



## LOCAL PROGRAM

### 1<sup>ST</sup> YEAR

#### ANATOMY AND PHYSIOLOGY

| N°           | COURSE   | NBR OF UEC  | NBR OF HOURS |
|--------------|--|-------------|--------------|
| ANA-A01      | <b>An orientation of the human body</b> <ul style="list-style-type: none"><li>Anatomy and physiology – complementary sciences</li><li>Levels of structural organization</li><li>Maintaining life</li><li>Homeostasis</li></ul>         | 1.6         | 16           |
| ANA-A02      | <b>The cellular basis of life</b> <ul style="list-style-type: none"><li>The cellular constituents</li><li>The functions of cell organelles</li><li>Nucleic acids and protein synthesis</li><li>The different type of tissues</li></ul> | 3.2         | 32           |
| ANA-A03      | <b>The integumentary system</b> <ul style="list-style-type: none"><li>Epidermis, dermis and hypodermis</li><li>Appendages of the skin</li><li>Functions of the integumentary system</li></ul>  | 1.6         | 16           |
| ANA-A04      | <b>The digestive system</b> <ul style="list-style-type: none"><li>General characteristics and digestive processes</li><li>Digestive system organs</li><li>Mechanical and chemical digestion and absorption</li></ul>                   | 3.2         | 32           |
| ANA-A05      | <b>The urinary system</b> <ul style="list-style-type: none"><li>Kidney anatomy</li><li>Urine formation</li><li>Urine, ureters, bladder and urethra</li></ul>   | 1.5         | 15           |
| ANA-A06      | <b>The lymphatic and immune systems</b> <ul style="list-style-type: none"><li>Lymphatic vessels</li><li>Lymphoid cells and tissues</li><li>Lymph nodes</li><li>Other lymphoid nodules</li><li>Immune system</li></ul>                  | 2.8         | 28           |
| ANA-A07      | <b>Respiratory system</b> <ul style="list-style-type: none"><li>Anatomy of the respiratory system</li><li>Mechanics of breathing</li></ul>   | 1.6         | 16           |
| <b>TOTAL</b> |  | <b>15.5</b> | <b>155</b>   |

## NUTRITION

| Nº           | COURSE   | NBR OF UEC  | NBR OF HOURS |
|--------------|--|-------------|--------------|
| NUT-A01      | <b>Introduction</b> <ul style="list-style-type: none"> <li>History of nutrition</li> <li>Basic principles of nutrition</li> </ul> <b>Energy requirements</b> <ul style="list-style-type: none"> <li>Useful energy</li> <li>Units of measurement</li> <li>Energy expenditure</li> <li>Body mass index, waist circumference, obesity</li> </ul>  | 4.2         | 42           |
| NUT-A02      | <b>Carbohydrates</b> <ul style="list-style-type: none"> <li>Classification of carbohydrates               <ul style="list-style-type: none"> <li>Mono and disaccharide, assimilable polysaccharides</li> <li>Dietary fiber (role, need, sources)</li> </ul> </li> <li>Carbohydrate sources</li> <li>Use of carbohydrates in the body</li> <li>Metabolism of carbohydrates</li> <li>Glycemic index of foods</li> <li>Caloric distribution of food</li> <li>The dangers of white sugar</li> <li>The content of white sugar in foods</li> </ul> | 4.2         | 42           |
| NUT-A03      | <b>Fats</b> <ul style="list-style-type: none"> <li>Fatty acids (saturated, mono and polyunsaturated)</li> <li>Triglycerides</li> <li>Oils (refining and hydrogenation)</li> <li>Phospholipids and steroids (cholesterol)</li> <li>Digestion and metabolism of fats</li> <li>Essential fatty acids</li> <li>Fat recommendations</li> <li>Fat intake of foods</li> </ul>   | 4.2         | 42           |
| NUT-A04      | <b>Proteins</b> <ul style="list-style-type: none"> <li>Amino acids</li> <li>Sources of proteins</li> <li>Digestion and absorption of proteins</li> <li>Metabolism of proteins</li> <li>Proteins requirements</li> <li>Quality of proteins</li> <li>Complementarity of proteins</li> </ul>  | 4.2         | 42           |
| NUT-A05      | <b>Vitamins and minerals</b> <ul style="list-style-type: none"> <li>Classification of vitamins and minerals</li> <li>Role of vitamins and minerals in the body</li> <li>Phytoelements and antioxidants</li> <li>Nutritional value of food</li> <li>Vitamins, minerals and enzymes supplements</li> </ul>   | 6.7         | 67           |
| <b>TOTAL</b> |  | <b>23.5</b> | <b>235</b>   |

## NATUROPATHY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| NAT-A01      | <b>The history and foundation of naturopathy</b> <ul style="list-style-type: none"> <li>• Definition and role of naturopathy</li> <li>• Antiquity, Old Greece, Hippocrates and Paracelsus</li> <li>• A brief overview of the first emergence of naturopathy (Germany)</li> <li>• Naturopathy in France and Switzerland</li> <li>• Naturopathy in the United States</li> <li>• Naturopathy in Quebec</li> <li>• The history of medicine and naturopathy</li> </ul> | 1.2        | 12           |
| NAT-A02      | <b>The foundations and philosophies of integrative naturopathy</b> <ul style="list-style-type: none"> <li>• The different types of philosophies</li> <li>• Natural health factors</li> <li>• Integrative naturopathy</li> </ul>   | 1.2        | 12           |
| NAT-A03      | <b>Naturopathic techniques and assessments (1<sup>st</sup> part)</b> <ul style="list-style-type: none"> <li>• Vital assessments and evaluation techniques</li> <li>• Biometry</li> <li>• Physical traits</li> <li>• Other evaluation techniques</li> </ul>  | 1.2        | 12           |
| NAT-A04      | <b>Naturopathic techniques and assessments (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"> <li>• Predictive health assessments (1<sup>st</sup> part)</li> <li>• Genotype</li> <li>• Epigenetics</li> <li>• Biotype</li> <li>• Vitality</li> <li>• The 5 emunctories</li> </ul>   | 1.2        | 12           |
| <b>TOTAL</b> |   | <b>4.8</b> | <b>48</b>    |

## PHYTOTHERAPY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| PHY-A01      | <b>Introduction to phytotherapy</b> <ul style="list-style-type: none"> <li>• Throughout history</li> <li>• Active ingredients</li> <li>• Current herbal preparations</li> <li>• How to take herbs</li> </ul> <b>The basic medicinal herbs (1<sup>st</sup> part)</b> <ul style="list-style-type: none"> <li>• Yarrow</li> <li>• Garlic</li> <li>• Burdock</li> </ul> | 1.2        | 12           |
| PHY-A02      | <b>The basic medicinal herbs (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Shepherd's purse</li> <li>• Calendula</li> </ul>   | 0.75       | 7.5          |
| PHY-A03      | <b>The basic medicinal herbs (3<sup>rd</sup> part)</b> <ul style="list-style-type: none"> <li>• Chamomile</li> <li>• Cayenne</li> <li>• Cabbage</li> </ul>  | 0.75       | 7.5          |
| PHY-A04      | <b>The basic medicinal herbs (4<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Comfrey</li> <li>• Mallow</li> <li>• Lemon balm</li> </ul>  | 0.75       | 7.5          |
| PHY-A05      | <b>The basic medicinal herbs (5<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Peppermint</li> <li>• St-John's wort</li> <li>• Mullein</li> </ul>  | 0.75       | 7.5          |
| PHY-A06      | <b>The basic medicinal herbs (6<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Stinging nettle</li> <li>• Dandelion</li> <li>• Horseradish</li> </ul>  | 0.75       | 7.5          |
| PHY-A07      | <b>The basic medicinal herbs (7<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Rosemary</li> <li>• Thyme</li> <li>• Goldenrod</li> </ul>   | 0.75       | 7.5          |
| <b>TOTAL</b> |   | <b>5.7</b> | <b>57</b>    |

## CASE STUDIES

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| CAS-A01      | <b>Case Studies (5 clients x 3 appointments)</b> | 2.0        | 20           |
| <b>TOTAL</b> |  | <b>2.0</b> | <b>20</b>    |

|   |             |            |
|---|-------------|------------|
| <b>TOTAL OF THE 1<sup>ST</sup> YEAR</b> | <b>51.5</b> | <b>515</b> |
|---|-------------|------------|

## 2<sup>ND</sup> YEAR

### ANATOMY AND PHYSIOLOGY

| N°           | COURSE  | NBR OF UEC  | NBR OF HOURS |
|--------------|---|-------------|--------------|
| ANA-A08      | <b>Cardiovascular system</b> <ul style="list-style-type: none"><li>• Blood – general characteristics</li><li>• Transfusion and blood groups</li><li>• Heart anatomy and physiology</li></ul>  | 3.2         | 32           |
| ANA-A09      | <b>The skeletal system</b> <ul style="list-style-type: none"><li>• Cartilage and bones</li><li>• Skeleton</li><li>• Joints</li></ul>  | 2.7         | 27           |
| ANA-A10      | <b>The muscular system</b> <ul style="list-style-type: none"><li>• Muscle tissue</li><li>• Skeletal muscle and smooth muscle</li><li>• Muscle interactions</li></ul>  | 1.4         | 14           |
| ANA-A11      | <b>The nervous system</b> <ul style="list-style-type: none"><li>• The nervous tissue</li><li>• The central nervous system</li><li>• The peripheral nervous system</li><li>• The autonomic nervous system</li><li>• The senses</li></ul> | 6.0         | 60           |
| ANA-A12      | <b>The endocrine system</b> <ul style="list-style-type: none"><li>• The hormones and their regulation of secretion</li><li>• The main endocrine glands</li><li>• Other endocrine glands and tissues</li></ul>                           | 3.0         | 30           |
| ANA-A13      | <b>The reproductive system</b> <ul style="list-style-type: none"><li>• The male reproductive system (anatomy and physiology)</li><li>• The female reproductive system (anatomy and physiology)</li></ul>                                | 4.2         | 42           |
| <b>TOTAL</b> |   | <b>20.5</b> | <b>205</b>   |

## NUTRITION

| N°           | COURSE   | NBR OF UEC  | NBR OF HOURS |
|--------------|--|-------------|--------------|
| NUT-A06      | <b>Food... Source of life</b> <ul style="list-style-type: none"> <li>• Food guide of the future</li> <li>• Fruits and vegetables</li> <li>• Grain products</li> <li>• Legumes, nuts and seeds</li> <li>• Soybeans</li> <li>• Animal products (meat, fish, etc.)</li> <li>• Dairy products, necessary?</li> <li>• Super foods: sprout, algae, yeast, etc.</li> <li>• Different kinds of salt - pros and cons</li> <li>• Water</li> <li>• Read the labels</li> <li>• Food additives</li> <li>• Healthy alternatives</li> </ul> | 4.2         | 42           |
| NUT-A07      | <b>Nutrition and life stages</b> <ul style="list-style-type: none"> <li>• Pregnant and lactating women</li> <li>• Infants, children and adolescents</li> <li>• Adults and seniors</li> </ul>   | 3.5         | 35           |
| NUT-A08      | <b>Nutrition and environment</b> <ul style="list-style-type: none"> <li>• Organic farming</li> <li>• GMOs</li> <li>• 3NJ (naked, not far, natural and just)</li> </ul>   | 2.4         | 24           |
| NUT-A09      | <b>Dietary approaches</b> <ul style="list-style-type: none"> <li>• Vegetarianism (lacto-ovo-vegetarianism, semi-vegetarianism, pescatarianism, flexitarianism, veganism)</li> <li>• Natural food</li> <li>• Mediterranean diet</li> <li>• Paleolithic diet</li> <li>• Nordic diet</li> <li>• Raw and living food</li> <li>• Food combinations</li> </ul>   | 2.4         | 24           |
| <b>TOTAL</b> |  | <b>12.5</b> | <b>125</b>   |

## NATUROPATHY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| NAT-A05      | <b>Naturopathic techniques and assessments (3<sup>rd</sup> part)</b> <ul style="list-style-type: none"> <li>• Predictive health assessments (2<sup>nd</sup> part)</li> <li>• Biosophy</li> <li>• Biotope</li> <li>• Biocide</li> </ul>  | 1.2        | 12           |
| NAT-A06      | <b>Naturopathic techniques and assessments (4<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Clinical assessments (1<sup>st</sup> part)</li> <li>• The clinical approach in naturopathy</li> <li>• The patient file</li> <li>• The etiological approach in naturopathy</li> <li>• The humoral assessment (Hippocrates)</li> <li>• Naturopathic techniques</li> </ul>   | 1.2        | 12           |
| NAT-A07      | <b>Naturopathic techniques and assessments (5<sup>th</sup> part)</b> <ul style="list-style-type: none"> <li>• Clinical assessments (2<sup>nd</sup> part)</li> <li>• A comprehensive line of functional assessments</li> <li>• The placebo effect</li> <li>• Other useful naturopathic tests               <ul style="list-style-type: none"> <li>– Candida overgrowth tests</li> <li>– Stool appearance</li> <li>– Thyroid gland</li> <li>– Brain test</li> </ul> </li> <li>• Case studies</li> </ul> | 1.8        | 18           |
| NAT-A08      | <b>Biotherapies: Hygienic and molecular interventions (1<sup>st</sup> part)</b> <ul style="list-style-type: none"> <li>• Biotherapies</li> <li>• Personal hygiene               <ul style="list-style-type: none"> <li>– Skin care</li> <li>– Body care products and cosmetic's ingredients</li> <li>– Allergic reactions</li> <li>– The water filtration systems</li> </ul> </li> <li>• Oral hygiene</li> </ul>  | 1.2        | 12           |
| NAT-A09      | <b>Biotherapies: Hygienic and molecular interventions (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"> <li>• Environmental hygiene (1<sup>st</sup> part)</li> <li>• Environmental problems (acid rain, ozone layer, greenhouse effect, biodiversity, etc.)</li> <li>• The air and the water</li> <li>• Multiple chemical sensitivities</li> </ul>   | 1.2        | 12           |
| <b>TOTAL</b> |   | <b>6.6</b> | <b>66</b>    |

## PHYTOTHERAPY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| PHY-A08      | <b>Herbs for women</b> <ul style="list-style-type: none"><li>• Plant hormones</li><li>• Female reproductive system disorders</li><li>• Premenstrual syndrome (PMS)</li><li>• Irregularities</li><li>• Perinatal care</li><li>• Menopause</li><li>• Women's cancers</li><li>• Support plants</li></ul> | 1.5        | 15           |
| PHY-A09      | <b>Herbs for men</b> <ul style="list-style-type: none"><li>• The prostate</li><li>• Support plants</li></ul> <b>Herbs for children</b> <ul style="list-style-type: none"><li>• The newborn</li><li>• Childhood contagious diseases</li></ul>  | 1.2        | 12           |
| <b>TOTAL</b> |   | <b>2.7</b> | <b>27</b>    |



## AROMATHERAPY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| ARO-A01      | <b>Introduction to aromatherapy</b> <ul style="list-style-type: none"> <li>The history of aromatherapy</li> <li>Extraction methods</li> <li>Quality criteria</li> <li>Administration of essential oils and dosage</li> <li>Essential oils toxicity</li> </ul> <b>Biochemical families</b> | 1.2        | 12           |
| ARO-A02      | <b>Vegetable oils as an excipient</b> <ul style="list-style-type: none"> <li>Descriptions</li> <li>Properties</li> <li>Indications and contraindications</li> </ul>   | 1.0        | 10           |
| ARO-A03      | <b>Essential oils (1<sup>st</sup> part)</b><br><b>(Presentation of 20 essential oils)</b> <ul style="list-style-type: none"> <li>Description</li> <li>Properties</li> <li>Indications and contra-indications</li> <li>Recipes</li> </ul>  | 1.2        | 12           |
| ARO-A04      | <b>Essential oils (2<sup>nd</sup> part)</b><br><b>(Presentation of 20 essential oils)</b> <ul style="list-style-type: none"> <li>Description</li> <li>Properties</li> <li>Indications and contra-indications</li> <li>Recipes</li> </ul>  | 1.2        | 12           |
| ARO-A05      | <b>Essential oils (3<sup>th</sup> part)</b><br><b>(Presentation of 20 essential oils)</b> <ul style="list-style-type: none"> <li>Description</li> <li>Properties</li> <li>Indications and contra-indications</li> <li>Recipes</li> <li></li> </ul>  | 1.2        | 12           |
| ARO-A06      | <b>Cooking with essential oils</b> <ul style="list-style-type: none"> <li>Presentation of about twenty recipes containing essential oils</li> </ul>   | 0.2        | 2            |
| <b>TOTAL</b> |   | <b>6.0</b> | <b>60</b>    |

## CASE STUDIES

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| CAS-A02      | <b>Case Studies (5 clients x 3 appointments)</b> | 2.0        | 20           |
| <b>TOTAL</b> |  | <b>2.0</b> | <b>20</b>    |

|   |  |             |            |
|---|--|-------------|------------|
| <b>TOTAL OF THE 2<sup>ND</sup> YEAR</b> |  | <b>50.3</b> | <b>503</b> |
|---|--|-------------|------------|



### 3<sup>RD</sup> YEAR

#### NATUROPATHY

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| NAT-A10      | <b>Biotherapies: Hygienic and molecular integration (3<sup>rd</sup> part)</b> <ul style="list-style-type: none"><li>• Environmental hygiene (2<sup>nd</sup> part) – Our food<ul style="list-style-type: none"><li>– Organic food</li><li>– Non-organic food</li><li>– GMOs and our food</li></ul></li></ul>   | 1.2        | 12           |
| NAT-A11      | <b>Biotherapies: Hygienic and molecular integration (4<sup>th</sup> part)</b> <ul style="list-style-type: none"><li>• Environmental hygiene (3<sup>rd</sup> part) – Our food (continuing)<ul style="list-style-type: none"><li>– Irradiation of food</li><li>– Sterilisation and pasteurisation</li><li>– Food labelling</li><li>– Naturopathy and digestive health</li></ul></li></ul> | 1.2        | 12           |
| NAT-A12      | <b>Biotherapies: Hygienic and molecular integration (5<sup>th</sup> part)</b> <ul style="list-style-type: none"><li>• Trees</li><li>• Forests and biodiversity</li></ul>  | 1.2        | 12           |
| NAT-A13      | <b>Biotherapies: Hygienic and molecular integration (6<sup>th</sup> part)</b> <ul style="list-style-type: none"><li>• Geobiology</li><li>• Electricity, magnetism and electromagnetism</li></ul>  | 1.2        | 12           |
| <b>TOTAL</b> |   | <b>4.8</b> | <b>48</b>    |

#### PHYTOTHERAPY

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| PHY-A10      | <b>Herbs and systems (1<sup>st</sup> part)</b> <ul style="list-style-type: none"><li>• The immune and lymphatic systems</li><li>• The digestive system</li><li>• The respiratory system</li></ul>    | 1.2        | 12           |
| PHY-A11      | <b>Herbs and systems (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"><li>• The urinary system</li><li>• The cardiovascular system</li><li>• The nervous system</li></ul>                 | 1.2        | 12           |
| PHY-A12      | <b>Herbs and systems (3<sup>rd</sup> part)</b> <ul style="list-style-type: none"><li>• The integumentary system</li><li>• The endocrine system</li><li>• The muscular and skeletal systems</li></ul> | 1.2        | 12           |
| <b>TOTAL</b> |  | <b>3.6</b> | <b>36</b>    |

## ORTHOMOLECULAR

| N°      | COURSE   | NBR OF UEC | NBR OF HOURS |
|---------|--|------------|--------------|
| ORT-A01 | <b>Introduction to the orthomolecular<br/>Vitaminotherapy</b> <ul style="list-style-type: none"> <li>Biochemical individuality</li> <li>Pathological process</li> <li>The biochemistry of vitamins</li> <li>The nature of vitamins</li> </ul>  | 0.6        | 6            |
| ORT-A02 | <b>Fat-soluble vitamins</b> <ul style="list-style-type: none"> <li>Biochemistry</li> <li>Biochemical functions and physiological roles</li> <li>Symptoms and causes of deficiency</li> <li>Sources</li> <li>Therapeutic doses</li> <li>Intoxication symptoms</li> <li>Therapeutic applications</li> </ul>  | 1.2        | 12           |
| ORT-A03 | <b>Water-soluble vitamins (1<sup>st</sup> part)</b> <ul style="list-style-type: none"> <li>Biochemistry</li> <li>Biochemical functions and physiological roles</li> <li>Symptoms and causes of deficiency</li> <li>Sources</li> <li>Therapeutic doses</li> <li>Intoxication symptoms</li> <li>Therapeutic applications</li> </ul>  | 1.2        | 12           |
| ORT-A04 | <b>Water-soluble vitamins (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"> <li>Biochemistry</li> <li>Biochemical functions and physiological roles</li> <li>Symptoms and causes of deficiency</li> <li>Sources</li> <li>Therapeutic doses</li> <li>Intoxication symptoms</li> <li>Therapeutic applications</li> </ul> <b>The safety index of nutritional supplements</b><br><b>Deficiencies and intoxications</b><br><b>The vitamins thieves</b><br><b>The harmful effects of drugs on nutrients</b> | 1.2        | 12           |
| ORT-A05 | <b>Mineralotherapy</b> <ul style="list-style-type: none"> <li>The nature of minerals</li> <li>The minerals in the body</li> <li>Action modes of minerals</li> <li>History</li> <li>Biochemical roles of each mineral</li> </ul>  | 0.6        | 6            |
| ORT-A06 | <b>The mineral and trace elements (1<sup>st</sup> part)</b> <ul style="list-style-type: none"> <li>Biochemistry</li> <li>Biochemical functions and physiological roles</li> <li>Symptoms and causes of deficiency</li> <li>Sources</li> <li>Therapeutic doses</li> <li>Intoxication symptoms</li> <li>Therapeutic applications</li> </ul>  | 1.2        | 12           |

|              |  |            |           |
|--------------|--|------------|-----------|
| ORT-A07      | <b>The mineral and trace elements (2<sup>nd</sup> part)</b> <ul style="list-style-type: none"> <li>• Biochemistry</li> <li>• Biochemical functions and physiological roles</li> <li>• Symptoms and causes of deficiency</li> <li>• Sources</li> <li>• Therapeutic doses</li> <li>• Intoxication symptoms</li> <li>• Therapeutic applications</li> </ul> <b>The concept of bioavailability in mineralotherapy</b><br><b>The role of mineral deficiencies in diseases and the treatment protocols</b><br><b>Toxic metals</b> | 1.2        | 12        |
| ORT-A08      | <b>Heavy metals</b> <ul style="list-style-type: none"> <li>• Heavy metals and sources of intoxication</li> <li>• Conditions related to heavy metal intoxication</li> <li>• Detoxification of heavy metals</li> </ul>   | 1.2        | 12        |
| <b>TOTAL</b> |  | <b>8.4</b> | <b>84</b> |

#### ETHICAL CODE

| N°           | COURSE  | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| ETH-A01      | <b>Ethical code</b> <ul style="list-style-type: none"> <li>• Definitions</li> <li>• Basic principles of the ethical code</li> <li>• The guidelines in daily practice</li> <li>• The traps</li> <li>• The qualities of a naturopath</li> <li>• Professional attitudes</li> </ul> | 0.6        | 6            |
| <b>TOTAL</b> |   | <b>0.6</b> | <b>6</b>     |

## PATHOLOGY

| N°      | COURSE  | NBR OF UEC | NBR OF HOURS |
|---------|---|------------|--------------|
| PAT-A01 | <b>Introduction to pathology</b><br><b>Pathologies (1<sup>st</sup> part)</b><br><b>(presentation of 13 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0        | 10           |
| PAT-A02 | <b>Pathologies (2<sup>nd</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>                                     | 1.0        | 10           |
| PAT-A03 | <b>Pathologies (3<sup>rd</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>                                     | 1.0        | 10           |
| PAT-A04 | <b>Pathologies (4<sup>th</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>                                     | 1.0        | 10           |
| PAT-A05 | <b>Pathologies (5<sup>th</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>                                     | 1.0        | 10           |

|         |  |     |    |
|---------|--|-----|----|
| PAT-A06 | <b>Pathologies (6<sup>th</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>  | 1.0 | 10 |
| PAT-A07 | <b>Pathologies (7<sup>th</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>  | 1.0 | 10 |
| PAT-A08 | <b>Pathologies (8<sup>th</sup> part)</b><br><b>(presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>  | 1.0 | 10 |
| PAT-A09 | <b>Pathologies (9<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul>  | 1.0 | 10 |
| PAT-A10 | <b>Pathologies (10<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0 | 10 |
| PAT-A11 | <b>Pathologies (11<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0 | 10 |

|              |  |             |            |
|--------------|--|-------------|------------|
| PAT-A12      | <b>Pathologies (12<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0         | 10         |
| PAT-A13      | <b>Pathologies (13<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0         | 10         |
| PAT-A14      | <b>Pathologies (14<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0         | 10         |
| PAT-A15      | <b>Pathologies (15<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0         | 10         |
| PAT-A16      | <b>Pathologies (16<sup>th</sup> part)</b><br><b>(Presentation of 11 pathologies)</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Symptoms</li> <li>• Causes</li> <li>• Nutrition</li> <li>• Hygiene</li> <li>• Metaphysical aspects</li> <li>• The different healthcare approaches</li> </ul> | 1.0         | 10         |
| <b>TOTAL</b> |  | <b>16.0</b> | <b>160</b> |



## DETOXIFICATION AND DRAINAGE

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| DET-A01      | <b>Introduction</b> <ul style="list-style-type: none"> <li>• History</li> <li>• Metabolic and natural detoxifications</li> <li>• Medical detoxification</li> <li>• Detoxification techniques</li> </ul>  | 1.2        | 12           |
| DET-A02      | <b>Detoxification phases and drainage techniques</b> <ul style="list-style-type: none"> <li>• History</li> <li>• The emunctories and other detoxification organs</li> <li>• Detoxification phases</li> <li>• Drainage techniques</li> </ul>                        | 1.2        | 12           |
| DET-A03      | <b>Detoxification and food</b> <ul style="list-style-type: none"> <li>• Acidity</li> <li>• Proteins</li> <li>• Gluten</li> <li>• Cleaning diet</li> <li>• Fasting</li> <li>• Cures</li> </ul>  | 1.2        | 12           |
| DET-A04      | <b>Detoxification and the digestive system</b> <ul style="list-style-type: none"> <li>• Stomach disorders (gastro-oesophageal reflux disease, ulcers)</li> <li>• Liver and gallbladder disorders (hepatic insufficiency, cirrhosis, gallbladder stones)</li> </ul> | 1.2        | 12           |
| <b>TOTAL</b> |  | <b>4.8</b> | <b>48</b>    |

## HYDROTHERAPY

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| HYD-A01      | <b>Introduction to hydrotherapeutic techniques</b> <ul style="list-style-type: none"> <li>• History of hydrotherapy</li> <li>• How it works</li> <li>• Techniques and therapy</li> <li>• Therapeutic applications and clinical studies</li> <li>• Contraindications</li> </ul> | 1.0        | 10           |
| HYD-A02      | <b>Other hydrotherapeutic techniques</b> <ul style="list-style-type: none"> <li>• Enemas</li> <li>• Fecal implants</li> <li>• Inhalation</li> </ul>  | 1.0        | 10           |
| <b>TOTAL</b> |  | <b>2.0</b> | <b>20</b>    |

## HOMEOPATHY

| N°           | COURSE   | NBR OF UEC | NBR OF HOURS |
|--------------|--|------------|--------------|
| HOM-A01      | <b>Introduction to homeopathy</b> <ul style="list-style-type: none"> <li>• The history of homeopathy</li> <li>• The law of similars</li> <li>• The principle of infinitesimal</li> <li>• Dilution, potentization and succussion</li> </ul> | 1.2        | 12           |
| HOM-A02      | <b>Clinical homeopathy</b> <ul style="list-style-type: none"> <li>• Dosage</li> <li>• Potency</li> <li>• Description of clinical homeopathy remedies</li> </ul>  | 1.2        | 12           |
| HOM-A03      | <b>Classical homeopathy</b> <ul style="list-style-type: none"> <li>• Constitutional types</li> <li>• Lifestyle and health</li> <li>• 15 keys remedies</li> </ul>   | 1.2        | 12           |
| HOM-A04      | <b>Homotoxicology</b> <ul style="list-style-type: none"> <li>• History of homotoxicology</li> <li>• The six phases</li> <li>• Environmental factors and epigenetic transgenerational phenotype</li> <li>• The miasms</li> </ul>            | 1.2        | 12           |
| HOM-A05      | <b>The Schuessler salts</b> <ul style="list-style-type: none"> <li>• History</li> <li>• Dosage</li> <li>• The 12 Schuessler salts</li> </ul>   | 0.3        | 3            |
| HOM-A06      | <b>The Bach flower remedies</b> <ul style="list-style-type: none"> <li>• The work of Edward Bach</li> <li>• How the remedies are made</li> <li>• Descriptions of the remedies</li> </ul>   | 0.3        | 3            |
| HOM-A07      | <b>Organotherapy</b> <ul style="list-style-type: none"> <li>• History</li> <li>• Modern organotherapy</li> <li>• Examples of organo remedies</li> </ul>  | 0.3        | 3            |
| HOM-A08      | <b>Gemmotherapy</b> <ul style="list-style-type: none"> <li>• History</li> <li>• The buds</li> <li>• The remedies</li> </ul>  | 0.3        | 3            |
| <b>TOTAL</b> |  | <b>6.0</b> | <b>60</b>    |

## CASE STUDIES

| N°           | COURSE                                    | NBR OF UEC | NBR OF HOURS |
|--------------|---|------------|--------------|
| CAS-A03      | Case studies (5 clients x 3 appointments) | 2.0        | 20           |
| <b>TOTAL</b> |   | <b>2.0</b> | <b>20</b>    |

## INTEGRATIVE INTERNSHIP 1

| N°           | COURSE                  | NBR OF UEC  | NBR OF HOURS |
|--------------|-------------------------|-------------|--------------|
| IIS-A01      | Professional internship | 25,0        | 250          |
| IIS-A02      | Thesis                  | 25,0        | 250          |
| <b>TOTAL</b> |                         | <b>50,0</b> | <b>500</b>   |

OR

## INTEGRATIVE INTERNSHIP 2

| N°           | COURSE                  | NBR OF UEC  | NBR OF HOURS |
|--------------|-------------------------|-------------|--------------|
| IIS-A03      | Professional internship | 50,0        | 500          |
| <b>TOTAL</b> |                         | <b>50,0</b> | <b>500</b>   |

|   |             |            |
|---|-------------|------------|
| <b>TOTAL OF THE 3<sup>RD</sup> YEAR</b> | <b>98.2</b> | <b>982</b> |
|---|-------------|------------|

|                             |              |
|-----------------------------|--------------|
| <b>TOTAL OF THE PROGRAM</b> | <b>2,000</b> |
|-----------------------------|--------------|

|                                   |                    |
|-----------------------------------|--------------------|
| <b>FEES FOR THE LOCAL PROGRAM</b> | <b>\$18 550,00</b> |
|-----------------------------------|--------------------|

### Academy of Professional Naturopaths and Naturotherapists

6 400, ave. Auteuil, office 030  
Brossard (Quebec) J4Z 3P5  
Tel. : (450) 486-6878

[www.acpnn.ca](http://www.acpnn.ca)    [info@acpnn.ca](mailto:info@acpnn.ca)