

# NATUROPATHIC COACH CERTIFICATION

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HAS SUCCESSFULLY COMPLETED NATUROPATHIC COACH CERTIFICATION

## Course Content

Module 1: HOLISTIC APPROACH TO HEALTH

Module 2: RELATIONSHIPS BETWEEN BODY, MIND  
AND EMOTIONS

Module 3: SOCIAL RELATIONS & ASSOCIATIONS  
WITH THE MUSCULO SKELETAL, IMMUNE,  
BLOOD AND SKIN SYSTEMS

Module 4: SELF-ESTEEM, MONEY/ LOVE BALANCE

Module 5: PERSONAL DESIRES AND  
COMMUNICATION

Module 6: OPEN-MINDEDNESS, SPIRITUALITY,  
ENERGY AND RELATIONSHIPS

Module 7: NUTRITION USING THE HOLISTIC  
APPROACH

Module 8: HEALTH FOODS AND SUPPLEMENTS

Module 9: DETOXIFICATION, MEDICINAL PLANTS,  
AND AROMATHERAPY

Module 10: TREATING STRESS, IMPROVING SLEEP,  
STIMULATING THE BRAIN, AND MAINTAINING A  
HEALTHY WEIGHT

Module 11: FATIGUE, IMMUNITY, CHRONIC PAIN,  
SKIN DISEASES, DIGESTIVE PROBLEMS, AND  
ASTHMA

Module 12: MASSAGE, REFLEXOLOGY,  
LITHOTHERAPY, RELAXATION, AND MEDITATION

Module 13: BACH FLOWERS, GEMMOTHERAPY,  
AND HYDROTHERAPY

Module 14: IRIDOLOGY, LIGHT THERAPY,  
HELIO THERAPY AND CHROMOTHERAPY

Module 15: PRACTICAL GUIDE TO NATUROPATHY



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