

FALL 2022 HOLISTIC NUTRITION CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
September 8	September 9	September 10	September 11
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Politics of Food 9:00am – 12:00pm Dr. Angeli Chitale Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Herbal Nutrition 9:00am-5:30pm Amy Klazek
Week 2			
September 15	September 16	September 17	September 18
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Politics of Food 9:00am – 12:00pm Dr. Angeli Chitale	Food Therapeutics 1:00-4:00pm Elham Ansari
Week 3			
September 22	September 23	September 24	September 25
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Elham Ansari
Week 4			
September 29	September 30	October 1	October 2
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	SCHOOL CLOSED FOR TRUTH AND RECONCILIATION DAY	Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Herbal Nutrition 9:00am-5:30pm Amy Klazek
Week 5			
October 6	October 7	October 8	October 9
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Food Therapeutics 1:00-4:00pm Elham Ansari	Food Therapeutics 9:00 – 12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00 - 4:00pm Dr. Carlie Reidlinger

Thursday	Friday	Saturday	Sunday
Week 6			
October 13	October 14	October 15	October 16
SCHOOL CLOSED FOR READING BREAK	SCHOOL CLOSED FOR READING BREAK	Politics of Food 9:00am – 12:00 pm Dr. Angeli Chitale Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Elham Ansari
Week 7			
October 20	October 21	October 22	October 23
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Politics of Food 9:00am – 12:00 pm Dr. Angeli Chitale Food Therapeutics 1:00-4:00pm Elham Ansari	Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Dr. Carlie Reidlinger
Week 8			
October 27	October 28	October 29	October 30
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	Politics of Food 9:00am – 12:00 pm Dr. Angeli Chitale Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Herbal Nutrition 9:00am-5:30pm Amy Klazek
Week 9			
November 3	November 4	November 5	November 6
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	HNCP/NU132 Food Therapeutics Workshop: Digestive Health – Plant Medicine Basics 9:00-5:30pm Alexis Hennig	HNCP/NU132 Food Therapeutics Workshop: Digestive Health – Plant Medicine Basics 9:00-5:30pm Alexis Hennig
Week 10			
November 10	November 11	November 12	November 13
Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	SCHOOL CLOSED FOR REMEMBRANCE DAY	Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Elham Ansari

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Week 11			
November 17 Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	November 18 Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	November 19 Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	November 20 Herbal Nutrition 9:00am-5:30pm Amy Klazek
Week 12			
November 24 Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	November 25 Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	November 26 Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Foundations of Holistic Nutrition 1:00 - 4:00pm Amber Baker	November 27 Herbal Nutrition 9:00am-5:30pm Amy Klazek
Week 13			
December 1 Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	December 2 Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	December 3 Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Foundations of Holistic Nutrition 1:00-4:00pm Amber Baker	December 4 Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Elham Ansari
Week 14			
December 8 Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	December 9 Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	December 10 Food Therapeutics 9:00-12:00pm Elham Ansari Food Therapeutics 1:00-4:00pm Elham Ansari	December 11 Herbal Nutrition 9:00am-5:30pm Amy Klazek

Thursday	Friday	Saturday	Sunday
Week 15			
December 15 Evolution of Cultural Diets 3:45pm-7:00pm Peter Conway	December 16 Materia Medica of Food 3:45pm-7:00pm Dr. Angeli Chitale	December 17 Foundations of Holistic Nutrition 9:00-12:00pm Amber Baker Food Therapeutics 1:00-4:00pm Elham Ansari	December 18 Food Therapeutics 9:00-12:00pm Dr. Carlie Reidlinger Food Therapeutics 1:00-4:00pm Elham Ansari

Program Total			
Evolution of Cultural Diets*	45 hours		
Materia Medica of Food*	45 hours		
Foundations of Holistic Nutrition*	45 hours		
Herbal Nutrition	45 hours		
Food Therapeutics	75 hours		
Politics of Food	15 hours		
Total	270 hours		
			*Courses that directly transfer into the Diploma of Holistic Nutrition

Core Teaching Faculty

Elham Ansari is a teacher and practitioner of Ayurveda and Holistic Nutrition. She specializes in nutrition and digestion.

Amber Baker is a Registered Orthomolecular Health Practitioner (ROHP) and Registered Nutritional Consulting Practitioner (RNCP).

Dr Angeli Chitale ND is a graduate of Queen's University and the Canadian College of Naturopathic Medicine. Dr Chitale ND has a dynamic teaching style rooted in academic excellence and her varied professional experience including genetic research, international medical relief work and teaching Clinical Skills, Botanical Medicine, Nutrition and Global Health. As a former Board member of the Ontario Association of Naturopathic Doctors, Dr Chitale ND continues to be involved in actively shaping the future of healthcare through education, advocacy and government relations work.

Dr. Carlie Reidlinger is a Naturopathic Doctor with a special interest in infertility, pregnancy, menopause, women's health, and paediatrics.

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.

Amy Klazek Dip. Phyt.

Amy Klazek is a Medical Herbalist, and a graduate of the Community Herbalist Certificate program and the Diploma of Phytotherapy program at Pacific Rim College. She has a particular interest in nervous system and digestive health, as well as dermatology.