

CHEK Optimal Health and Fitness through Practical Nutrition and Holistic Lifestyle Coaching Level 3 Advanced Training Program Course Outline

Class Goal

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 our clientele.

Day-1

[Morning Energizer](#)

[Introduction](#) – Paul Chek and Dr. Clifford Oliver

[Case History Review Checklist](#) – Paul Chek and Dr. Clifford Oliver

[Client Management](#) – Paul Chek and Dr. Clifford Oliver

[Low Tech Testing](#) – Dr. Clifford Oliver

Day-2

[Morning Energizer](#)

[Low Tech Testing Continued](#) – Dr. Clifford Oliver

[Meditation and Relaxation](#) – Dr. Clifford Oliver

Day-3

[Morning Energizer](#)

[Dowsing](#) – Paul Chek

[Organ Systems](#) – Paul Chek

[Mandala: The Sacred Circle – It's Use in Clinical Practice](#) – Paul Chek

Day-4

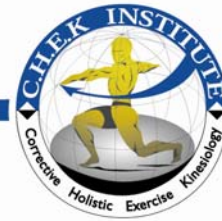
[Morning Energizer](#) – Paul Chek

[Organ Systems Continued](#) – Paul Chek

Day-5

[Morning Energizer](#) – Paul Chek

[Organ Systems Continued](#) – Paul Chek



[Introduction to Functional Lab Testing](#) – Dr. Clifford Oliver
[Parasites and Fungus](#) – Dr. Clifford Oliver
[Managing Problems of Altered Gastrointestinal Permeability, Hepatic
Detoxification and Oxidative Stress](#) – Dr. Clifford Oliver

Day-6

[Morning Energizer](#) – Dr. Clifford Oliver
[Toxins and Personal Care Products](#) – Dr. Clifford Oliver
[Business Management and Practice Management](#) – Dr. Clifford Olive
[Case Planning](#) – Paul Chek and Dr. Clifford Oliver
[Review with Question and Answer Session](#) – Paul Chek and Dr. Clifford Oliver
[Review with Question and Answer Session Continued](#) – Paul Chek and Dr.
Clifford Oliver

NOTE: Topics and schedule are subject to change by the C.H.E.K Institute Education Department and by the C.H.E.K Institute Faculty.