approach when it comes to nutrition and health. Our program emphasizes consuming a primarily plant-based diet because there is strong evidence for the benefits of consuming a large variety of plant-based foods, but we also discuss how to ethically source quality animal food products for those who choose to. If that aligns with you, here are four reasons why you should study with us.

### 1. You Want to Take Your Passion for Food & Health To The Next Level

You've watched our Food Matters films, read the books, listened to the podcasts, and you still want more! The good news is that formally studying nutrition can satisfy a life-long passion for food and health. We now know that poor diet kills more people than smoking AND high blood pressure per year (Healthdata.org). Now imagine understanding nutrition enough to share it with those around you who need it most! You just need to take the first step...

### 2. You Want a Good, Comprehensive Understanding of How Nutrition Works

Amino acids, lipids, macronutrients, micronutrients... do you find yourself thrown by the industry terms and complexities of nutrition? Why don't they make it easy for everyone to understand? Nutrition is responsible for nearly everything within the human body, so in our opinion, it's the most important thing to learn, and our lesson transcripts, workbooks, glossaries, recommended resources, and more make it easy for you to absorb this life-saving information.

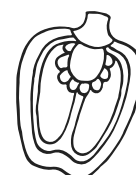
### 3. You Want Flexible Study

Studying nutrition online with us allows you to study anywhere, anytime, and enjoy ongoing support with your lifetime access to the program. Keep your study schedule flexible, take your time working through the content, and skip the commute to physical classes! You'll join a community of like minded individuals from around the world and interact with your peers through the program and dedicated Facebook group.

### 4. You Want Study That Challenges Mainstream Schools of Thought

There are various diets still being taught in universities and pushed by medical professionals worldwide despite there being mounting evidence to prove they aren't good for our health. It gets especially damaging when financial factors (such as university funding) are involved. The best way to challenge notions like these is to seek out an independent education provider who aligns with your understanding of the world - like us! We share research from multiple experts across various fields of health and wellness so that you can decide which of their teachers to apply to your own life.

**Ready to meet the experts you'll be learning from?**



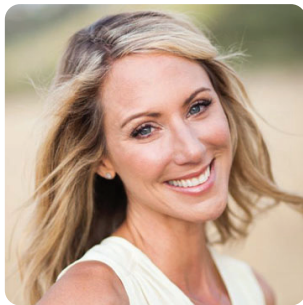


## MEET THE Experts & Teachers



**Charlotte Gerson**

*Founder of the Gerson  
Institute and Therapy*



**Christa Orecchio**

*Clinical and Holistic  
Nutritionist*



**Cyndi O'Meara**

*Nutritionist, Best-Selling  
Author, and Filmmaker*



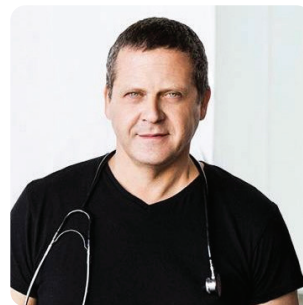
**Daniel Vitalis**

*Host of Wildfed & Nature-  
Based Philosopher*



**David Wolfe**

*Leading Raw Food Expert &  
Best-Selling Author*



**Dr. Alejandro Junger**

*Cardiologist & Best-Selling  
Author*



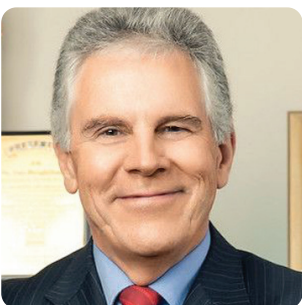
**Dr. Andrew Saul**

*Natural Health Educator &  
Author*



**Dr. Christiane Northrup**

*Board-Certified Obstetrics &  
Gynaecology Physician*



**Dr. Ian Brighthope**

*Medical Practitioner*



**Dr. Josh Axe**

*Doctor of Natural Medicine,  
Chiropractor, Clinical  
Nutritionist & Author*



**Dr. Mark Hyman**

*Integrative Doctor & Best-  
Selling Author*



**Dr. Sandeep Gupta**

*Integrative Doctor & Holistic  
Health Practitioner*



**Dr. Sarah Lantz**

*Environmental Health  
Educator & Nutritionist*



**Dr. Tom O'Bryan**

*Functional Medicine &  
Autoimmune Specialist*



**Dr. Victor Zeines**

*Holistic Dentist & Author*



**Dr. William Davis**

*Cardiologist &  
Best-Selling Author*



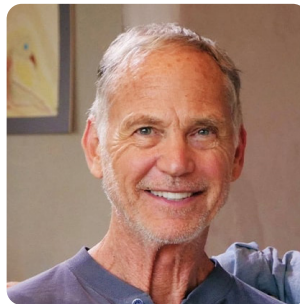
**Elizabeth Rider**

*Health Coach, Wellness  
Blogger & Author*



**Jason Vale**

*Motivational Speaker,  
Lifestyle Coach &  
Best-Selling Author*



**John Robbins**

*Best-Selling Author & Co-  
Founder of Food Revolution  
Network*



**Marc David**

*Psychologist & Founder  
of the Institute for the  
Psychology of Eating*



**McKel Hill**

*Clinical Dietitian &  
Nutritionist*



**Mike Adams**

*Scientific Researcher &  
Founding Editor of Natural  
News*



**Sayer Ji**

*Researcher, Author &  
Founder of GreenMedInfo*



**Susan Teton**

*Raw Food Chef &  
Nutrition Advocate*



**Udo Erasmus**

*Author, Nutrition Expert &  
Authority on Fats and Oils*



**Vani Hari**

*Best-Selling Author &  
Founder of Food Babe*



**Laurentine ten Bosch**

*Co founder of Food Matters*



## WHAT YOUR Nutrition Training Will Look Like

*We're committed to helping you help yourself. We believe that your body is worthy of good care and that no one is more suitably qualified to care for it than yourself.*

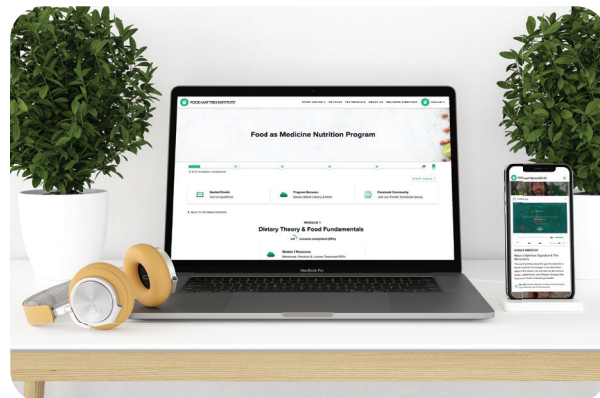
### Choose Your Study Option

☐ Study at your own pace      or      ☐ Be guided over 6, 8, or 12 weeks.

### Course Materials

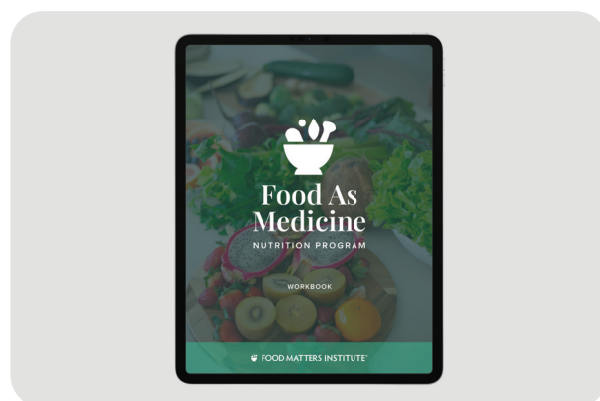
#### Module Lessons

Explore 5 core modules that dive into the many facets of nutrition, mind, body, and natural healing practices. Food Matters Institute co-founder James Colquhoun will be your guide at the beginning of each module, followed by an incredible line-up of expert teachers, doctors, and more. Lessons are available as both slide presentations and audio, alongside digital workbooks.



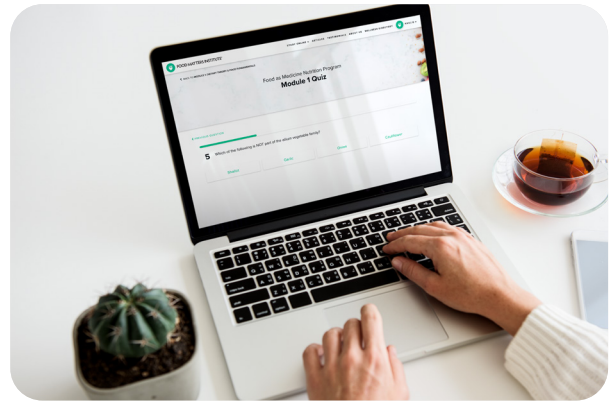
#### Workbooks

To accompany your audio lessons, each core module has a corresponding workbook. These workbooks are designed to enhance your learning experience by providing you with a place to collate your notes. You can print these out, or work on them digitally.



## Module Quizzes

At the conclusion of each module, you will test your newfound knowledge with a quiz. These are open book tests and it is expected that you achieve at least 80% to progress to the next module. Each quiz consists of 20 questions and should take between 15-30 minutes. Don't worry if there are a few concepts you haven't quite mastered; you can revisit the quiz as often as you need while you learn all of your new content!



## Weekly Reflection & Practical Exercises

It is important to reflect after each module and put the key learnings into practice to help you stay on track with your studies, as well as your own health goals.



## Recommended Resources

Throughout the program, you'll find suggestions for recommended resources. These may range from podcasts and videos to textbooks and journal articles. None of these are compulsory, but finding the time to watch just one each week will help to expand your knowledge base and understanding of the content covered. If you'd like to further your knowledge on a particular topic - we've curated a library of information.



## Thriving Online Community Group

Join a group of like-minded individuals inside the Food As Medicine Nutrition Program private group. Inside this private group, you'll be able to connect with other students and graduates who have gone before you. Ask questions, connect with people from around the globe, and be supported by the Food Matters Institute team and fellow students.



## MODULE 1

# Dietary Theory & Food Fundamentals

### Lesson Plan

To understand the power of nutrition, we first have to understand its role in our lives. In this module, we'll start by breaking down nutrition fundamentals, and explore the concept of biochemical individuality.



### Lessons:

Lesson 1: Understanding Nutrition and Biochemical-Individuality with Christa Orecchio

Lesson 2: Using Food as Medicine with Dr. Mark Hyman

Lesson 3: Nourishing Foods: Part 1 with Christa Orecchio

Lesson 4: Nourishing Foods: Part 2 with Christa Orecchio

Lesson 5: Nourishing Foods: Part 3 with Christa Orecchio

Lesson 6: Eating to Suit Your Body's Needs with McKel Hill

Lesson 7: Living in Alignment with Your Biological Design with Daniel Vitalis

Lesson 8: The Psychology of Eating: The Missing Ingredient with Marc David

Lesson 9: Why Bio-individuality Is Important with Laurentine ten Bosch

### At the end of this module you will understand how to:

Nourish your body's unique requirements and make more informed food choices.



## MODULE 2

# Nutrition in the 21st Century

### Lesson Plan

In this module, we'll explore how politics, industries, and big businesses have contributed to the deteriorating health of the population.



### Lessons:

Lesson 1: The Truth About the Food Industry with Vani Hari

Lesson 2: The Modern Food System with Sarah Lantz

Lesson 3: Foods to Avoid & What to Eat For Vibrant Health & Longevity with John Robbins

Lesson 4: Herbicides & The Evolution of Wheat with Cyndi O'Meara

Lesson 5: The Evolution of Wheat with Dr. William Davis

Lesson 6: The Impact of Chemicals & Additives in Our Food System with Sarah Lantz

Lesson 7: Diet Culture & Products to Avoid with Dr. Alejandro Junger

Lesson 8: The Physiological Effect of Sugar & Diet Products with Dr. Christiane Northrup

Lesson 9: How to Read a Food Label with Sarah Lantz

Lesson 10: Decoding Food Labels with Mike Adams

Lesson 11: You Are What You Eat with David Wolfe

Lesson 12: How to Choose the Best Oils and Sugars with Laurentine ten Bosch

### At the end of this module you will understand how to:

Read a nutrition label, decode the food system, and avoid the harmful impacts of sugar, modern wheat, chemicals, and additives.

## MODULE 3

# Understanding Nutrients & Superfoods

### Lesson Plan

In this module, we'll learn our macronutrients from our micronutrients, the best sources of both, and common nutrient deficiencies.



### Lessons:

Lesson 1: Nutrients 101: Part 1 with Christa Orecchio

Lesson 2: Nutrients 101: Part 2 with Christa Orecchio

Lesson 3: The Truth About Fat with Udo Erasmus

Lesson 4: A Plant-Based Approach to Calcium, Protein & B12 with Elizabeth Rider

Lesson 5: Know Your Vitamins & Minerals + Top Deficiencies with Christa Orecchio

Lesson 6: Acid & Alkaline Foods with Christa Orecchio

Lesson 7: Optimizing Health with Vitamin Therapy with Dr. Ian Brighthope

Lesson 8: Nutrient Therapy for Depression, Alcoholism & Heart Disease with Dr. Andrew Saul

Lesson 9: The Powerful Benefits of Superfoods with David Wolfe

Lesson 10: Choosing The Best Drinking Water with Daniel Vitalis

Lesson 11: Hydration: Eating Your Water with Susan Teton

Lesson 12: Graceful Aging: Building a Body to Last a Lifetime with Susan Teton

### At the end of this module you will understand how to:

Identify the signs and symptoms of nutrient deficiencies in the body and increase your absorption of nutrients using superfoods, herbs, and natural supplements.

## MODULE 4

# The Power of Detoxification & Cleansing

### Lesson Plan

In this module, we'll explore how your environment, lifestyle, and food choices can aid the body's natural detoxification pathways or burden them.



### Lessons:

Lesson 1: The Problem of All Chronic Disease: Toxicity & Deficiency with Charlotte Gerson

Lesson 2: Environmental & Lifestyle Toxicity with Dr. Alejandro Junger

Lesson 3: Detoxing 101 with David Wolfe

Lesson 4: The Chemical Burden with Sarah Lantz

Lesson 5: The Power of Detoxification with Dr. Sandeep Gupta

Lesson 6: The Impact of Heavy Metals with Dr. Sandeep Gupta

Lesson 7: Toxins in the Dental Industry with Dr. Victor Zeines

Lesson 8: Supporting Detoxification Naturally with Dr. Sandeep Gupta

Lesson 9: The Benefits of Juicing with Jason Vale

Lesson 10: Advanced Detoxification Strategies with David Wolfe

Lesson 11: Natural Solutions for Getting Rid of Parasites with David Wolfe

**At the end of this module you will understand how to:**

Use the power of detoxification and cleansing to support the body through sickness and health.



## MODULE 5

# Healing Your Gut Naturally

### Lesson Plan

This module is a deep dive into the gut microbiome, exploring the digestive system, key organs, and the gut-brain connection.



### Lessons:

Lesson 1: The Digestive System Overview with Christa Orecchio

Lesson 2: The Impact of Wheat on Gut Health with Dr. Tom O'Bryan

Lesson 3: Gut Healing Foods & Foods to Avoid with Sayer Ji

Lesson 4: Constipation & Cleansing the Gut with David Wolfe

Lesson 5: Ways to Optimize Digestion & The Microbiome with Christa Orecchio

Lesson 6: Common Digestive Problems & How to Solve Them Naturally with Christa Orecchio

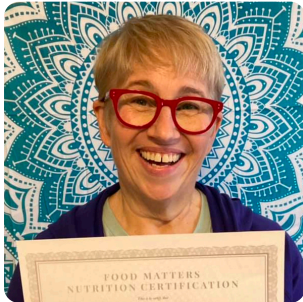
Lesson 7: Leaky Gut & Autoimmune Conditions with Dr. Josh Axe

Lesson 8: The Microbiome, Skin-Gut Connection & Gut Permeability with Sayer Ji

### At the end of this module you will understand how to:

Maintain a healthy gut microbiome and how to improve common gut-related issues, including leaky gut, digestive issues, and skin conditions.

## HEAR FROM OTHERS WHO HAVE Completed Our Programs



**Caren - Food Matters Institute Student**

*"To the Food Matters Team and especially Laurentine and James - thank you for making this program possible! I've learned so much and will continue to explore all the additional resources within each module. I loved every minute!"*



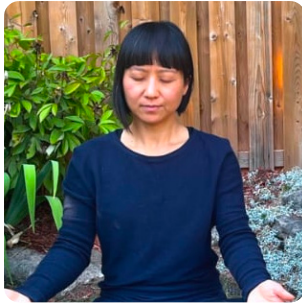
**Michelle - Food Matters Institute Student**

*"You can't put a price on health, and there is nothing more empowering than having the knowledge to be able to help yourself and your loved ones if the need arises."*

*Taking the course changed my life in so many ways. In the past, I was always confused about what to eat or not to eat. I never understood what was healthy and what wasn't healthy and why. The wellness world can be a very confusing place. Thanks to the course I now have healthier habits in my own personal life."*

*Every module of the course contains so much knowledge laid out in a very easy-to-follow program. Plus, you get to be part of a wonderful community of other students and graduates on the same journey. The course is an investment and it pays itself back with fewer sick days and medicine you would be buying. That is what happened to me, I rarely ever get sick now from applying everything I learned in the course, and I am the healthiest I've ever been."*





**Nancy - Food Matters Institute Student**

*"Not only do I now know what to eat, when to eat, and where to source the food from, but I also know how to eat with more flexibility."*

*I wanted to learn more about food and nutrition for healing, detoxification, to learn how to better serve clients' needs, and to hear from this panel of experts and researchers first-hand. Not only do I now know what to eat, when to eat, and where to source the food from, but I also know how to eat with more flexibility. I am even more mindful of my daily decisions when it comes to our environment and what we expose ourselves to, whether that be food, products that we apply to our skin, electromagnetic fields, herbs & spices, and superfoods."*



**Adina - Food Matters Institute Student**

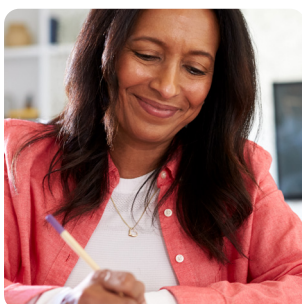
*"I decided the best gift I could give myself was doing this course..."*

*My health journey started after having IBS most of my life and going in all directions to "fix it." Now perimenopausal, the symptoms I had learned to live with got worse, so I decided the best gift I could give myself was doing this course....already seeing massive improvements with the changes I have made so I am achieving my goal."*



**Anastasia - Food Matters Institute Student**

*"I studied medicine in the 1980s and took 36 courses until I graduated, but none of it was about nutrition. It was not by chance but by purpose. As we know, often behind governments (including universities and medical schools) are the big pharmaceutical companies trying to promote their poisons. I got invaluable knowledge from this course, much of which I assimilated immediately... It helped me reinforce the knowledge I already had and also added some extremely important new information, so that I could heal myself and my loved ones with natural methods. The study does not stop here. In fact, now it begins..."*



**Kim - Food Matters Institute Student**

*"It has been one of the best learning experiences that I have ever had. I'm putting this information into practice on myself and will see where my journey takes me. The Food Matters team is committed to excellence and has developed the most fantastic natural healing program I've seen to date. Thank you, thank you, thank you!"*

## **FOOD MATTERS INSTITUTE**

# Program Accreditation

The Food Matters Institute has been recognized and endorsed as a quality education training provider by the International Approval and Registration Centre (IARC) which consists of a Committee Board of accomplished education professionals and a growing network of members.



# Frequently Asked Questions

**Q: How long will it take to complete the program?**

**A:** The program is made up of five modules and we recommend dedicating approximately 5 hours to completing each module, making the program easy to complete in less than 8 weeks. Because the program is 100% online and accessible 24/7 with no lecture commitments, you can start when you're ready, and complete it around your schedule or downtime after work.

**Q: Is the Food Matters Institute an accredited training provider?**

**A:** A Nutrition Coach is a certified coach who has a deep knowledge of basic nutrition principles and the skills required to provide nutrition guidance to their clients. Embodying core principles of holistic nutrition and natural medicine using a food as medicine approach to educate and guide their clients (and themselves) to help them achieve their nutrition and health goals and reach optimal health.

**Q: What diet philosophy is taught inside the program?**

**A:** The content within this program doesn't adhere to any one specific diet or way of eating, and this is because we believe in bio-individuality and that there is no one-size-fits-all approach when it comes to nutrition and health.

The program emphasizes consuming a primarily plant-based diet because there is strong evidence for the benefits of consuming a large variety of plant-based foods.

There is content discussing how to ethically include quality animal products in your diet for those who choose to (or for those who find themselves coaching clients who choose to).

Ultimately we focus on giving students a deep

understanding of the foundations required for optimal health and nutrition and the science behind food, nutrition, and many of the key systems in the body. We believe that once you have this foundational knowledge, it's much easier to interpret and implement information on health and nutrition!

**Q: Can I study at my own pace?**

**A:** Yes. The Food as Medicine Nutrition Program is designed to be completed at your own pace, from the comfort of your own home. You have lifetime access to the program, so you can jump into each lesson when you're ready.

**Q: What if I don't like the program?**

**A:** Our priority is the happiness of our customers, so if you aren't 100% satisfied with the program, you can email us for a full refund within 14 days. We have a money-back guarantee, no questions asked.

**Q: Will I be able to take a test and earn a certificate after completing this course?**

**A:** Yes. To complete this program and earn a certificate of completion, you must complete each lesson and pass each module quiz by gaining 80% or higher. You can retake each quiz more than once.

As a student, you will have ongoing access to our entire support team and our Program coordinator (a qualified nutritionist) to help support your success.

**Q: Will I have access to support?**

**A:** Yes! You'll be supported by our incredible Student Advisor & In-House Nutritionist via live chat, email, or WhatsApp. You'll also have access to a thriving online student community where you'll be supported by peers from around the world who are working through the program alongside you. If you would like extra support, you can also join one of our guided intakes.

**Q: How long do I have access to the program?**

**A:** You have lifetime access to the program including all future program updates meaning you can start when you're ready and complete it around your own schedule.

**Q: Will I be able to take a test and earn a certificate after completing this program?**

**A:** Yes. To complete this program and earn a certificate of completion, you must complete each lesson and pass each module quiz by gaining 80% or higher. You can retake each quiz more than once.

As a student, you will have ongoing access to our entire support team and our Program coordinator (a qualified nutritionist) to help support your success.

**Q: What does lifetime access to the program include?**

**A:** Lifetime access to the programs means that you will always be able to access your account and the program. Each year, we add new and exciting lessons and bonuses, which you will also have access to!

*Still have questions? Contact the Food Matters team by emailing [study@foodmattersinstitute.com](mailto:study@foodmattersinstitute.com).*





# Food As Medicine

NUTRITION PROGRAM