



Become a Certified Health & Nutrition Counselor Online & CD-ROM Course

Joyful Living Services is giving a Certified Health & Nutrition Counselor Course.

Course Details

This course runs for 16 weeks if taken online. Otherwise it is on CD-ROM. It contains 16 lessons on the web or on CD-ROM. If you are taking this course online, the files are in Microsoft Word RTF format and are ready to download. If you are taking this as a CD-ROM course, the files are in Microsoft Word RTF format on the CD-ROM. You will receive a certificate at the end of this course. There is homework with each session and there is a test at the end of the course. The homework and test will be graded as you turn them in. They will need to be mailed, faxed, or e-mailed to us. This course is on your own time so you can complete the lessons at your own pace. If you are going on vacation, are ill, or don't have the time every week to read the lesson and complete the homework you will not be penalized. Because this course is online or on CD-ROM and is on your own time, you are responsible for turning in your homework when it is done. You will receive your certificate once all the homework has been turned in and once your final exam is graded and passed.

Course Cost

This course costs \$200. The course can be paid in full up-front, in two payments, or monthly (whichever is easier for you). It can be paid by check, credit card, or bank wire. This course must be paid in full up-front if on CD-ROM.

Special Double Course Discount

If you would like to take two courses at the same time, you can take them for a discount of \$100. Both courses you choose will cost \$300 instead of the regular price of \$400. Let us know if you want to take advantage of this special double course discount when you register.

Questions & Registration

Fill out the attached registration form and mail it to us along with your payment to Joyful Living Services, 19950 Sun Valley Road, Colfax, California, 95713, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800. We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.

Course Definition

The science of nutrition is the study of the nutrients in food and the body's handling of these nutrients. You are made entirely of what you have eaten. Your skin, which has reliably covered you from the time you were born, is not the same skin that covered you seven years ago, it is made entirely of new cells. The fat beneath your skin is not the same fat that was there a year ago. Your oldest red blood cell is only 120 days old, and the entire lining of your digestive tract is renewed every three days. To maintain your "self", you must continually replenish the energy you burn and replace the cells you lose. This course is designed to teach you about proper nutrition and the role it plays in your health and the health of others.

Course Schedule

- Session 1: Course Overview and Introduction to Nutrition
- Session 2: The Carbohydrates: Sugar, Starch, and Fiber
- Session 3: The Lipids: Fats and Oils
- Session 4: Protein: Amino Acids
- Session 5: Digestion, Absorption, and Transport
- Session 6: Metabolism: Feasting, Fasting, and Energy Balance
- Session 7: Overweight and Underweight
- Session 8: The Water-Soluble Vitamins: B Vitamins and Vitamin C
- Session 9: The Fat-Soluble Vitamins: A, D, E, and K
- Session 10: Water and the Major Minerals
- Session 11: The Trace Minerals
- Session 12: Nutrition Status, Food Choices, and Diet Planning
- Session 13: Food Additives
- Session 14: Alternative Therapies
- Session 15: Parasites, Candida Albicans, and Hiatal Hernias
- Session 16: Water Purification, The Ideal Diet, and Home Health Tests
- Final Exam, Certification, and Class Evaluation



JOYFUL LIVING SERVICES

Become a Certified Health & Nutrition Counselor Online & CD-ROM Course

Please fill out the following information to register for our Become a Certified Health and Nutrition Counselor course. Mail it to us along with your payment to Joyful Living Services, 19950 Sun Valley Road, Colfax, California, 95713, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant and for each course you are taking:

Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: _____

Payment By: (Please circle one) VISA MasterCard American Express Bank Wire Check Money Order

Payment Option: (Please circle one) 1 payment 2 payments 3 payments 4 payments

Credit Card #: _____ Exp. Date: _____

Date Funds were Wired (if bank wire): _____ Check Number (if personal check mailed): _____