

## WINTER 2019 HOLISTIC NUTRITION CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 1</b>			
January 3	January 4	January 5	January 6
<b>Orientation</b>	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari
<b>Week 2</b>			
January 10	January 11	January 12	January 13
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari
<b>Week 3</b>			
January 17	January 18	January 19	January 20
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari
<b>Week 4</b>			
January 24	January 25	January 26	January 27
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari

Thursday	Friday	Saturday	Sunday
<b>Week 5</b>			
January 31	February 1	February 2	February 3
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger  <b>Food Therapeutics</b> 1:00pm-4:00pm Peter Caron
<b>Week 6</b>			
February 7	February 8	February 9	February 10
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Politics of Food</b> 9:00am – 5:30pm Maurita Prato	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari
<b>Week 7</b>			
February 14	February 15	February 16	February 17
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari
<b>Week 8</b>			
February 21	February 22	February 23	February 24
<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>
<b>Week 9</b>			
February 28	March 1	March 2	March 3
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Politics of Food</b> 9:00am – 5:30pm Maurita Prato	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker  <b>Food Therapeutics</b> 1:00pm-4:00pm Elham Ansari

## WINTER 2019 HOLISTIC NUTRITION CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 10</b>			
March 7	March 8	March 9	March 10
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth- Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-4:00pm Amber Baker	<b>Food Therapeutics</b> 9:00am-12:00pm Dr. Carlie Reidlinger
<b>Week 11</b>			
March 14	March 15	March 16	March 17
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk
<b>Week 12</b>			
March 21	March 22	March 23	March 24
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Fungal Foods &amp; Mushroom Medicines</b> 9:00am-5:30pm Tony Acworth	<b>Fungal Foods &amp; Mushroom Medicines</b> 9:00am-5:30pm Tony Acworth
<b>Week 13</b>			
March 28	March 29	March 30	March 31
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-4:00pm Amber Baker	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk
<b>Week 14</b>			
April 4	April 5	April 6	April 7
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Foundations of Holistic Nutrition</b> 9:00am-12:00pm Amber Baker	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk
<b>Week 15</b>			
April 11	April 12	April 13	April 14
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell	<b>Digestive Health – Plant Medicine Basics</b> 9:00am-5:30pm Alexis Hennig	<b>Digestive Health – Plant Medicine Basics</b> 9:00am-5:30pm Alexis Hennig
<b>Week 16</b>			
April 18	April 19	April 20	April 21
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk

Thursday	Friday	Saturday	Sunday
<b>Week 17</b>			
April 25	April 26	April 27	April 28
<b>Evolution of Cultural Diets</b> 3:30pm-6:30pm Peter Conway	<b>Materia Medica of Food</b> 3:30pm-6:30pm Rachel Worth-Cappell		
<b>Program Total</b>			
Evolution of Cultural Diets*		45 hours	*Courses that directly transfer into the Diploma of Holistic Nutrition
Materia Medica of Food*		45 hours	
Foundations of Holistic Nutrition*		45 hours	
Backyard Gardening		30 hours	
Food Therapeutics		90 hours	
Politics of Food		15 hours	
<b>Total</b>		<b>270 hours</b>	

### Core Teaching Faculty

**Tony Acworth** graduated with a Diploma in Phytotherapy from Pacific Rim College and is a member of the Canadian Herbalist Association of BC. He is a practicing Medical Herbalist at his home based clinic, Woodward Phytotherapy, in Brentwood Bay, BC.

**Elham Ansari** is a teacher and practitioner of Ayurveda and Food Medicine. She specializes in nutrition and digestion.

**Amber Baker** is a nutritionist at InspireHealth. She is a Registered Orthomolecular Health Practitioner (ROHP) and Registered Nutritional Consulting Practitioner (RNCP).

**Peter Caron** is an Acupuncturist based out of Victoria, BC with a special interest in mental health, trauma and educating patients on causative agents of illness.

**Peter Conway** is a leading herbalist (Phytotherapist) with a core interest in contrasting and integrating approaches to healing from both traditional and contemporary sources.

**Alexis Hennig** Dip.Phyto. (RHT), is a professional member of the Canadian Herbalist Association of British Columbia and runs her own practice as a Medical Herbalist in Fernwood, Victoria, BC.

**Tayler Krawczyk** is the co-owner/operator of Hatchet & Seed, an edible landscaping & agro-forestry business based in North Saanich, BC.

**Cordelia McFadyen** is a Board Certified Holistic Nutritionist whose business is based online. She has a special interest in digestive health, establishing healthy boundaries and standing up for yourself and your health.

**Maurita Prato** MSc, works as the Executive Director of LUSH Valley Food Action Society in the Comox Valley.

**Dr. Carlie Reidlinger** is a Naturopathic Doctor based out of Vancouver Island Naturopathic Clinic with a special interest in infertility, pregnancy, menopause, women's health and paediatrics.

**Rachel Worth-Cappell** is a Naturopathic Doctor based out of Victoria, BC with a special interest in mental health, trauma and educating patients on causative agents of illness.