

HOLISTIC NATURAL HEALTH & HEALING & HOLISTIC NUTRITION & SPORTS NUTRITION

An Overview for Prospective Students



ABOUT THE UNIVERSITY OF NATURAL HEALTH

HOLISTIC NUTRITION AND NATURAL HEALTH PROGRAMS

The University of Natural Health helps students learn how to employ natural health training principles and conditions of health and nutrition, by first identifying them, and then by incorporating them properly into their own personal lives. We offer accredited nutrition and natural health programs that provide an Alkaline Diet Plan, teaching a Natural Health & Healing alternative versus the use of drugs through a series of holistic courses.

Our Acid Alkaline Balance Philosophy in Nutrition enables our graduates to help counsel others to attain Optimum Health, Power, Strength and Endurance, whether they are Vegans, Fruitarians, Vegetarians, Flesh and Dairy Food eaters, or a combination of all of the above. The key component of our philosophy is learning how to apply the Acid Alkaline Balance Principles to the foods that we are eating.

The AAA Diet® (Acid Alkaline Association) contains 10 Diet Levels. Students learn that the higher you go up the Levels, the Healthier and more Dynamic your Cellular Energy, Body and Healing capabilities. Our Holistic Nutrition courses are all based on the "Acid Alkaline Diet," which is richer in alkaline-forming food.

Our Acid Alkaline Balance Courses and Holistic Nutrition courses are all accredited nutrition courses. They enable students to learn and live by the strict guidelines relative to the Laws of Nature in order to teach others the principles required to attain Optimum Health, Power, Strength and Endurance, as part of a Natural & Healthy Lifestyle & Philosophy.

Sports Nutrition, Management, and Marketing Programs

We are the elite holistic sports school among Sports Colleges, Sports Management Colleges, and Sports Marketing Colleges in Sports Nutrition. We are the only degree-granting and certified school in the world teaching these ancient principles of the "acid alkaline balance diet" to the serious athlete who strives to attain Peak Power, Strength and Endurance as well as Optimum Health.

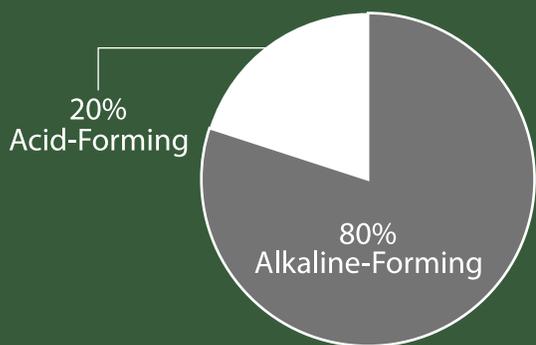
ABOUT THE UNIVERSITY OF NATURAL HEALTH

We offer a highly sophisticated Sports Certification Nutrition Programs and Sports Nutrition Degree Programs for maximum athletic Power, Strength, and Endurance for the athlete who is driven towards a superior athletic performance.

We also offer Sports Management Graduate Programs for those interested in a Sports Management Career, as well as Sports Marketing Programs for those interested in Sports Marketing Careers.

Non-Secular Programs

The University of Natural Health offers several non-secular degree and certificate programs in Spiritual Counseling, Theology, Divinity, Biblical studies, and Holistic Christian Health and Healing.



The Acid Alkaline (A-A-A) Diet:

The acid alkaline diet promotes an 80% alkaline-forming and 20% acid-forming as a means of achieving optimal health. Acid-forming diets can lead to the acidification of body tissue that can eventually compromise the immune system and lead to a host of diseases.

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CHAPTER 01

AN OVERVIEW OF
NATURAL HEALTH AND
SPORTS NUTRITION



HOLISTIC NUTRITION- BASIC PRINCIPLES

Holistic nutrition simply means to nourish the Whole Body, Mind and Soul. In a world awash with processed foods, chemical additives, hormones, steroids, antibiotics, and genetically-modified organisms (GMO), rates of chronic diseases like diabetes, cancer, obesity, and heart disease have skyrocketed in recent decades.

Holistic nutrition aims to restore diet to its most natural form—whole, unprocessed, chemical-free foods. By incorporating more whole foods that are organically grown into the diet, the balance is restored and common conditions such as insomnia, digestive problems, and other inflammatory conditions like arthritis and rosacea can all be alleviated or eliminated. Additionally, acidified body tissue, which leaves one prone to unnecessary injuries (whether sports related or not) can also be eliminated with holistic nutrition.

FOCUS ON ACID ALKALINE BALANCE

The University and Colleges of Natural Health are the only teachers of The A-A-A Diet® (Acid Alkaline Association) which focuses on the Acid Alkaline Balance Ratios required for Optimum Health. All food diets are either acid-forming or alkaline-forming. High acid-forming diets are difficult to digest and can lead to acidified body tissue that can eventually lead to a host of problems, including:

- Arthritis
- Bone diseases
- Cancer
- Chronic acidosis
- Colon disease
- Digestive problems
- Heart disease
- Low-grade acidosis
- Muscular weakness and diseases
- Nutrient deficiencies
- Organic ligament damage
- Strokes

These conditions rob people of the precious cellular energy their bodies require. When foods are not properly combined, indigestion can result, leading to the fermentation of starches and sugars, putrefied proteins that poison the body at the cellular level. The A-A-A Diet™ promotes the proper combination of food for maximum nutrient absorption and optimal health.



NATURAL HEALING- BASIC PRINCIPLES

Natural healing embraces the reality that the body is inherently designed to heal itself through a vital energy force that guides the body's internal processes. Natural healing stresses the "Remove Cause, and There are No Symptoms"® school of thought, which promotes the avoidance of chemical drugs required to treat disease.

Practices in natural healing include the consumption of superior foods and nutrition, the proper application of the principles of Natural Hygiene, and an understanding of the Neuro Physiology of Beliefs to naturally conquer anxiety, depression, anger, and obsessive and compulsive behaviors.



NATURORTHOPATHY- AN OVERVIEW

NATURORTHOPATHY (natur-ortho-pathy), not to be confused with naturopathic medicine, focuses on the correction of disease through a process called “orthopathy.” Where “ortho” means upright, or correct, and “pathology” means the “study of disease,” naturorthopathy utilizes effective natural and hygienic healing formulas for the treatment of disease, based on principles laid out by Dr. Herbert M. Shelton.

HYGIOPHYSICIAN® - DEFINED

A certified HygioPhysician® Doctor is a hygienic and holistic natural health, healing and nutrition practitioner who has completed the University of Health’s HygioPhysician® certified program.

HygioPhysicians are trained on how to increase and maintain the body’s maximum nerve energy—the key for healing disease holistically and for preventing disease. They are also trained in the concepts of Psychoimmunology, and promote the usefulness of fasting in restoring health.

The HygioPhysician® title is an exclusive designation for graduates of the HygioPhysician® program at the University of Natural Health. Those holding this title must report every three years for recertification and fulfill certain continuing education requirements.

HOLISTIC SPORTS NUTRITION- BASIC PRINCIPLES

Unlike traditional sports nutrition, holistic sports nutrition does not promote acid-forming diets that weaken the quality of body tissue and leave athletes more prone to injury. Rather, holistic sports nutrition focuses on the acid alkaline balance of foods and promotes an 80/20 ratio—that is, 80% alkaline, and 20% acid. By emphasizing the importance of digestive enzymes and assimilation of food nutrients, holistic sports nutrition can increase an athlete’s power, strength, and endurance by as much as 50% to 100%.

CHAPTER 02

WHICH PROGRAM IS
RIGHT FOR ME?

Those considering a career in holistic nutrition and/or natural health and healing have many exciting degree and course options to choose from at the University and Colleges of Natural Health. Our accredited distance learning schools provide elite training and education programs, and a variety of healing and health degrees. Outlined below are the different options, with brief overviews of each program. Please note that these are brief descriptions and may not contain complete information about each program—for comprehensive program information, please review our **catalog**.



NATURAL HEALTH DEGREE PROGRAMS

HOLISTIC NUTRITION (B.S./M.S./PH.D.)

Bachelor of Science in Holistic Nutrition: This program examines the acid alkaline diet and the positive effects of an alkaline-rich diet on the body, as well as the phytochemical compositions of foods and nutrition, the benefits of raw foods, the ideal sources and correct ratio for the three caloronutrients, as well as many other concepts.

Master of Science in Holistic Nutrition: This program focuses on advanced nutrition, natural lifestyles and philosophies, raising children naturally, and the neurophysiology of beliefs—a breakthrough systematic program on conquering anxiety, depression, anger, and obsessive and compulsive behaviors.

Doctor of Philosophy in Holistic Nutrition: This program explores advanced natural health and healing, and includes a course on the legal requirements and responsibilities of a nutrition practitioner. Students choose between a doctorate's thesis on a specific aspect of holistic nutrition and a course on sports nutrition and physiology.

HOLISTIC NATURAL HEALTH & HEALING (B.S./M.S./PH.D.)

Bachelor of Science in Holistic Natural Health and Healing: This program examines advanced applied food concepts on correct holistic nutrition, including the acid alkaline balance, as well as psychophysiology, the advanced neurobiology of beliefs, basic concepts of natural health and hygiene, and more.

Master of Science in Holistic Natural Health and Healing: This program explores raising children naturally, and includes courses on the neurophysiology of beliefs, advanced behavioral kinesiology (the scientific study of movement), superior nutrition, the phytochemical composition of foods and nutrition, and advanced natural hygiene. Students have the option of completing a master's dissertation if enrolling in the Ph.D. program, but it is not mandatory.

Doctor of Philosophy in Holistic Natural Health and Healing: This program includes courses on the behavioral science of disease, the many benefits of fasting, psychoneuroimmunology, advanced natural health and healing, and the legal requirements and responsibilities of a natural health and healing practitioner. Students have a choice between a doctorate's thesis and a course on sports nutrition.

NATURAL HEALTH & NUTRITION (B.S./M.S.)

Bachelor/Master of Science in Natural Health & Nutrition: This program includes an introductory course on physiology, and courses on psychophysiology, raising children naturally, the acid alkaline balance, advanced holistic nutrition, the advanced neurobiology of beliefs, and advanced natural lifestyles and philosophies.

DOCTOR OF PHILOSOPHY IN HOLISTIC NATURAL HEALTH & NUTRITION

This program examines the advanced behavioral science of disease, fasting for restoration and preservation of health, maximum body energy and energy healing concepts, advanced natural health, psychoneuroimmunology, and the neurophysiology of beliefs. The program includes an essay on herbology and the student's choice between a doctorate's thesis and a course on sports nutrition and physiology.

CERTIFIED NATURAL HEALTH PRACTITIONER

The Certified Natural Health Practitioner certificate program teaches advanced holistic nutrition, including the applied science of the acid alkaline diet, and the benefits of a raw foods diet. The program covers in depth the most advanced applied food concepts on correct holistic nutrition, and examines the importance and catalyzing role of digestive enzymes and assimilation of food nutrients.

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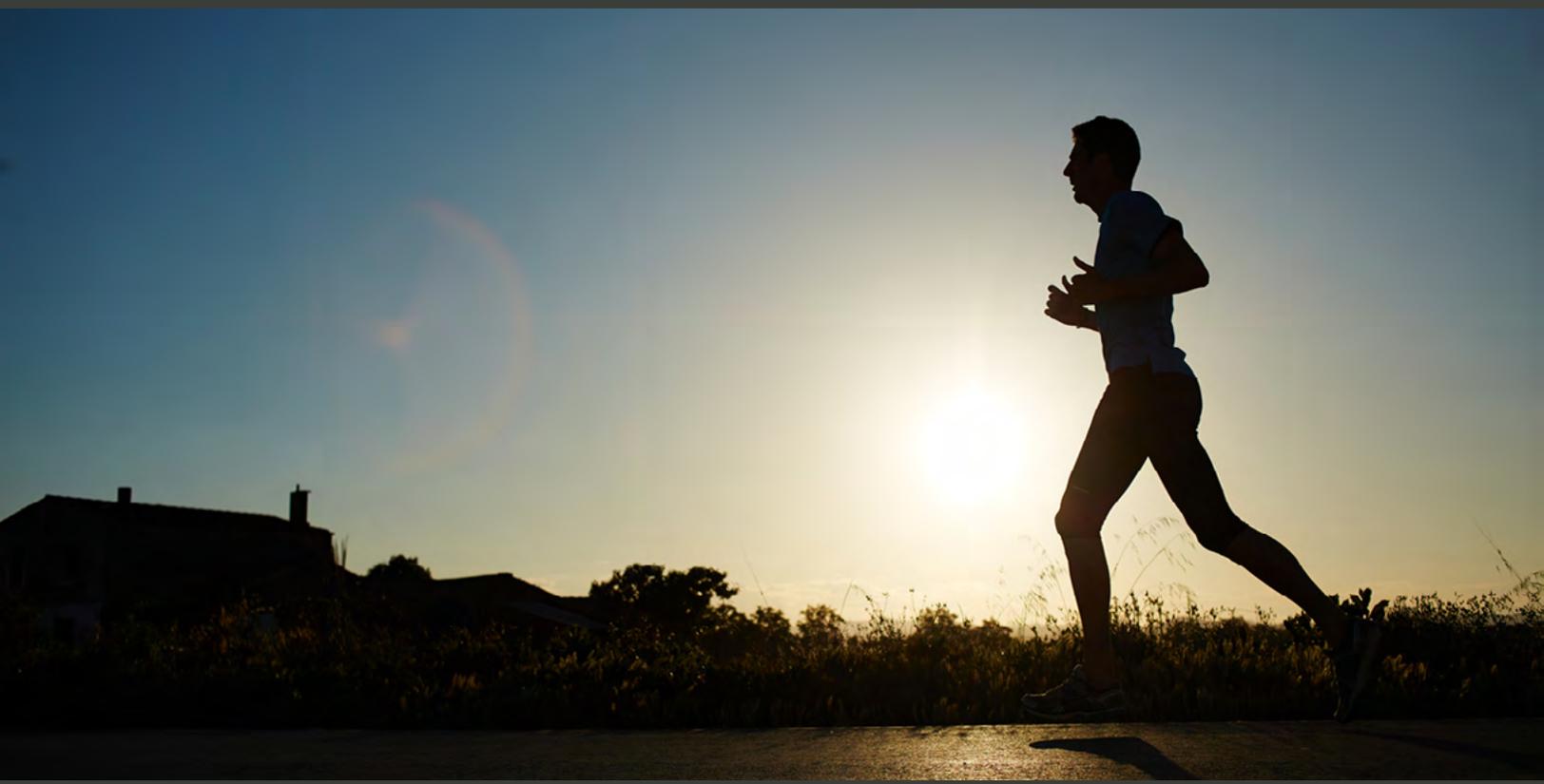
CERTIFIED HOLISTIC NUTRITION PRACTITIONER

The Certified Holistic Nutrition Practitioner program teaches the applied science of the acid alkaline diet, examining the importance and catalyzing role of digestive enzymes and assimilation of food nutrients, as well as advanced natural lifestyles and philosophies, which includes detoxification, hygienic diet, regular exercise, mental and emotional balance, and more.

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CERTIFIED NATURAL HEALTH PRACTITIONER & CERTIFIED HOLISTIC NUTRITION PRACTITIONER

The Certified Natural Health Practitioner & Certified Holistic Nutrition Practitioner program combines the Certified Natural Health Practitioner and Certified Holistic Nutrition Practitioner programs. This combination program highlights the benefits of a raw foods diet, including the effects of eating raw fruit on specific health conditions such as candida, diabetes, cancer, and others. It also examines the important of acid alkaline balance in the diet, identifying how acid-forming diets can weaken the quality of body tissue, and it includes a course on course on natural lifestyles and philosophies.



SPORTS NUTRITION CERTIFICATION PROGRAMS

CERTIFIED SPORTS NUTRITION CONSULTANT PRACTITIONER

The Certified Sports Nutrition Consultant/Practitioner certificate program includes courses on the applied science of the acid alkaline diet for increasing power, strength, and endurance, and details the ideal sources and correct rations for the three caloronutrients. The program also includes a course on the physiology of the human body and teaches the student how to create a profitable sports counseling and coaching career.

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CERTIFIED HOLISTIC SPORTS NUTRITION CONSULTANT PRACTITIONER

The Certified Holistic Sports Nutrition Consultant Practitioner certificate program includes all of the courses of the certified sports nutrition consultant/practitioner program, in addition to advanced natural health courses that present concepts laid down in the 20th century by Dr. Herbert M. Shelton. Students will learn how athletes can apply ancient secrets and principles of accelerated energy recuperation and regeneration.

SPORTS NUTRITION DEGREE PROGRAMS

BACHELOR OF SCIENCE IN SPORTS NUTRITION & MASTER OF SCIENCE IN SPORTS NUTRITION COMBINED

The Combination B.S./M.S. in Sports Nutrition program examines advanced holistic sports nutrition with a focus on acid alkaline balance in the diet. The program includes courses in physiology, natural lifestyles and philosophies, the catalyzing role of enzymes in food nutrition, the phytochemical compositions of foods and nutrition, and applied nutrition concepts based on the work of Dr. Herbert M. Shelton.

BACHELOR OF SCIENCE IN HOLISTIC SPORTS NUTRITION & MASTER OF SCIENCE IN HOLISTIC SPORTS NUTRITION COMBINED

The Combination B.S./M.S. in Holistic Sports Nutrition program teaches students the proper 80% alkaline-forming to 20% acid-forming ratio in the diet for helping sports athletes maintain power, strength, and endurance. The program includes courses in physiology, advanced natural lifestyles and philosophies, proper enzymes and nutrition, the phytochemical compositions of foods, and the advanced biochemistry of sports nutrition as it relates to sports and the influence of nutrition on exercise, performance, training, and quick energy recovery time. The course also includes an essay on herbology.

DOCTOR OF SCIENCE IN SPORTS NUTRITION

This program includes a course on advanced natural lifestyle and philosophies, in which all aspects of natural health are examined for superior natural health, power, strength, and endurance. The program introduces the student to maximum body energy and energy healing concepts, the neurophysiology of beliefs, and teaches the legal “ins and outs” and “dos and don’ts” of sports nutrition consultant practice. The program will teach students how to correctly utilize the “nutrient-per-calorie” concept as well as applied science of sports nutrition and physiology.

DOCTOR OF SCIENCE IN HOLISTIC SPORTS NUTRITION

This program examines advanced natural lifestyles and philosophies as they pertain to natural sports nutrition, and explores how to increase and maintain the body's maximum nerve energy for maximum health, physical strength, and endurance. The program also explores the hygienic health concepts laid out by Dr. Herbert M. Shelton, and includes courses on the physiology of beliefs and the legal "ins and outs" and "dos and don'ts" of sports nutrition consultant practice. Students will learn the benefits of a "vegan athlete," "vegetarian athlete," and "raw food" diets.

DOCTOR OF PHILOSOPHY IN SPORTS NUTRITION

This program covers advanced natural lifestyles and philosophies that emphasize detoxification, pure air, adequate rest and sleep, and a natural hygienic diet, among other topics. Additional courses cover maximum body energy and energy healing concepts, the neurophysiology of beliefs, advanced applied nutrition, and the legal "ins and outs" and "dos and don'ts" of sports nutrition consultant practice. It also includes a 2,500-word thesis.

DOCTOR OF PHILOSOPHY IN HOLISTIC SPORTS NUTRITION

This program includes a course on advanced natural lifestyles and philosophies that emphasize detoxification, pure air, adequate rest and sleep, and a natural hygienic diet, among other topics. Additional courses include maximum body energy and energy healing concepts, the neurophysiology of beliefs, advanced applied nutrition, and the legal "ins and outs" and "dos and don'ts" of sports nutrition consultant practice. The program also includes a 2,500-word thesis.

DOCTOR OF PHILOSOPHY IN SPORTS NUTRITION & SPORTS MANAGEMENT

This program examines the relevance of sociological, cultural, historical, political, psychological, and legal concepts relating to sport management. It also includes courses on advanced sport marketing techniques, marketing theories, applied science of sports nutrition and physiology, and the legal "ins and outs" and "dos and don'ts" of sports nutrition consultant practice. Students will learn how to create a profitable sports counseling and coaching career and will complete a 2,500-word thesis.

DOCTOR OF PHILOSOPHY IN HOLISTIC SPORTS NUTRITION & SPORTS MANAGEMENT

This program examines the relevance of sociological, cultural, historical, political, psychological, and legal concepts relating to sport management, and includes courses on advanced sport marketing techniques, marketing theories, the applied science of sports nutrition and physiology, and the legal “ins and outs” and “dos and don’ts” of sports nutrition consultant practice. Students will learn how to create a profitable sports counseling and coaching career and will complete a 2,500-word thesis. This program emphasizes advanced natural health and the principles laid out by Dr. Herbert M. Shelton.

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DOCTOR OF PHILOSOPHY IN SPORTS NUTRITION & SPORTS MARKETING

This program includes an in-depth course covering the acid alkaline balance in diet and courses on physiology, advanced natural lifestyles and philosophies, and natural sports nutrition. It also examines the catalyzing role of enzymes in food nutrition, digestion, and assimilation, as well as the phytochemical compositions of food, the nutrition concepts laid out by Dr. Herbert M. Shelton, and advanced biochemistry of sport nutrition, including scientific information relating to exercise, body temperature, dehydration, antioxidants, oxygen transport, and vitamins and minerals.

CHAPTER 03

LIFE AFTER
GRADUATION: CAREERS
IN NATURAL HEALTH OR
SPORTS NUTRITION

WHAT HOLISTIC HEALTH & HEALING PRACTITIONERS DO (AND DON'T DO)

Holistic Health and Healing Practitioners don't:

- Diagnose disease
- Treat disease
- Prescribe drugs
- Employ invasive medical procedures

Holistic Health and Healing Practitioners do:

Analyze and evaluate a person's conditions, lifestyle habits, and symptoms
Teach a proper acid alkaline diet.

Teach natural health principles and lifestyle habits that remove the lifestyle causes of toxemia, that will ultimately restore health and prevent disease.

Teach a balanced lifestyle that includes adequate rest and sleep, a natural and hygienic diet, correct temperatures and exposure to sunlight, mental and emotional balance, freedom from addiction, self-nurturance, high self-esteem, a purposeful life, meaningful goals, and loving and nurturing relationships.

Support medical intervention only in a crisis to save a life—for example, reviving a stopped heart, widening the birth canal to save the baby's life, or removing diseased tissue with surgery. Medication should only be used for unbearable pain.

Holistic health and healing practitioners support alternative health care systems, including:

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|-------------------|---------------------------------------|---------------|
| • Acupuncture | • Homeopathy | • Magnetism |
| • Acupressure | • Herbology | • Naturopathy |
| • Aromatherapy | • Hydrotherapy | • Reflexology |
| • Chiropractic | • Ozone and hydrogen peroxide therapy | • Urology |
| • Colonic therapy | | |

Other natural health therapies that reflect natural and hygienic teachings.

POTENTIAL CAREER PATHS FOR GRADUATES

Natural health and healing has gained major traction in recent decades. Patient demand for natural therapies is on the rise, and more people than ever before are open to alternative health treatments. This is creating unprecedented opportunity for those with specialized training in natural health and healing.

Graduates of The University and Colleges of Natural Health have gone on to form successful careers as natural health and healing practitioners, specializing in areas such as:

- Acupuncture/acupressure
- Nutritional counseling
- Chiropractic care
- Reflexology
- Herbal therapy
- Spiritual advisory
- Homeopathy
- Sports management
- Life coaching
- Sports marketing
- Massage therapy
- Sports nutrition
- Natural healing
- Traditional Chinese Medicine
- Naturorthopathy
- Yoga instruction

Opportunities abound for those with training in natural health and healing! Learn more about our programs at our [website](#).

Spotlight

Dr. Herbert M. Shelton

*One of the greatest natural health doctors of the 20th century, Dr. Herbert M. Shelton was a naturopath, an alternative medicine advocate, a vegetarian, an advocate of a raw foods diet and fasting, and the author of dozens of books, including *Natural Hygiene: Man's Pristine Way of Life* and *The Science and Fine Art of Fasting*. The principles laid out by Dr. Shelton form the foundations of the teachings at The University and Colleges of Natural Health.*

*University & Colleges
of Natural Health*

THE DISTANCE EDUCATION LEADER IN HOLISTIC HEALTH & HEALING SCHOOLS

