

# ACADEMY HEALING NUTRITION

HOLISTIC NUTRITION COACH CERTIFICATE PROGRAM

From deep traditions to new frontiers in nutritional awareness and natural healing



**TRANSFORM  
YOUR HEALTH**

**Starts March**

**LONDON**

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# Food is a vehicle for transformation

What we put into our bodies has a direct impact on the quality and longevity of our lives. When we change our diet, we change everything. In the Academy of Healing Nutrition program you will learn about the powerful Longevity Diet.

Food affects our ability to achieve a healthy weight, regulate our moods, prevent disease and recover from illness. A balanced diet promotes harmony in all aspects of our lives.

The Academy of Healing Nutrition teaches you about The Longevity Diet; a diet that is healing, rejuvenating, grounded in simple, whole, nutrient-rich foods. It is a deeply nourishing diet, combining time-honoured culinary traditions along with Eastern and Western healing methods. Rooted in ancient wisdom, The Longevity Diet is supported by modern scientific research.

The essentials of The Longevity Diet are simple, delicious and powerfully effective.

The Longevity Diet ingredients include:

- Nutrient dense wholefoods
- Cleansing vegetables from land and sea
- Healing herbs
- Tonic herbal medicine
- Immune enhancing probiotic foods
- Superfood Nutrition
- Wild, organic animal foods
- Effective home remedies
- Wellness techniques for body, mind and spirit
- No-dogma nutrition

By embracing the profound wisdom of Food Energetics, The Longevity Diet will empower you to harness food's natural energy in order to nourish, heal and rejuvenate yourself.

The Longevity Diet is a crucial part of any healing program. Not a fad or an alternative – it is the diet that contains everything you need to create long-lasting health and vitality.

Your body knows how to heal. Your job is to provide it with the nourishment it needs to do its magic.



Transform yourself  
into the healthiest  
person you can be.



The Longevity Diet is perfect for you if you experience any of the following:

- Fatigue
- Low immunity and frequent illnesses
- Trouble losing weight and keeping it off
- Uncontrolled cravings for carbohydrates and sugar
- Diabetes
- Foggy thinking
- Anxiety
- Digestive distress
- Heart burn and acid reflux
- Gas and bloating
- Candida
- ADHD
- Depression
- Memory and learning challenges
- Heart and cancer diseases
- Delayed recovery from illness
- Joint pain
- PMS

In modern life:  
1 in 3 get cancer,  
1 in 4 have heart disease,  
1 in 6 have diabetes,  
1 in 7 have respiratory diseases.

It's time to choose the Longevity Diet program when:

- You know it's time to take responsibility for your health.
- You are sick and tired of being sick and tired.
- You want delicious, healing dietary support for your current health concerns.
- You have committed to losing weight, safely and effectively.
- You want a step-by-step program to show you exactly how to eat in order to improve your health.
- You want compassionate, practical, nutritional guidance.
- You want to learn the best way to invigorate the rest of your life.



# What you will learn at the Academy of Healing Nutrition

## Nourish Your Cells

Nourish every cell in your body. Learn how to integrate deeply nourishing foods into your everyday diet.

## Boost Your Digestion

Improve the digestibility of the foods you eat. Establish daily routines and habits to promote powerful digestion. Eliminate digestive distress.

## Boost Your Energy

Easy foods and techniques to eliminate your energy drains. Discover Nature's best energisers.

## Strengthen Your Immunity

Learn how to eat to protect yourself from illness.

## Boost Your Brain Power

Learn how to nourish your brain to improve clarity, memory and focus.

## Transform Your Appearance

Learn the best foods, eating patterns and lifestyle techniques for safe, gentle weight loss and beautiful skin, nails and hair.

## Relieve Stress

Eliminate foods and habits which trigger stress. Discover foods and techniques to promote inner tranquility.



The Longevity Diet is rooted in ancient wisdom and supported by modern scientific research.



# Common Benefits of The Longevity Diet

You want a diet that..

- Balances blood sugar levels
  - Creates strong bones
  - Strengthens your immune system
  - Makes you feel light and energised
  - Prevents cancer
  - Prevents all degenerative diseases
  - Is highly anti-inflammatory
  - Non-dogmatic, flexible and adaptable
  - Compliments your unique constitution
  - Is pleasurable, seasonal and economical
  - Produces enhanced longevity and radiant health!
- Vibrant energy
  - Smooth, easy digestion
  - Conquering cravings for sweets and carbohydrates
  - Weight loss
  - Waking up rested and refreshed
  - Clarity and focus
  - Feeling deeply satisfied
  - Enhanced sense of responsibility for health and wellbeing
  - Harmonised emotions
  - Elimination of heartburn and acid reflux
  - Easy bowel movements





**It's Possible!**

The step-by-step Academy of Healing Nutrition program will give you guidance and support as you make the nutritional and lifestyle changes that will transform your health and well-being.

### The Academy of Healing Nutrition features:

- Practical cooking classes
- In-house weekend modules, held every month from March
- Online modules viewed in your own time
- Recipes, handouts and comprehensive workbook
- Support between modules
- Chinatown tour
- Goal setting
- Working with cravings
- Digestive solutions
- Understanding carbohydrates

- Understanding fats and oils
- Alkalising your system
- Nature's superfoods
- Natural energy boosters
- Tonic herbs
- Harmonising body, mind & spirit
- Detox and cleanse
- Strategies for ultimate wellness and longevity

### Longevity Diet Practical Cooking Classes

No effective nutritional training would be complete without practical cooking classes. With the Academy's training you

have the opportunity to learn 'Food as Medicine' in a live setting in the heart of London. You will get to taste dishes that are rejuvenating and healing, quick and easy balanced meals, probiotic foods and special longevity beverages.

We designed our program to create the best possible learning experience with intimate class sizes, extraordinary instructors and practical hands-on learning.

# The Ancient Elixirs of Longevity and Radiant Health

Discover Tonic Medicinal Herbs and Superfood Nutrition

Tonic herbs, mushrooms and superfoods have been used for thousands of years in Chinese and Ayurvedic Medicine to increase vitality, strengthen bodily systems and organs, nurture the spirit, and improve longevity.

We will show you how to prepare quick and easy soups, beverages, elixirs and a variety of other dishes using the most potent tonic herbs and superfoods available on the planet today.

- Deeply nourish the brain and nervous system with superfoods and herbs.
- Beautify the complexion and treat many common skin problems, including blemishes, wrinkles and age spots.
- Use medicinal mushrooms to optimise your immune system.
- Balance your weight, regulate metabolism and build sustainable energy.
- Increase fertility, sexual response and physical performance.
- Gently cleanse your body using energy-enhancing adaptogenic herbs and mineral-rich superfoods from around the world.
- We are the world's experts in Chinese herbal tonics and superfoods elixirs!



Tonic herbs and superfoods have more antioxidants, vitamins and minerals than regular foods and have been proven to enhance longevity.

# Considering a career in Health Coaching?

For over 35 years, we've been integrating Eastern and Western philosophies into a food-as-medicine curriculum.

When you change a habit, you change a life. As a graduate of the Academy Healing Nutrition, not only will you have the power to heal yourself — you'll have the tools to coach others through their step-by-step transition to a longer, healthier life.

It is easy to improve your health if you know how.

A health coach is a master of communicating how to achieve habit change.

When clients are ready to make a shift you can guide and keep them motivated for a lasting result. Our main approach is to teach how things work and relate, so you don't have to focus on constantly trying to fix things. Health coaching is one of the most exciting industries to be in, and it is emotionally, spiritually and financially

rewarding.

Faculty have an average of 40+ years of experience in health education and counselling. We coined the following terms:

- Health Coach
- Holistic Health Practitioner
- Nutrition Coach
- Longevity Diet Specialist

Interested in helping yourself and others learn how to heal, maintain energy levels and avoid the onset of modern degenerative diseases?

Visit our website to find out about our exciting orientation events and enrolment opportunities.

**info@LondonAHN.com www.LondonAHN.com Phone +44 (0) 77079 74508**



“I’m still in awe of, and forever grateful for, Academy Healing Nutrition. The school helped me create a life and career beyond my wildest dreams.”

Nikki Ostrower