

Holistic Lifestyle Coaching Level 2

Course Outline

Goals of Class

To teach the foundational principles necessary to understand the relationship between food and lifestyle habits and our ability to fully cultivate optimal spiritual, mental, emotional and physical abilities for ourselves first and then our clientele.

Note: This course outline is subject to change of order.

Day 1

Morning Energizer (Qi Gong)

- ➔ Introduction
- ➔ Course goals
- ➔ Clinical experience
- ➔ The Medical Model
- ➔ Genotype vs. phenotype
- ➔ Germ vs. host.
- ➔ This for That Nutrition.
- ➔ Statistics on how we're doing so far.
- ➔ Why is medical research so focused on prescription medications?
- ➔ Why is there so much conflicting research?
- ➔ Why isn't the medical establishment more interested?
- ➔ Why aren't individual doctors more knowledgeable or more interested?
- ➔ Why don't standard medical tests show us what we need to know?
- ➔ Why don't most people understand or practice good lifestyle habits?
- ➔ Our Great Opportunity.
- ➔ Control systems normalization
- ➔ Homeostasis and disorder
- ➔ The stress response, hormonal and nervous system adaptations, cortisol and DHEA
- ➔ The effect of stress on blood sugar regulation, muscle mass, inflammation, sexual function, immunity, digestion, detoxification, cancer risk, etc.



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- ➔ Lifestyle factors that directly impact our health and are within our ability to modify: Spiritual, Mental, Emotional, Biochemical, Structural and Environmental.
- ➔ Biochemical individuality
- ➔ Macronutrients (proteins, carbohydrates, essential fatty acids)
 - ➔ Blood sugar regulation (every meal has a hormonal consequence)
- ➔ Micronutrients, vitamins, minerals, essential fatty acids, enzymes, phytonutrients, herbs.
- ➔ RDAs
- ➔ Food pyramid
- ➔ Special dietary needs during pregnancy, nursing, young, old, injured, athletes, etc.
- ➔ Food selection and preparation
- ➔ Reading labels, food additives, preservatives, colorings
- ➔ Nutrient loss in processing and shipping and preparing

Day 2

Morning Energizer (Yoga Sun Salutations)

- ➔ Definition, goals and benefits of Metabolic Typing
- ➔ The Metabolic Questionnaire – Understanding the philosophy
- ➔ Discovering your Metabolic Type and what it means to you
- ➔ How to understand and fine tune your Metabolic Type Diet
- ➔ Troubleshooting Guidelines
- ➔ Technical information about Metabolic Typing
- ➔ Understanding Metabolic Typing supplements
- ➔ Sports injury prevention and treatment
- ➔ First aid and healing techniques including anti-inflammatories, enzymes, etc.
- ➔ Food quality
- ➔ Organic foods and farming
- ➔ Genetically modified foods

Day 3

Morning Energizer (Tai Chi)

- ➔ Digestion
- ➔ Absorption
- ➔ Assimilation



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- ➔ Elimination
- ➔ Gut immunity
- ➔ Pathogens
- ➔ Food allergies and sensitivities
- ➔ Gliadin intolerance
- ➔ Rotation diets
- ➔ Circadian Rhythms (sleep)
- ➔ Body rhythms (normal and disease)
- ➔ Anti-aging (diphasic cycles)
- ➔ Sleep (hormonal regulation, weight control, heart disease and cancer)
- ➔ Insomnia
- ➔ Seasonal dietary variations
- ➔ Breath/Respiration
- ➔ Physiology - posture
- ➔ Types of breath
- ➔ Respiration as mind-body integration
- ➔ For stress reduction
- ➔ Nasal vs mouth breathing
- ➔ Body polarity
- ➔ Enhanced athletic ability
- ➔ Breathing exercises

Day 4

Morning Energizer

- ➔ What is the effect of structure and exercise on overall health?
- ➔ Health benefits of different types of exercise: aerobic, toning, stretching
- ➔ Anaerobic vs. Aerobic
- ➔ Exercise to complement your metabolic type and health status
- ➔ Sports nutrition, protein powders, sports drinks, performance enhancement products



Day 5

Morning Energizer (Toning)

- ➔ Tips on setting up a business
- ➔ How to attract clients
- ➔ Networking
- ➔ Types of practitioners to consider
- ➔ How to find interested practitioners in your area
- ➔ How to interview a prospective referral source
- ➔ Scheduling and fees
- ➔ Disclaimers
- ➔ Getting a Baseline and pulling it all together
 - ➔ **Health and Lifestyle Awareness Questionnaire**
 - ➔ **Health Appraisal Questionnaire (HAQ)**
 - ➔ **Physiological Load Form**
- ➔ "How everything affects everything". It seems very complicated, but it can be very simple if you focus on changing lifestyle factors and monitoring progress.
- ➔ Demonstration of how to do an initial assessment using the Physiological Load Form.
- ➔ Prescribing nutrition, exercise and lifestyle
- ➔ How do we check progress and troubleshoot?
- ➔ How do we keep clients interested and motivated?
- ➔ How do we know when to refer?
- ➔ Identifying red flags.
- ➔ Case histories
- ➔ Demonstration of an initial assessment utilizing all the forms
- ➔ Workshop
- ➔ Questions