

COURSE DETAILS

Each delegate will be provided with a disc containing handouts for patients, information about laboratory tests, questionnaires, recommended reading, resources, recipes and course notes.

Places are strictly limited.

Time:- 10am - 5.00pm

Location:- Room T116, Regent's College, London

Cost:- £380.00 (95.00 per day including all course materials)

Deposit of £150.00 (non-refundable)
(Qualify for an "Early Bird discount" of £50.00 if your deposit of £150 is received before 24th July 2009 - redeemable on final instalment)

1st Instalment £115 payable 10th October 2009 (2nd Saturday)

2nd Instalment £115 Payable 7th November 2009 (3rd Saturday)

or 2nd Instalment £65 with "Early Bird discount"

Cheques made payable to:-

Arc Healthcare
5 Dale Road
Leigh-on-Sea
Essex
SS9 2RQ
01702 476805

Please visit web-site to download
booking form:-

www.archealthcare.co.uk



NATUROPATHY and CLINICAL NUTRITION for HOMOEOPATHS

- * **Have you ever felt you ought to train in nutrition - but don't have the time?**
- * **Are you unsure what dietary advice to give?**
- * **Do you have an allopathic model of how the body works?**
- * **Are you prescribing homoeopathically on an allopathic diagnosis?**
- * **Are you confident in using supplements?**
- * **Would you like to understand the underlying processes of all diseases?**
- * **Do you believe in the Germ Theory of Disease?**
- * **Can you recognise toxicity and do you know how to safely and gently cleanse the body?**
- * **Are you able to identify which symptoms reflect an energetic imbalance that needs to be included in the similimum, and which are environmental, nutritional or lifestyle related, thus requiring a different approach?**

Eve Gilmore, M.Sc.,(Hons) Natural Medicines, N.D., Dip. I.O.N., L.C.Hom., C.B.A.K., Dip. Couns., Naturopath, Clinical Nutritionist and Homoeopath, is running a four-day course to teach homoeopaths what they really need to know to be effective in practice, without the need for a long training in another modality. Hahnemann recommended correcting the diet and removing maintaining causes *before* giving a remedy. This approach makes the remedy picture easier to see, and prescribing more effective. Homoeopathy is working in a much more challenging environment nowadays, and the modern homoeopath needs to be equipped to deal with this. However - with market forces determining the information available in the mainstream media - most people are confused about what to eat, and have a vague idea about the need to “detoxify”. As homoeopaths, your patients will often look to you for advice, and may expect more from Homoeopathy than it is able to provide. This course is designed to fill that gap and provide you with the confidence to use supportive therapies in your practice.



Day One - Saturday 19th September 2009

The difference between "meddlesome interference" - which overrides the vital force's innate intelligence - and "therapeutic support" - which facilitates the body's natural healing processes. How to remove "obstacles to cure" and integrate Naturopathy and Nutrition within a Homoeopathic context.

Digestion

What really goes wrong, how it is fundamental to every case you see, the myth of hyperacidity and the risks of taking antacids. Review of different diets. Dispelling the allopathic model of Candida overgrowth and how to treat the cause without the use of antifungals. The gut-brain connection with reference to ADHD, IBS, IBD.

Leaky gut. Eating disorders. Enzyme therapy.

Limitations of the Germ Theory of Disease.

Understand the role of micro-organisms. Long-term effects of antibiotics

Day Two Saturday 10th October 2009

Environmental Toxicity and Safe Detoxification

Liver function and how to test it. The physiological effects of toxic metals. Why fasting is not a good idea. The myth of the “healing crisis”. Naturopathic techniques your patients can do at home. Headaches, migraines. Autism, Fibromyalgia, M.E., MCS.

Day Three Saturday 7th November 2009

Blood Sugar Imbalances

Metabolic Syndrome/Type II Diabetes. Obesity and weight problems. Polycystic ovarian syndrome. Infertility. Acne. Lab tests.

Auto-Immune Disease

Molecular Mimicry. Rheumatoid Arthritis. Type 1 Diabetes.

Osteoporosis

Why it's not a disease of calcium deficiency and the dangers of calcium supplementation.

Day Four Saturday 5th December 2009

The Thyroid System

Why the standard blood test misses 9/10 hypothyroid patients and more effective ways of testing and treating it.

Female Health

PMS. Menopause. Endometriosis. The Pill and HRT. Lab tests. How to interpret Hair Mineral Analysis, and how endocrine imbalances are linked to mineral status.