

Unani

*Nutritional
Therapy
Prospectus*

College of Unani Tibb and Alternative Medicine



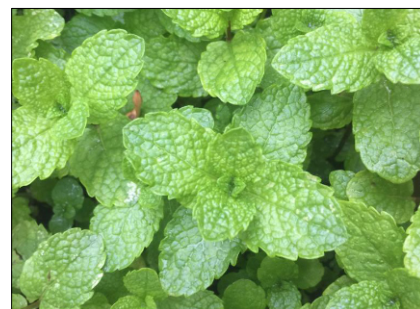
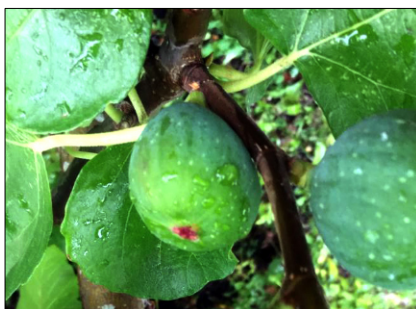
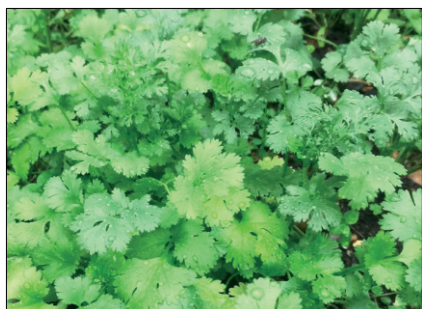


Introduction

Diet has never been as important as it is today. With all of the advancements in modern medicine we still have rising levels of obesity, heart disease, Alzheimer's and diabetes to name but a few of the chronic diseases that we suffer from. Clearly we are missing something of fundamental importance with regards to our overall health. Not only have we lost touch with how our ancestors ate, but also the wisdom of being innately in touch with nature and the environment around us. This detachment has meant that we increasingly give over our authority to the medical profession to control our health for us. For many of us this means an ever increasing number of drugs and regular hospital visits and doctor appointments.

What we eat has a profound effect upon our physical structure (muscles, tissues, bones), bodily processes, our energy levels and our emotional state. In simple terms, a poor diet can result in symptoms as diverse as depression, anxiety, chronic fatigue, eczema, diabetes, digestive issues and osteoporosis.





Why study nutrition?

The future is nutrition! An increasing number of people are becoming interested in nutrition and taking back control of their own health. There is a wealth of information available about different diets, the microbiome, superfoods and various supplements which are touted as a 'cure all'. Unfortunately, all of this information has led to mass confusion, with the general public flitting from the latest eating craze to the next. What works for one person won't work in the same way for the next person.

However, even though someone may be eating what appears to be a balanced healthy diet it may not be the right diet for them due to their biochemical individuality or constitution. Knowledge of Eastern medicine and nutritional protocols can aid you in understanding what types of foods are right for each individual based on their temperament and balance of humours.

All the Eastern medical traditions: Unani Tibb, Ayurveda, Chinese medicine and Tibetan medicine, have always had diet as their central pivotal point. Without a well-balanced diet no amount of intervention, whether it is drugs from allopathic western medicine, herbal therapy, homeopathy or other balancing techniques such as acupuncture, will fully return an individual to complete health. We truly are what we eat. Our diet will influence our inherited tendencies, our gene expression, our thought processes, energy levels and overall health. Understanding what a well-balanced diet is for each individual that you work with as a client is almost a work of art. There are many factors to take into account including body temperament (constitution), humour balance, inherited tendencies, genes, lifestyle, detoxification ability, stress levels,



electrolyte balance and hydration. You will learn all of these interconnections in this course.

An understanding of both Eastern and Western nutrition will set you apart as a practitioner and enable you to clearly discern how diet and lifestyle are affecting your clients. This course will also provide you with a foundation in Eastern Nutrition as well as Naturopathic Western approaches to diet, giving you a unique advantage and putting you in an excellent position to support your clients in their return to health. It also covers all elements of the National Occupational Standards (NOS) for Nutritional Therapy.

This standalone course is designed to provide you with a strong underpinning knowledge in Western nutrition alongside naturopathic philosophy and detoxification guidelines. In addition, it provides you with an awareness of Eastern nutrition; specifically, the disciplines of Ayurveda, Chinese medicine and Tibetan medicine. You will also learn Unani Dietotherapy (Unani nutrition) in detail and understand how Unani nutrition fits in alongside the other Eastern disciplines which all have their own individual approaches to maintaining health via dietary changes.

Flexible approach

The course is extremely flexible in the way that you study it. You are required to complete it in 2 years, with compulsory attendance of 4 days of lecture based learning to obtain the full qualification. Lectures are given at the beginning of each year and you are then left to work through the course at your own speed. Tutor support and guidance is always available. Online Zoom lectures are also available.

Working at your own speed allows you to factor in all of your other commitments such as family life, child care, work and your separate studies in Unani medicine.

This course will allow you to begin practicing with clients after your first year of study as a nutrition advisor subject to passing the end of year exam and all assignments. After completion of your second year and full attendance of the clinical training together with successful submission of all of your assignments, case studies and passing the final exam, you will be able to practice as a nutritional therapist, whilst continuing your studies in Unani medicine.



Benefits of home study

This is a virtual based course with an addition of 4 compulsory clinical days. Thus allowing you to work at your own pace in the comfort of your home. Working in this way permits you to create your own time table of study, whilst juggling your home life.

Due to recent restrictions with live face to face training, the college also offers live remote training by Zoom.



Curriculum Breakdown

The course is divided into three main sections:

Year 1	Year 2	
<i>Section 1</i> Nutritional Biochemistry Practical Nutrition	<i>Section 2</i> Naturopathic nutrition and detoxification	<i>Section 3</i> Unani Dietotherapy Ayurveda, Chinese and Tibetan medical approaches to diet Importance of seasonal eating

Year 1 Section 1

- Evolution of human nutrition
- Carbohydrates
- Proteins
- Lipids
- Vitamins and minerals
- The importance of digestion and the absorption of nutrients
- Nutritional through the life stages
- The nutrition gap
- “A balanced diet” A Comparison and analysis of various western dietary approaches: raw, vegan, vegetarian, Paleo, keto, Mediterranean, blood type diets, acid and alkaline diets
- The importance of the microbiome and its effect upon health and disease
- How chronic diseases are connected to diet, lifestyle and poor digestion
- Food allergies: the immune system and adrenal connections. The General Adaptation Syndrome (Hans Selye), Allostasis and allostatic load (Bruce McEwen)
- Hypoglycaemia, blood glucose control, diabetes and obesity
- Red flag conditions
- Organic food and effects of food processing
- An introduction to the yin and yang of foods
- Nucleotides and single nucleotide polymorphisms
- Working with clients
- Introduction to Drug/nutrient interactions
- Prescribing supplements introduction



Year 2 Section 2

Naturopathic nutrition and detoxification

- Naturopathic nutrition: the role of the electrolyte balance in health and disease
- Acid and alkaline balance and the extra cellular matrix
- Effects of stress and dehydration upon the electrolyte balance
- Stress, dehydration and blood glucose control
- Essential fatty acids and fluid balance
- Electrolyte balance and high sodium symptoms
- Naturopathic detoxification
- Routes of elimination
- Sources of toxicity
- Symptoms of an under-functioning detoxification system
- Diets to support detoxification
- Prescribing supplements
- Pharmacology

Year 2 Section 3

Eastern nutrition

- Unani Dietotherapy
 - Digestive process: the four stages of digestion according to Unani Tibb
 - Classification of foods into hot, cold, dry and moist
 - Unani classification of macro and micro nutrients
 - Food classification and humour balance

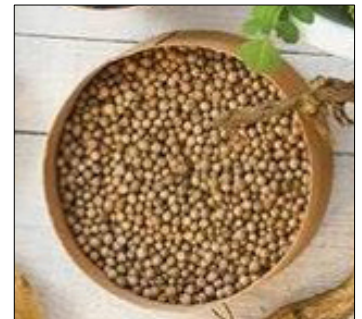
- Degrees of strength of certain foods
- Reactions to foods: quality, element and essence
- Light and dense foods; good and bad chyme
- Diets for humoral balance
- The six tastes and how they affect food digestion
- Diet and seasonal eating



- **Ayurveda, Chinese and Tibetan medical approaches to diet**

- **Importance of seasonal eating**

- Ayurvedic and Tibetan faulty food combinations
- The six tastes and their effects upon digestion, humoral balance and the general health of the body
- Effects of the six tastes on Dosha balance (Ayurveda)
- Chinese TCM and dietary considerations
- Chinese organ clock and beneficial times for digestion
- Chinese five temperatures of food
- The five flavours of Chinese medicine
- Connections between the five tastes, organs and five elements
- Tibetan medicine and dietary approaches
- The six tastes of Tibetan medicine and their effect upon the humours



Student support

CUTAM college prides itself on the high levels of support it offers. Tutors are always available to offer support and encouragement throughout the course. Students will receive ongoing care with written feedback for each assignment.

Clinical practice

The college offers 4 days of clinical practice, 2 days for each year. Full attendance will be required to qualify as a Nutritional Therapist and to obtain the relevant insurance to practice.

The course assessment

- Short answer questions
- Essays
- Research based projects
- Case studies
- Final exam

Certification

CUTAM awards the following awards:

- **Nutritional Advisor Diploma**
- **Diploma in Nutritional Therapy and Eastern Nutrition (Dip NTEN)**

Entry requirements

Mandatory Requirements:

Level 2 English

Level 2 Science

Good command of English

Anatomy and Physiology (A&P)

Recommended Requirements:

GCSE English

GCSE Science

APEL (Accreditation of Prior Experiential learning)

Contact details

College of Unani Tibb
and Complementary Medicine

Email: info@cutam.org.uk

Phone: 07415 810 582

Website: <http://www.cutam.org.uk/>

<https://cutam.org.uk/diploma-in-nutritional-therapy-and-eastern-nutrition/>



Unani

*Nutritional
Therapy
Prospectus*

College of Unani Tibb and Alternative Medicine

