

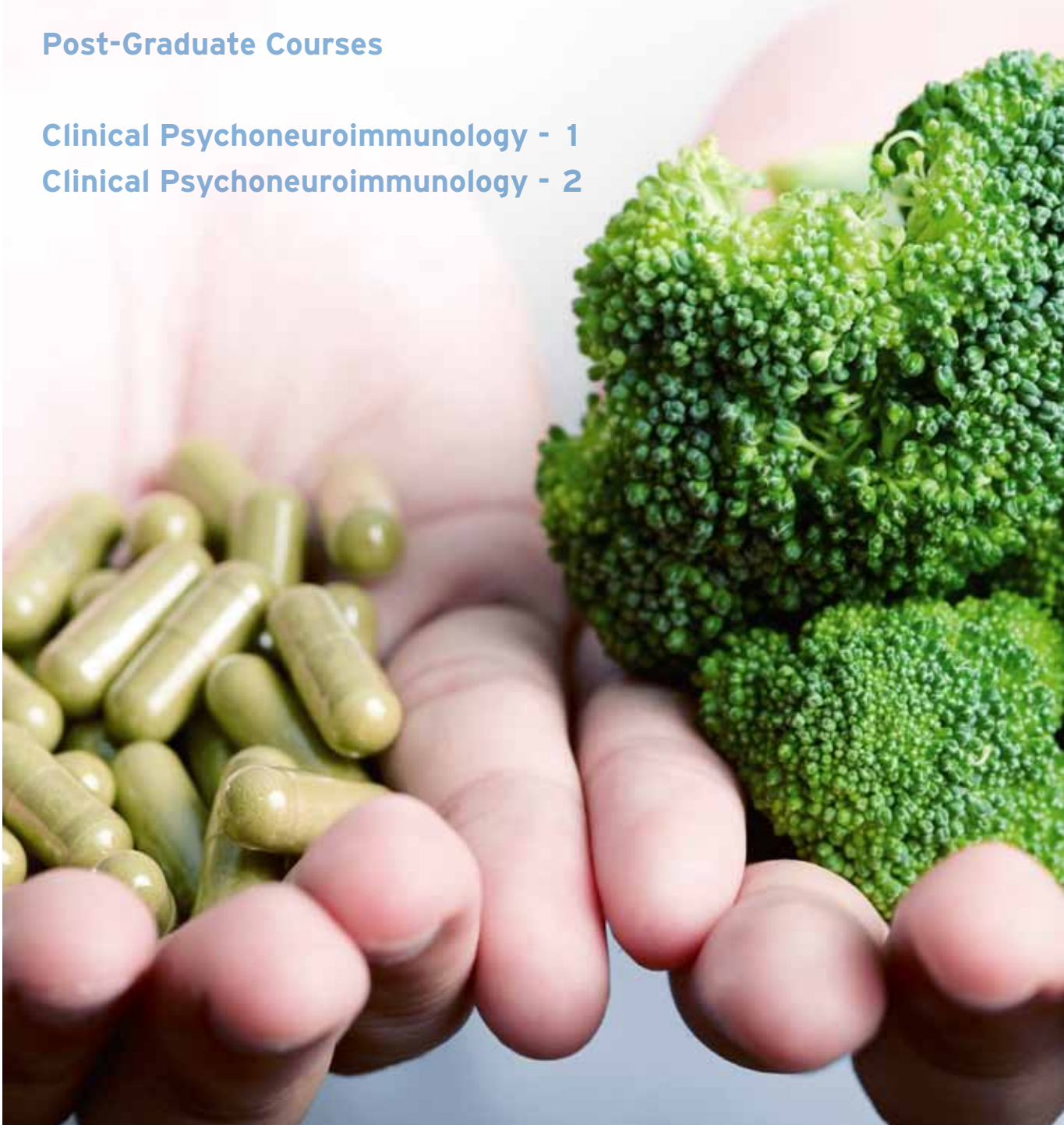
Knowledge Centre for Clinical PNI and Nutritional Therapy

NATURA
FOUNDATION

Post-Graduate Courses

Clinical Psychoneuroimmunology - 1

Clinical Psychoneuroimmunology - 2



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Natura Foundation, the European Knowledge Centre

Bonusan established the Natura Foundation in 1999 to share its knowledge and expertise regarding nutritional therapy, phytotherapy and clinical psychoneuroimmunology (cPNI). With a vast information database and an extensive network of professionals, the Natura Foundation has become a leading knowledge centre over the past decade. As a non-profit organisation, its aim is to provide practitioners and therapists with the latest information about diet, exercise and nutritional supplements to help them support their clients towards recovery.

NATURA'S VISION

Together, clinical PNI and nutritional medicine provide a unique way to effectively guide each individual patient toward good health. This powerful combination leads to a medical methodology in which the client holds a central position. The Natura Foundation disseminates this knowledge worldwide through training courses and seminars, as well as through their website and newsletters.

NUTRITIONAL MEDICINE

Our food contains many thousands of active compounds, in particular micronutrients and other phytochemicals. In isolation, a type of food or a certain nutrient can never be sufficient to achieve a desired result within the human body. By properly combining nutrients with ingredients that are similar and/or have synergistic activity, it is possible to create supplements and diets that act as preventive treatments and/or healing therapies. Nutritional medicine is only effective when a basic diet is taken as a starting point and any added supplements and phytotherapeutics are allowed to work synergistically with the diet. All forms of food have a number of specific

effects in the body, including effects on metabolism. Physical exercise has very different effects. Together, they form one of the most potent combinations for the treatment of many commonly occurring ailments.



IS SUPPLEMENTATION A NECESSITY?

Modern western life puts great demands on our body. To keep functioning well, it requires many essential nutrients. However, due to intensive agriculture, the quality of our food has seriously deteriorated over the past decades. Even when a healthy diet is followed our bodies do not obtain sufficient nutrition from it. Therefore, supplementation with phytotherapeutics and nutritional supplements is necessary for good health and to prevent and treat common ailments.

THE PNI LIFESTYLE - MORE THAN JUST FOOD

Scientific developments offer an increasingly clear insight into which foods are best suited to human consumption. The concept was founded by Boyd Eaton and, later on, Loren Cordain, which led to research into the eating habits of today's people who lead traditional lives. This formed the basis of the paleolithic diet. For many years it was assumed that humans evolved as hunter-gatherers on the African savannas and this assumption influenced many an interpretation.

New research by Susan Crockford, Leo Pruimboom and Frits Muskiet, et al,

demonstrates that our ancient ancestors did not necessarily evolve on the African savannas, but mainly within the land and water ecosystem. The PNI Lifestyle was developed based on this research: a scientifically substantiated 'way of life' that, as far as possible, is in keeping with our origins.

Traditionally, our staple diet consisted of fish and shellfish, but included eggs, insects, birds, reptiles and amphibians. Along with algae, crustaceans and mushrooms, these foods are rich in iodine

and even ready-to-use thyroxine. Vitamins A and D and the unsaturated fatty acids EPA and DHA were found in these foods in much greater quantities than in our current Western diet. With the correct diet, many of these deficiencies can be resolved, but supplementation with a well-balanced selection of food supplements is required for other deficiencies.

However, the PNI Lifestyle is more than just food. Research has shown that the frequency and the time at which food is eaten are of considerable importance, that drinking plenty of fluids is a way of becoming healthy and that enough exercise and the right diet can restore both our biorhythm and our thermoregulation

The PNI Lifestyle is based on our original behaviours and lives that made us what we are today. The PNI Lifestyle releases our hidden potential and helps us to restore the adaptogenic capacity of our bodies, to enable us to achieve and retain optimal health.

During our training days, we will take care of you in accordance with our codes of practice and you will be able to personally experience how you can improve your overall well-being.

ALWAYS FULLY UP-TO-DATE

Go to www.naturafoundation.co.uk for:

- Information about courses
- An overview of current scientific developments

Sign up for our newsletters!

You can sign up for the newsletter via our website. This way you stay informed about the most recent field-related information.

www.naturafoundation.co.uk



“Hard science and soft skills’ - it is exactly what it says on the tin. Never have I felt so inspired and excited about learning. It is nicely challenging, thought-provoking, stimulating and it makes so much sense. Clinical PNI simply has to be the new future of medicine. My clients are already benefitting from my newly acquired skills and knowledge. A pathway to pathways - I love it.”

Karina Athwal, Nutritional Therapist BSc (Hons), NLP practitioner and PNI student

Clinical PNI

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"Grab everything you can get from Natura. In my experience, lecturers are consistently inspiring; the information is always science-based and I now know it's a given that there will be a ton of stuff I have never come across before. The evolutionary medicine perspective is unique; the attention to physiological and biochemical detail will 'hurt' your brain a little - but it's well worth it!" Simon Martin, BSc (Hons), CAM Editor

Clinical Psychoneuroimmunology

Clinical psychoneuroimmunology originates from PNI: an integrative science developed in the previous century in the US. Since then, PNI has undergone spectacular growth, both on a scientific and therapeutic level. Because the key aspect of cPNI is its use in health care, we refer to clinical PNI.

This course provides you with in-depth knowledge about the universal mechanisms of action that form the basis of human health. In today's Western world, people have to deal with a range of environmental factors that disrupt these mechanisms of action. Consider, for example, low-nutrient food or calorie-rich food, low levels of exercise, the use of medicine, stress and a polluted environment. The result: a true pandemic of disorders that the health care sector has to battle with every day.

WHAT YOU WILL LEARN

Based on an optimal anamnesis, validated questionnaires and laboratory tests, you will learn how to recognise and interpret disrupted mechanisms of action. You will be looking for the cause of acute and chronic symptoms within the wider context of the patient history and you will learn how to interpret syndromes from an evolutionary perspective. You will then translate this analytical knowledge into specific treatment plans, where the focus is on the individual patient. When

compiling these plans, you will use nutrition in all of its forms, exercise, psychosocial interventions, epigenetics, resoleomics and deep learning.

The complex interactions between environmental factors, biological systems (psychology, neurology, endocrinology, sociology and immunology), our genes and epigenes determine our risk of disease. As a cPNI therapist you will have the required knowledge and skills to positively and naturally influence these factors and to combat fibromyalgia, CFS, type 2 diabetes, metabolic syndrome, chronic pain and a variety of other common disorders in your patients. Since the clinical PNI training programme was established in 1987, many thousands of therapists have already undergone training in the Netherlands, Spain, Germany, Austria, Switzerland, England, Turkey and Belgium.

PROGRAMME

The training programme is based on the latest developments in psychology, neurology, endocrinology, sociology, immunology and the interaction between all of these systems. The study material, that can be applied practically, is based on recent scientific research and experience from everyday practice. The objective of the training course. The training of clinical PNI therapists who are able to treat

patients based on scientific knowledge, using interventions in the field of clinical psychoneuroimmunology.

FOR WHOM?

The cPNI training programme is suitable for (nutritional) therapists, doctors, specialists, psychologists, natural health practitioners, physiotherapists, osteopaths, dieticians and other professionals in the health care sector. If you are in any doubt about whether you have sufficient knowledge and experience to follow the course, contact us on: **0845 862 8862** or **info@naturafoundation.co.uk**.

AFTER COMPLETION OF THE COURSE, THE STUDENT WILL BE ABLE TO:

- Recognise and name the mechanisms of action that form the basis of good human health;
- Recognise and interpret disrupted mechanisms of action using diagnostic instruments and translate these into a cPNI treatment plan;
- Treat both acute and chronic disorders, where the causes of current symptoms are considered within a wider context of the patient history;
- Prepare both individual and formal treatment plans, central to which are food, exercise and behavioural therapy;
- Apply and utilise food supplements, phytotherapeutics and other natural interventions in a responsible and well-considered manner;
- Apply knowledge about the evolutionary origin of man within present-day health education;
- Recognise and distinguish his/her professional limits and also to work within these limits in everyday practice.



Course Content

PROGRAMME cPNI-1

Theme 1	Introduction to Clinical PNI
Module 1	Introduction to Clinical PNI
Module 2	Evolution - The Origin of Mankind
Module 3	Nutrition, Exercise, Culture and Psyche: Clinical PNI and Evolutionary Biology
Module 4	Neuroendocrinology
Module 5	Clinical PNI: Axes, Interactions and Clinical Relevance
Module 6	Neuropsychology

Theme 2	Research, Diagnostics & Communication
Module 7	Fatty Acids in the Clinic (Mental Disorders); the Clinical Application of Vitamins A and D
Module 8	Epigenetics and Genetics
Module 9	The Diagnostic Process
Module 10	Diagnostics in Practice
Module 11	The Evolutionary Background to Behaviour
Module 12	Communication and Communication Skills

Theme 3	The Immune System, Exercise and Nutrition
Module 13	The Immune System
Module 14	Low-Grade Inflammation
Module 15	Treatment of the Most Common Syndromes
Module 16	The Role of Exercise Within an Evolutionary Model
Module 17	The Combination of Exercise and Nutrition as the Basis of the Treatment of All Disorders
Module 18	Exercise and Whole-Food Treatment in Immunological Syndromes

PROGRAMME cPNI-2

Theme 4	Resoleomics, Pain and Ageing
Module 19	Physiological Healing of Injuries
Module 20	Resoleomics; The Science of the Solution
Module 21	Pain
Module 22	The Elderly Person
Module 23	Successful Versus Non-Successful Ageing
Module 24	Geriatric Disorders

Theme 5	Child, Gender, the P in PNI, Liver, Pancreas and the Endocrine System
Module 25	The Child Within Clinical PNI
Module 26	The Big Difference Between Men and Women
Module 27	The P in PNI; Transgenerational Medicine
Module 28	The Liver and the Kidneys; Elimination, Synthesis and Further Functions
Module 29	Exocrine and Endocrine Pancreas
Module 30	Fat, Bones and the Lungs; the Endocrine System

Theme 6	Individual Factors, Conclusions and Closing
Module 31	Personal and Work-Related Factors and Their Influence on Health
Module 32	The P in PNI
Module 33	The Personality Chooses the Illness
Module 34	Integration of the Teaching Material
Module 35	Patient Case Studies and Discussion of Case Studies
Module 36	Conclusion
Optional	Oral exam

Practical Information

Duration of the training: 2 x 18 days (spread over 2 years). Whenever this is possible, cPNI-1 and cPNI-2 are organised in consecutive years, depending on the number of applicants.

Hours of study: 280 clock hours of study each year, of which 135 are contact hours. In total, cPNI-1 and cPNI-2 amount to 560 study hours, of which 270 are contact hours. The remaining hours are spent on preparing and assimilating the study material.

Study hours: From 9.00 am until 5.00 pm.

Entry level: Basic knowledge of nutritional therapy and basic medical knowledge are strongly recommended.

Study materials: When the course commences, you will receive the reference work for cPNI-1 and cPNI-2. This covers subjects that are dealt with frequently in (cPNI) practice; these

subjects are not dealt with in the same order as the teaching modules. The lessons focus on you becoming acquainted with the therapeutic field of activity, whereas the reference work examines a number of specific disorders more extensively. This allows you to see how clinical PNI functions in its own context: the health care sector. During the course you will also have access to the secure area of the website. From this area, if you wish, you can download and print out hand-outs and articles.

Participation certificate: For each year, you will receive a participation certificate when you have attended at least 80% of that year's course.

Exam & Diploma: After the second year, it is possible to take an oral exam. This exam covers all the study material presented in cPNI-1 and cPNI-2 and takes 2 hours. For the first part of the exam, a student is asked to perform an anamnesis

and propose a treatment protocol. The second part of the exam consists of oral questions on the theory. After successful completion of the exam, you will receive a diploma and be a certified clinical PNI therapist.

Recognition: cPNI-1 is recognised by BANT for CPD credits. BANT recognition for cPNI-2 is pending.

Price: £ 2695 per year (incl. VAT). This includes PNI lunch, coffee/tea and study materials. It is possible to pay for each year in 1, 3 or 10 instalments at no extra cost. The examination fee is £ 350 (incl. VAT).

Location & Dates: For details, please refer to the enclosed registration form, the Natura Foundation website or contact one of our advisors on: **0845 862 8862** or **info@naturafoundation.co.uk**.



Team of lecturers



LEO PRUIMBOOM

Scientific advisor of the Natura Foundation, Psychoneuroimmunologist, Physiotherapist and Physiologist.



SEBASTIAN SCHWARZ

Physiotherapist and Psychoneuroimmunologist (MSc i.t.).



TOM FOX

Nutritional practitioner, Sports Scientist and Psychoneuroimmunologist (MSc i.t.).



PETER VAN ZALM

Psychotherapist, Hypnotherapist and clinical PNI therapist.



PROF. DR. FRITS MUSKIËT

Clinical chemist at the University medical centre in Groningen and Professor of Pathophysiology and Clinical Chemical Analysis at the University Centre for Pharmacy at the National University of Groningen.



MARGO PEINEMANN

Clinical PNI therapist.



BEGOÑA RUIZ NÚÑEZ

Physiotherapist, Osteopath and Psychoneuroimmunologist (MSc i.t.).

Natura Foundation
P.O. Box 7279
NL-3280 AB Numansdorp
T: 0845 - 8628862
E: info@naturafoundation.co.uk
I: www.naturafoundation.co.uk