



**CENTRE FOR NUTRITION EDUCATION
AND LIFESTYLE MANAGEMENT**
MIDDLESEX UNIVERSITY COLLABORATIVE PARTNER



CNELM

POSTGRADUATE STUDIES 2012

NEW

MSc in Personalised Nutrition

**(Linking Personalised Nutrition to
Mainstream and Functional Medicine)**

CNELM POSTGRADUATE PROSPECTUS

CONTENTS

Welcome	1
Why an MSc in Personalised Nutrition	2
Course Participants	2
Postgraduate Awards in Personalised Nutrition	3
Course Delivery	3
Global Student Base and Equal Opportunities	3
Course Content	4
Programme and Module Leaders	6
Learning and Assessment, Compulsory Modules and Full and Part Time Study ...	8
Tuition and Institution Fees and Payment Options	9
Biosciences Short Courses and Payment Options.....	10
Practice Diploma Options.....	11
Maximise on your First Science Degree and Payment Options.....	13
The Art and Science of Personalised Nutrition.....	13
Fast Track and Study Options	14
Fast Track Modules and Payment Options	15
Internal Awards Whilst Fast Tracking	16
Short Nutrition Courses: ITEC Level 3 Award in Healthy Eating and well Being for the Complementary Therapist and CNELM Food for Health Certificate, Fees	19
Coaching Courses and the Coaching Team	20
Fees and Payment Options	22
Ongoing Education	23
Validations, Accreditations & Affiliations	24
Research Objectives	26
The Institute for Functional Medicine	27
How do I Apply?	28
Where are We?	29

This course has been developed in collaboration with the Institute for Functional Medicine (IFM), the global leader in functional medicine education. IFM is providing course content for this program to support the taught lectures. Laurie Hofmann, MPH, Executive Director of IFM had this to say
“The module narratives are very well conceived and thorough. I was thrilled reading through them!”
<http://www.functionalmedicine.org/>

WELCOME to the Centre for Nutrition Education & Lifestyle Management **CNELM**. We are delighted that you are considering joining our innovative, competitively priced new course in Personalised Nutrition that focuses 100% on using scientific evidence to design, implement and justify personalised nutrition strategies.

This course has met Middlesex University **MU** requirements and is scheduled to commence Jan 2012.

All graduates with relevant health science degrees that have covered both biochemistry and physiology can apply for direct entry as may nutrition diploma holders that meet entry requirements. Other applicants might be required to complete one of our short bioscience course prior to entry.

Applicants without a nutrition background can opt to take Practice Diploma course before, during or after completing the MSc or Postgraduate Diploma in Personalised Nutrition to facilitate practising as a nutritional therapist.

CNELM provides postgraduates with other routes to degree qualifications as well as professional coaching awards focusing on application in healthcare.

Existing undergraduate and postgraduate routes that we offer to practice are accredited by the Nutritional Therapy Council **NTC** enabling graduates to apply for direct entry to the Complementary & Natural Healthcare Council **CNHC** register. We are pursuing accreditation with the **NTC** for new postgraduate routes to practice.

Why an MSc in Personalised Nutrition?

A Personalised evidence-based approach to healthcare is relevant not only to nutrition but to all healthcare disciplines. To help justify personalised nutrition plans for the prevention and management of chronic illness, healthy aging, longevity and competitive sport this new innovative course draws on parallel insights from systems biology, complexity science and relevantly applied computation techniques. This course provides a much needed meeting point between mainstream and complementary healthcare: personalised healthcare is a burgeoning paradigm in context of personalised pharmaceutical intervention pharmacogenomics; and person-centred diagnosis and nutrigenomics has been central to functional medicine a new paradigm of medicine established by the Institute of Functional Medicine **IFM** in 1990. FM is an approach to medicine that primarily addresses disease prevention and underlying causes of chronic illness using both mainstream and complementary approaches. Personalised nutrition draws on Functional Medicine and mainstream to support a Person-Centred approach to nutrition. This course focuses 100% on personalised nutrition in both taught and research based modules.

Course Participants

This innovative course provides an academic progression route for all bioscience graduates including doctors, pharmacists, dietitians, nutritionists, nutritional therapists, nurses, physiotherapists, osteopaths, chiropractors and herbal practitioners. Similarly, other science degree graduates from computational science, chemistry, engineering, psychology and recently qualified nutrition diploma graduates can join the course and may be required to complete a short bioscience course prior to entry. Nutrition Diploma Graduates with experience and evidence of ongoing Continuous Professional Development will be considered on an individual basis for direct entry to the programme. Applicants must be fluent in both spoken and written English. Applicants without a nutrition background can apply to precede or follow this course with a tailored Practice Diploma (See pages 11-18).

Postgraduate Awards in Personalised Nutrition

Applicants can apply to complete the following courses:

- Postgraduate Certificate in Personalised Nutrition 60 Credits
- Postgraduate Diploma in Personalised Nutrition 120 Credits
- MSc in Personalised Nutrition 180 Credits

Students completing a Postgraduate Certificate or Diploma can apply to extend their studies to complete to MSc.

Course delivery

The course is delivered as a mix of taught lectures, webcams, podcasts, online forums, and tutorials. All students must attend a minimum of 50% of the taught lectures. The timetable of taught lectures enables students to most easily meet attendance requirements over a four-day block inclusive of a weekend for each module. Lectures are recorded and available to all students within twenty-four hours of delivery.

Global Student Base

Overseas students pay no more than UK students

Our student base is culturally diverse including regular attendees for all taught lectures and those accessing predominately via our online resources. We are widely commended for making our courses accessible. Current and prior students are successfully completing or completed our courses whilst living in America, Austria, Australia, Belgium, Canada, Channel Islands, Cyprus, Denmark, Dubai, Greece, Finland, France, Norway, Iceland, Israel, Italy, Serbia, Singapore, South Africa, Spain, Sweden, Switzerland, Tanzania, as well as from Ireland, Scotland, Wales and distant parts of Britain. Twenty-four students are currently studying with us direct from South Africa.

Equal Opportunities

The Centre is committed to promoting Equal Opportunities in all its dealings with students, staff and members of the public. At CNELM we believe everyone deserves the opportunity to be treated with respect and have access to our Services (academic and clinical) regardless of race, ethnicity, nationality, disability, medical condition, medical background, gender, sexual orientation, marital status, parental status, religion, cultural background, social background or age.

Course Content

Personalised Healthcare & Research Paradigms

This module explores the wider emerging concepts of Personalised Healthcare and specifically introduces the deep-rooted personalised approach of Functional Medicine and how this applies to nutrition. The module aims to relate abstract and subtle issues in the philosophy of science to concrete paradigms and protocols in evidence based medicine

and person-centred functional nutrition. A deep and systematic understanding of the power and limitations of current research methodologies and an understanding of the role of cutting edge statistical techniques to produce clinical evidence for personalised nutrition programmes will be explored. This module will form the basis for later participation in the Research Dissertation module.

Personalised Nutrition Requirements

This module critically reviews the strengths and limitations of existing research underpinning population based nutrition guidelines for macro and micronutrients and balanced diets. In this context opportunity is provided to analyse and interpret complex nutritional, biochemical, laboratory and scientific data to justify the design and implementation of person-centred

functional nutrition interventions for a range of common health problems including moderate obesity, whilst at the same time respecting social, cultural and ethical issues. The wider nutrition industry, European legislation, the impact of the Agricultural and Industrial Revolutions will be explored as well as the potential health impact of the 20th century 'chemical' revolution.

Personalised Nutrition & Chronic Illness

Chronic illness is an economic burden to most industrialised countries. The current chronic care model of healthcare is not well suited to managing chronic disease. This module explores the central role of inflammation and shared biochemical imbalances across a range of chronic illnesses including cancer, allergy, auto-immune disease, cardiovascular disease, hormone imbalances, mental health disorders, inflammatory bowel disease, diabetes, obesity, inflammatory joint disease and

osteoporosis. Disruption of the gut-brain, gut-liver-pancreatic, hypothalamic-pituitary-thyroid-gonadal-neuronal axis and the principles of psycho-neuro-endocrine-immunology will be reviewed in context of design and implementation of person centred functional nutrition programmes to address chronic illness and co-morbidities. Models of reflection will be introduced to contextualise complex issues surrounding implementation of personalised nutrition programmes for chronically ill people.

Personalised Nutrition & Longevity

The concept of maximising lifespan is not new. Importantly this module focuses on a person centred nutrition approach to promote healthy aging and longevity. The module critically reviews current scientific theories of aging, Type-B malnutrition, evolutionary perspectives and adaptation to 21st century living. The module takes a central focus on the potential role of genetics, the efficacy and ethics of genetic testing and how diet, environment and lifestyle might

impact gene expression. Creating nutritional plans to promote healthy aging and longevity will be explored in context of preconceptional care, the health of the conceptus, pregnancy, pregnancy outcomes, infancy, childhood, adolescence and adulthood. Models of reflection will be introduced to contextualise complex issues surrounding implementation of personalised nutrition programmes to promote longevity from preconception to old-age.

Personalised Sports Nutrition

An increasing number of individuals engage in competitive sports. This module focuses not only on person centred functional nutrition for the 'elite' athlete but comprehensively covers nutritional needs for all individuals engaging in competitive sport. Injuries and infections are common among competitive athletes and many athletes train alongside other health problems, or train in such a way that puts their general health at risk. The major aim of this module is to critically review the

evidence base for tailored personalised functional nutrition interventions to support competitive athletes in a way that promotes sporting success as well as general health and wellbeing. Topical issues will be explored including: periodicity of training; quantity and timing of macronutrients; lactate and urea cycle metabolism; use and abuse of ergogenic aids and steroids; overtraining, fatigue, free radical pathology and premature aging; eating disorders and other sporting associated health problems.

Research Dissertation

The Research Dissertation builds on the concepts delivered during Personalised Healthcare & Research Paradigms enabling a novel piece of primary or secondary research to be undertaken that is designed to

contribute to the evidence base for person centred functional nutrition. The module will include project planning, structure and content, project boundaries and ethical approval, issues of confidentiality and consent and the rights of participants.

Who Leads the Programme and Modules?

Programme Leader Dr James Neil BSc PhD James leads Personalised Healthcare & Research Paradigms and the Research Dissertation. James studied Computer Science at Birmingham University. His academic background is in Statistical Machine Learning techniques and their application to biological problems. Since graduating he has worked in industrial research for ProCheckUP Ltd – winners of the *Queen's Award for Innovation*, Ocado and Deutsche Bank. James is currently Research Director for **CNELM** and is working with academic and industry partners on the application of statistical machine learning to evidence based personalised nutrition.

Kate Neil MSc Kate is the Centre's Managing Director, Head of Education & Quality Assurance. She has been central to the development of this programme and will contribute lectures to several modules. She is Programme Leader for the two undergraduate nutrition degree courses. Kate is a registered nutrition practitioner and has maintained an active practice. She is founding Editor of the **CNELM's** peer-reviewed journal *The Nutrition Practitioner*. Kate's early background was in nursing and midwifery. In the mid 80s she retrained in nutritional therapy and has played a strategic role in the design, implementation and leadership of nutrition courses leading to degree status. Kate completed an MSc in Nutritional Medicine at Surrey University in 2002.

Michelle Barrow BSc MSc DTLS Michelle is module leader for Personalised Nutrition & Longevity. She completed an MSc in Evidence Based Practice in Nutrition through a collaborative programme between **CNELM** and Middlesex University's internationally recognised Institute of Work-Based Learning. Michelle achieved a diploma to teach in the lifelong learning sector from Buckinghamshire Chilterns University College. She is Deputy Head of Education at **CNELM** and is module leader for level 6 undergraduate modules and is a Senior Clinic Supervisor. Michelle is a registered practitioner having completed her nutritional therapy degree with a first class honours at **CNELM** in 2006. She is External Examiner for the BSc Hons Nutritional Therapy for the University of West London. Michelle is a research supervisor at **CNELM**. She has recently completed a postgraduate course at the Johanna Briggs Institute for Systematic Research.

Catherine Broome BSc MSc DiplON PGCE Catherine is co-module leader for Personalised Nutrition Requirements. Catherine has a first science degree in Geography from the University of St Andrews and a Masters degree in Environmental Remote Sensing from the University of Aberdeen. She completed a nutritional therapy diploma course at the Institute for Optimum Nutrition in 2005 and is currently completing an MSc in Diabetes at Queen Margaret University in Edinburgh. Catherine completed a Postgraduate Diploma in Education with Distinction in 2010. She is a practising nutritional therapist in Aberdeen and Edinburgh.

Ian Craig BSc MSc Ian is module leader for Personalised Sports Nutrition. Ian has a first degree in Physiology and Sports Science from the University of Glasgow and an MSc in Exercise and Sports Science. Ian is a registered practitioner in the UK and South Africa having completed his nutritional therapy degree with a first class honours at **CNELM** in 2007. He is a Personal Trainer and Coach Practitioner. Ian is Editor of the Functional Sports Nutrition journal and is a regular contributor to The Nutrition Practitioner journal. Prior to relocation to South Africa Ian was a module leader for **CNELM's** undergraduate courses and supervised clinical training. He is a research supervisor and double assessor for **CNELM's** undergraduate research projects. He lectures on sports science for Stellenbosch University in South Africa

Jessica Keane BSc Dip CNELM PG Cert Nutritional Therapy

Jess is co-module leader for Personalised Nutrition Requirements. Jess completed an undergraduate degree in biochemistry at Trinity College Dublin before training in nutritional therapy at CNELM via the Fast Track route to practice. She is currently completing to MSc in Nutrition. She runs clinics as a nutritional therapist in Ireland and regularly lectures in nutrition at degree and diploma level.

Lorraine Nicolle BA MSc PG Cert

Lorraine is module leader for Personalised Nutrition & Chronic Illness. She completed an MSc in Nutrition in Chronic Disease with first class honours through a collaborative programme between **CNELM** and Middlesex University's internationally recognised Institute of Work-Based Learning. Lorraine's MSc research focused on the functional medicine model and its application to nutritional therapy. Lorraine is co-editor of *Biochemical Imbalances in Disease* which she completed following her MSc research project. Lorraine has a postgraduate certificate in teaching and learning. She is a registered practitioner having completed her nutritional therapy training at BCNH. She is a member of the Higher Education Academy and regularly teaches for industry. Until recently she was teaching online and face-to-face modules on the BSc Hons Nutritional Therapy at the University of West London and supervised clinical practice. She led the development of the MSc Advanced Nutritional Practice and co-led the development of the BSc Hons Food and Consumer Health. Lorraine is currently a research supervisor at **CNELM** for undergraduate courses.

In addition to the above Programme Leader and Module Leaders this course will draw on experts in the field of nutritional therapy, functional medicine and mainstream medicine to deliver lectures within modules and to support research supervision.

Learning and Assessment

The MSc in Personalised Nutrition primarily aims to deliver an intellectually stimulating and rigorous advanced programme of study that directly supports the development of an evidence base for a person-centred functional nutrition approach to healthcare, as well as promoting lifelong

learning and career opportunities for graduates of this course. This course is virtually 100% coursework assessed. Each 30 credit Personalised Nutrition module is based on 5000 word assessments. The research dissertation module is 60 credits and will involve completing a 14000 word dissertation and a 30 minute oral examination.

Compulsory Modules

Students completing to MSc are required to take Personalised Healthcare & Research Paradigms and the Research Dissertation and can then opt to take three of the remaining four personalised nutrition modules. Applicants wishing to complete to MSc without a nutrition background must also take Personalised Nutrition Requirements as part of

their study programme and can then opt to take two of the remaining three modules. Applicants wishing to practice must have covered Nutrition Requirements, Chronic Illness and the Longevity module. One of these modules can be taken extra-curricular with assessment if the Sports Nutrition module is taken as part of the degree programme.

Full and Part-Time Study Options

This full MSc course comprising of 180 credits can be studied over twelve months full-time or up to thirty-six months part-time. The course comprises of six modules five of which are valued at 30 credits. The final Research Dissertation is a 60 credit module.

Most modules span over six months with tuition over four months and two months following to complete assessments. A new module will start as the tuition for the prior modules finishes enabling the full-time student to complete to MSc in one year.

Tuition Fees inclusive of VAT

Per module

Personalised Nutrition & Research Paradigms	£1000
Personalised Nutrition Requirements	£1000
Personalised Nutrition & Chronic Illness	£1000
Personalised Nutrition & Longevity	£1000
Personalised Sports Nutrition	£1000
Research Dissertation	£2000

MSc in Personalised Nutrition £6000

Full-time students pay 12 equal installments of £500 payable from Jan-Dec

Part-time students will pay £6000 over 18-36 months by direct debit

Postgraduate Diploma in Personalised Nutrition £4000

Full-time students pay 12 equal installments of £333.33 payable from Jan-Dec

Part-time students will pay £4000 over 18-36 months by direct debit

Postgraduate Certificate in Personalised Nutrition £2000

Nine equal installments of £222.22 payable from Jan-Sept

Part-time students will pay £2000 over 12-18 months by direct debit

Annual Institution Fees inclusive of VAT £1300

Applicants who have their own business and are VAT registered, or those whose employers are paying for the course that are also VAT registered may be able to claim back the VAT. This brings tuition fees to £5000 and the Annual Institution Fee to £1083. Applicants running their own practice may also be able to claim fees against business expenses. Postgraduate loans to advance career development can also be explored.

The Annual Institution fee is inclusive of the following benefits and services.

1. Middlesex University Quality Assurance processes and conferment of the degree award
2. Internal quality assurance processes and accreditations
3. Annual student registration with the Royal Society of Medicine providing online access to 50+ E-books, 1300 journal publications, and 7 database search engines, as well as student discounts for their nutrition related seminars and conferences in London. Medical doctors would be required to register direct with the RSM at associate member fees.
4. Personal Mentorship with a qualified **CNELM** nutritional therapist/coach practitioner
5. Ongoing development of online student learning resources

Payment Options: The Institution fee of £1300 is due one month prior to commencing the course and one month prior to joining the next academic year. Tuition Fees increase by 4% per annum. Institution and Tuition Fees are inclusive of VAT. Tuition fees are payable by direct debit for all students with UK Bank accounts. Otherwise fees are paid monthly by direct bank transfer. Credit/debit card payments will be considered. Students preceding or following/integrating this course with a short bioscience bridging course and/or a Practice Diploma can combine costs and agree a longer payment period. See pages **10 and 11-18** for details on achieving a practice diploma. Students can benefit from 10% discount if fees are paid in full in advance. Whichever payment method is chosen fees once paid are non-refundable.

Biosciences Short Courses

Applicants for the MSc in Personalised Nutrition without a bioscience first science degree or nutritional therapy diploma graduates might need to review biosciences prior to entry. Some applicants may have no formal qualifications in biosciences but are able to demonstrate they have relevant underpinning knowledge to join the programme without taking a short course. Depending on your unique education background you might be advised to take a short bioscience bridging course. Each applicant will be advised on the most appropriate way forward.

Physiology Two Month Bridging Course £375

Tailored to those with some background in human biology

Human Biology and Physiology Three Month Bridging Course £550

Tailored to those with no background in human biology

Biochemistry Two Month Bridging Course £375

Tailored to those with some background in chemistry

Chemistry and Biochemistry Three Month Bridging Course £550

Tailored to those with no background in chemistry

Combined Physiology and Biochemistry Bridging Course £675

Four Month Bridging Course

Combined Human Biology, Physiology, Chemistry & Biochemistry Six Month Bridging course £1000

Payment Options

All applicants with UK Bank accounts pay fees monthly by direct debit over an agreed period of time to reflect the course being taken. Otherwise applicants can pay fees by monthly direct bank transfer. Credit/debit card payments will be considered. Alternatively, applicants can benefit from a 10% discount if fees are paid in advance of study.

Fees increase by 4% per annum unless otherwise notified. Whichever payment method is chosen all fees once paid are non-refundable. All fees are inclusive of VAT.

Post OR Integrated MSc/PG Dip Practice Diploma

Some students will want to complete a Practice Diploma enabling professional practice as a nutritional therapist. The Post MSc/PG Dip Practice Diploma is the most cost-effective option. However, applicants taking MSc/PG Dip modules part-time may opt to integrate the Practice Diploma alongside postgraduate studies.

The new MSc/PG Dip in Personalised Nutrition is an advanced MSc and not a nutrition practitioner training course. Embedded within the content of the new MSc course are core nutrition principles and assessments to design person-centred nutrition plans enabling a Post Practice Diploma to efficiently provide a route to demonstrate key clinical competencies and occupational standards set for nutritional therapy. For students wishing to take MSc/PG Dip modules over two years it is possible to integrate the practice diploma at the same time. Coaching in Person Centred Nutrition Practice can be taken at any point and elements of Person Centred Nutrition Practice can be taken alongside MSc/PG Dip modules. Supervised clinical practice mostly occurs after all nutrition degree modules have been completed.

The Post OR Integrated MSc/PG Dip Practice Diploma is designed to complement the MSc/PG Dip in Personalised Nutrition providing clinical education and supervised practice that complies with the National Occupational Standards and Core Curriculum for Nutritional Therapy. We are applying for **NTC** accreditation for the Post MSc Practice Diploma. This course can be taken as a standalone Back to Practice course or as a Clinical Update.

The price for each module is the same if taken as a standalone Back to Practice or as a Clinical Update. Applicants in this instance can however opt to take only one of the two modules.

Post MSc Practice Diploma Modules and Fees (inclusive of VAT)

Personalised Nutrition Practice	£2000
Coaching in Personalised Nutrition Practice	£2000

Annual Institution Fee	£500
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Annual institution fees reflect services already detailed elsewhere

Person Centred Nutrition Practice

30 CNELM Credits

This module focuses on boundaries to nutritional therapy practice; fitness to practice; effective communication with other healthcare practitioners; ethical communication with clients; the public and informed choice; reflection and reflexivity in practice; the clinical researcher; clinical audit and clinical reasoning; continuing professional development and lifelong learning; professional development portfolios; managing conflict and challenging situations; supervision and mentorship in practice; the role of a professional body and regulatory body;

compliance with codes of ethics and practice; provision of nutrition services in a private setting including education; dietary analysis and full person centred nutrition consultations; case presentations; clinical observation; First Aid in practice; compliance with European legislation; establishing a practice; business planning and review of the market potential; developing professional relationships; networking and social media; impact of e-commerce and new technologies; business culture; business ethics consumers; clients and how to serve them; competition and how to compete.

Coaching in Person Centred Nutrition Practice

30 CNELM Credits

Coaching has been central to CNELM's approach to nutrition practice since inception in 2001. Robust data is emerging to support the effectiveness of coaching in helping individuals sustain healthy behaviours. This coaching course utilises a range of coaching methods and the opportunity to be verified as an NLP Practitioner and professional registration with ANLP. The course provides various behavioural and knowledge resources to enable students to deal with the process of

personal change and to take a proactive role to ensure a positive outcome for their interactions with people. The module incorporates many of the core skills necessary for effective practice. It aims to enable students to develop better linguistic skills and strategies to facilitate others to make a desired change based on better communication, influence and the development of rapport. Students completing this module can opt to take Why Weight Practitioner (see page 22)

Both modules run in parallel and can be completed over a minimum of six months. It is more likely that students will spend eight to twelve months completing the coursework for these modules. Ongoing annual institution fees will be incurred for students extending these modules longer than twelve months.

Students with prior business degrees or already hold professional NLP coaching qualifications can apply for exemptions or part-exemptions facilitating fee reductions for this component of the Practice Diploma. Exemptions or part-exemptions would be agreed individually at interview.

All Student Fees are inclusive of VAT. Fees increase by 4% per annum unless otherwise notified. All fees once paid are non-refundable.

Maximise on your first science degree

Science degree graduates joining the MSc and Post Practice Diploma course can complete both courses in a minimum of eighteen months. 2012 combined tuition costs for the MSc and Post Practice Diploma over eighteen months is £10000 + Annual Institution Fees providing a highly cost effective and time efficient option for science graduates to gain a higher degree

and a qualification for practice as a nutritional therapist. The Post MSc Practice Diploma is more cost effective and time efficient than our current Pre MSc Practice Diploma (Fast Track) route. Also compared with tuition fees for standard students enrolled on the three year BSc Hons Nutritional Therapy is £16840 + Institution fees for each year of study demonstrating just how cost effective maximising on your first science degree can be.

Payment Options

Students can opt to combine fees for the Practice Diploma course with fees for MSc modules and agree an overall payment plan over an agreed period. Alternatively, fees for the Practice Diploma course can be paid after completing MSc modules by ongoing monthly direct debit for students with UK bank accounts. Otherwise fees can be paid by monthly direct bank transfer. Credit/debit card payments will be considered.

Applicants who have their own business and are VAT registered, or those whose employers are paying for the course that are also VAT registered can claim back the VAT. Applicants running their own practice can potentially claim fees against business expenses. Postgraduate loans to advance career development can also be explored.

The Art and Science of Personalised Nutrition

CNELM teaches an Evidence Based Medicine approach to Nutritional Therapy. This utilises research generated using existing research techniques; moreover, **CNELM** is also at the cutting edge in terms of using new research tools to create an evidence base for person centred nutrition interventions.

However, Nutritional Therapy is an art as well as a science. Whilst the theory of nutrition as applied to health and illness is a fascinating and intellectually stimulating, its application into daily life – not only for our clients but also for ourselves – is often fraught with difficulty. Knowledge alone does not necessarily make it easier for us to sustain helpful diet and lifestyle changes. Short term change is often more easily implemented. So what is it that prevents us from adopting and sustaining choices that are beneficial for us?

At **CNELM** we have combined the study of nutrition with life coaching models enabling practitioners to draw on a range of skills to help facilitate positive change in themselves and others.



Fast Track

Our popular Fast Track **NTC** accredited route to practice has been operating since 2006 and will largely be replaced by the new MSc/PG Dip + Post or Integrated Practice Diploma. Application to join our existing postgraduate modules accredited in 2006 is now closed and these courses will be discontinued from May 2006.

The Fast Track route will remain open mostly for nutritional therapy diploma graduates wishing to upgrade to BSc Hons Nutritional Therapy or BSc Hons Nutritional Science. This route enables students to cost-effectively complete relevant modules from the first and second year of the undergraduate courses and then transfer to the final year of the therapy or science degree course. Nutritional therapy diploma graduates can apply to join the MSc/PG Dip course and this will be considered on an individual basis. Entry to the MSc/PG Dip will likely involve a Bridging Course or completing an entrance essay to demonstrate level.

The Fast Track route will remain an option for first science degree graduates that would prefer to study again at undergraduate level towards a BSc. We are pursuing accreditation with the **NTC** to replace 60 credits of the existing postgraduate modules with 60 credits of the new MSc/PG Dip modules to complement the Fast Track route. Science graduates that complete the Fast Track option would then have the option to transfer to postgraduate studies combined with clinical training and business skills development rather than complete to BSc. Completion of the Fast Track + 60 postgraduate credits would become an entry point to practice. Students can then go on to complete to PG Dip or MSc if desired. This is a more protracted but viable option.

Study Options

Personalised study plans are agreed with Fast Track applicants based on their prior qualifications. Module exemptions may be awarded based on prior qualifications via the process of Accreditation of Prior and Experiential Learning (APEL). Decisions whether to transfer to BSc courses or MSc courses need not be taken until nearing the end of the Fast Track phase.

Recently qualified Nutrition Diploma graduates without a first science degree will be advised to Fast Track to an undergraduate degree at interview. Several diploma graduate Fast Track to the therapy or science degree course. For Foundation Nutrition degree graduates the process generally involves

a short bridging course for entry to the third year of either course.

IMPORTANT NOTE:

The quickest and most cost-effective route for BSc science and bioscience graduates that wish to practice as a nutritional therapist is to take our NEW Post OR Integrated MSc/PG Dip CNELM Practice Diploma as detailed on pages **11-13** rather than our existing Fast Track Practice Diploma route. This is because the NEW MSc modules incorporate relevant content from undergraduate courses at MSc level.

Fast Track Undergraduate Modules & 2012

Tuition Fees inclusive of VAT

Available Fast Track modules include and generally reflect half the normal undergraduate module fee except for modules requiring attendance and clinic supervision. Other modules can be attended or accessed via our online student learning zone enabling Fast Track students to design with our help their own unique study plan.

Nutrients	£468	
Media	£468	
Dietary Models	£468	
Investigative Pathology 1	£468	
Investigative Pathology 2	£468	
Research Methods	£468	
Nutraceuticals & Pharma	£468	
Clinical Skills	£936	(Some attendance and supervision)
Communication Skills	£550	(One week attendance block)
Therapeutic Coaching	£936	(Two one week attendance blocks)
Clinical Training	£1200	(Some attendance and supervision)
Business Skills	£468	
Total	£7366	

Payment Options

Applicants opting to pay Fast Track fees in advance of study can benefit from a further 25% discount bringing the tuition fees to £5524.50

Fast Track fees can also be paid monthly by direct debit for students with a UK bank account or by monthly direct bank transfer over twelve to twenty-four months. Credit/debit card payments will be considered. Tuition fees increase by 4% per annum unless otherwise notified. All fees are inclusive of VAT. Whichever payment method is chosen fees once paid are non-refundable.

Applicants opting to take the Fast Track route may be eligible for some module exemptions or part-exemptions. Some applicants may already hold NLP Coach Practitioner or hold Business qualifications or may have bioscience qualifications. Fees will be adjusted accordingly based on each applicant's unique qualifications and experience.

Some applicants for Fast Track will need to undertake one of our short bioscience courses detailed above prior to, or alongside taking Fast Track modules. If this is the case fees for a bioscience course can be added to the Fast Track and a payment plan agreed.

Applicants who have their own business and are VAT registered, or those whose employers are paying for the course that are also VAT registered may be able to claim back the VAT. This brings tuition fees from £7366 to £6138.33 or with discount from £5524.50 to £4603.75 and the Annual Institution Fee to £1083. Applicants running their own practice may also be able to claim fees against business expenses. Postgraduate loans to advance career development can also be explored.

Annual Institution Fee

Students completing Fast Track modules are charged an Annual [CNELM](#) Institution Fee of £500 which includes the following benefits:

- 1 Internal Quality Assurance and accreditation processes
- 2 Annual student registration with the professional body BANT which includes access to the Natural Medicines Database
- 3 Annual student registration with the Royal Society of Medicine providing online access to 50+ E-books, 1300 journal publications, and 7 database search engines, as well as student discounts for their nutrition related seminars and conferences in London. Medical doctors will need to register direct with the RSM as associate members.
- 4 Personal Mentorship with a qualified [CNELM](#) nutritional therapist/coach practitioner
- 5 Ongoing development of online student learning resources

Fast Track students are encouraged to complete their Fast Track in less than two years as ongoing Institution Fees will be incurred for each additional year of study. Some Fast Track students with multiple exemptions might complete a Fast Track in less than one year and would then incur only one institution fee.

Although the term Fast Track is applied to this route of study students opting for this route can study part-time which may take the student more than two years to complete. Payment plans however must be completed over two years unless otherwise agreed.

Internal Awards whilst Fast Tracking

Dietary Educator Certificate

Students following the Fast Track course are eligible to apply for internal awards. After successful completion of biosciences (if needed), and meeting internal benchmarks for Nutrients, Dietary Models, Media and Communication Skills students can apply for a Dietary Educator Certificate and gain insurance to use this level of the qualification.

The Dietary Educator Certificate can be taken as a standalone internal award for existing healthcare professionals. Fees for non-bioscience modules for students taking this award as a [CNELM](#) registered student

are £700 each + the cost of the relevant bioscience short course if required.

This certificate enables you to analyse diets using food software analysis, create new diets and provide educational reports to help clients make informed choices about food. You will also be able to give talks, run short courses and write about food and health. The qualification enables you to work with individuals and groups that are not being treated medically for diagnosed chronic illnesses. You will be able to work with people that are generally symptomatic or looking to improve their health. The service is educational and informative, facilitating informed choices about food and health.

Fees are paid monthly over an agreed period plus £300 annual institution fee. Fees are inclusive of VAT and increase by 4% per annum unless otherwise notified. Fees once paid are non-refundable.

We are currently pursuing a professional accreditation for this course.

Nutrition Coach Diploma

In combination with the above modules students can apply for the Nutrition Coach Diploma after meeting internal benchmarks for Investigative Pathology 1, Therapeutic Coaching + 2 day top-up (£550) for verification as an NLP Practitioner + 5 day extra-curricular coaching course focusing on weight management (£850).

Many undergraduate students and Fast Track apply for these awards and start building a practice as a Dietary Educator and a Nutrition Coach. Gradually building a business as you go along assists a smooth transition to full nutritional therapy practice. Completing an NLP Diploma enables professional registration with the Association of Neurolinguistic Programming **ANLP**.

Postgraduates can apply to take the Nutrition Coach Diploma as a standalone course without engaging in undergraduate or postgraduate degree courses. The tuition fee for this course as a standalone course is

£7300 plus a one-off £700 institution fee for students that complete the course within two years. Students will incur ongoing institution fees at £300 per year if extending their study over a longer period.

Fees are paid monthly over an agreed period plus £700 one-off institution fee. Fees are inclusive of VAT and increase by 4% per annum unless otherwise notified. Fees once paid are non-refundable.

Increasingly applicants apply to complete this course as a standalone qualification. As a Nutrition Coach you would be able to coach people through diet and lifestyle changes as well as practice as a Dietary Educator (see course description above). The extra-curricular postgraduate module Why Weight Practitioner will enable you to work with clients who are overweight at a sophisticated level. Group nutrition education classes and therapeutic coaching workshops as well as one-to-one client work are all ways in which this course can be applied.

Transfer to BSc Hons Nutritional Therapy

A minimum of one-third of the modules for this course must be taken for Middlesex University **MU** to confer the degree award. This course is made up of six 20 credit modules over each of the three years of the course. Most students transferring to the therapy degree will take all third year modules. Fast Track to BSc Hons Nutritional Therapy is an accredited route to practice by the **NTC**.

Nutrition & Disease
Nutrition & Environment
Clinical Training
Research Project
Herbs for the Nutritionist
Business Skills

2012 Year Tuition Fees for the above modules is £5616 (inclusive of VAT) which reflects £936 per module. Fees increase by 4% per annum unless otherwise notified. If fees had already been paid for Business Skills and Clinical Training as part of Fast Track fees the amount paid for these modules would be deducted from this year fee. Tuition fees are paid by monthly direct debit for students with UK Bank accounts. Otherwise tuition fees can be paid by monthly direct bank transfer for students without UK Bank accounts. Credit/debit card payments will be considered. All fees once paid are non-refundable.

2012 Institution Fees for the final year are £1300 (inclusive of VAT) and reflects all of the benefits listed on page 16. This fee also includes Middlesex University Quality Assurance processes and conferment of the degree award. Students taking the final year over more than one academic year will incur another £1300 Institution Fee which is an incentive to complete the final year in one year.

Fast Track to BSc Hons Nutritional Science

The above descriptions apply to applicants wishing to Fast Track to the science degree course. Likely applicants for this non-clinical course are nutritional therapy diploma holders with a current qualification enabling them to apply for professional registration with the Complementary & Natural Health Care Council **CNHC** Register.

Gaining a science degree to complement a therapy diploma is seen as an opportunity to widen career opportunities. Fast Trackers with first science degrees that do not wish to practice as a nutritional therapist may also opt for this course or the MSc course to advance a career in nutrition. This course follows many of the modules for the therapy degree but without clinical assessment. This course includes specific modules on food science, health culture, career coaching and a double research project facilitating a range of career pathways for the nutrition science degree graduate.

Short Nutrition Course Evening Attendance Class or Online

Many therapists are expected to have some knowledge of nutrition. Our short course meets the academic requirements for **ITEC** Level 3 in Healthy Eating & Wellbeing for the Complementary Therapy Client. The course is also open to people with a strong interest in nutrition and those that might be looking to see if nutrition is a career for them to pursue. The evening classes are taught by graduates of the BSc Hons Nutritional Therapy and BSc Hons Nutritional Science courses.

This 17 week Tuesday evening class in nutrition is taught twice a year. It is open for full attendance and can also be accessed 100% online. Students can part-attend and take some lectures online. Like our undergraduate and postgraduate courses the lectures are recorded and uploaded to our website with twenty four hours enabling students to study in synch with students attending lectures. For students studying 100% online the course can be started at any point throughout the year.

Week 18 of the course is an exam date for students enrolled on the course for a level 3 **ITEC** Award. Exams can be taken at other locations enabling students to study with us and take an exam at their nearest location.

Students enrolled on the course for **CNELM's** Food for Health Certificate can opt to take additional work to demonstrate learning outcomes for the Nutrients module from the undergraduate courses. Students successfully completing this coursework can then apply for assessment of prior learning if registering for the BSc Hons Nutritional Therapy or Nutritional Science.

ITEC Level 3 Award in Healthy Eating and Well Being for the Complementary Therapy Client

This ITEC accredited course is aimed towards complementary therapists giving healthy eating advice to their clients that they already provide services for in another discipline. The course culminates in an exam and 5 case studies under the supervision of the tutor. The tutor will provide supervision and monitor the quality of the written case study work throughout to ensure that the content of written documents meets **ITEC** Criteria. There is a 30 minute exam at the end of the course which takes the form of 25 Multiple Choice Questions.

Food for Health Certificate

This course follows the **ITEC** course and can be taken by any individual with a strong interest in nutrition. In particular, this is an ideal introductory course for applicants wanting to find out whether a career in nutrition is right for them. Students completing this course can then register for a further course, as appropriate to their needs. Students going on to register for a degree course will be entitled to a £200 fee reduction towards the new course.

Attendance is preferred, but if you are unable to attend the **ITEC** or Food for Health course you can study from home. The lessons are recorded and available to view directly from our student website or to download to your own computer. **ITEC** students will need to attend the exam.

Course Fees for ITEC and Food for Health Certificate

Course Fee £400 **ITEC** Exam fee £88 (**ITEC** students only)

Fees are payable at the start of the course. Fees increase by 4% per annum unless otherwise notified. Fees are inclusive of VAT. All fees once paid are non-refundable.

Coaching Courses

Coaching has been central to CNELM's philosophy since inception in 2001. We take the view that information, education, guidance and therapy alone is often not enough to bring about sustainable beneficial life changes. We witness again and again the power that coaching brings to the nutritional therapy process. Most healthcare professionals that take our courses find the coaching tools beneficial both in the workplace and when working with clients individually or in groups. Our coaching team have a diverse range of skills. The coaching modules include coaching concepts from a variety of fields and draws specifically on the field of neuro-linguistic programming NLP. Students taking coaching modules with CNELM can apply to take courses leading to professional coaching qualifications and option to apply for professional registration with the Association of Neurolinguistic Programming ANLP

The Coaching Team

Our coaching courses are led by Christopher Rasey BA. After completing a degree in sociology at Exeter University Chris worked as a Personnel and Training Officer for an engineering company in Scotland. Later he worked as a Management Trainer and Consultant for House of Fraser and Thorn EMI Computeraid. Since 1990 Chris has run his own company and has worked in Britain and overseas as a Trainer, Developer, Coach and Consultant with clients in the public and private sector. Chris is a Practitioner, Master Practitioner and Trainer of NLP and is also qualified to use a variety of psychometric instruments. Chris has a strong team supporting him in the application of coaching to nutritional therapy practice and healthcare. Chris is also a trainer for the UK College of Personal Development and author of NLP Metaphorically.

Other Team Members include:

Karina Athwal BSc MSc NLP Practitioner & Master Coach Practitioner

Carol Bayford BSc NLP Practitioner

Helen Lynam BSc NLP Practitioner & Master Coach Practitioner

Wendy Frost BA NLP Practitioner & Master Coach Practitioner

Anna Puczyłowska NLP Master Practitioner

Tony Nutley Head of the UK College of Personal Development <http://www.ukcpd.net/>

Karina, Carol and Helen are first class honour graduates from the BSc Hons Nutritional Therapy degree taught at CNELM. They bring alive the art of applying coaching skills in nutritional therapy practice. Similarly, Wendy has worked alongside nutritional therapy students and practitioners since 1994 and successfully helps students to apply coaching skills to nutritional therapy practice. Anna has an extensive background in healthcare as a prior practising nurse.

5-day Introductory Coaching Course

£550

This 5-day introductory course is taught twice a year at [CNELM](#) and is open to all health professionals. Students completing this short course can then progress to NLP Practitioner by completing a further 12 days.

During this course you will explore various behavioural and knowledge resources that should help you to deal with the process of personal change and self development and to take a proactive role to facilitate a positive outcome from your interactions with people. The course aids the development of better linguistic skills and strategies to help others to make a desired change based on improved communication, influence and the development of rapport.

Course dates:

5 to 9 September 2011 OR 12 to 16 April 2012 OR 3-7 September 2012

Venue: [CNELM](#) Times: 10.30-6

NLP Practitioner

£2000

This 17 day attendance course is taught twice a year at [CNELM](#) and is open to all health professionals. The last two days of the course includes assessment and verification to demonstrate the standards required for the award of NLP Practitioner.

During this comprehensive course you will learn how to use models of communication and understand how these influence the experience and behaviour of your self and others, identify the different representational systems people use, help people establish well-formed outcomes and set goals, modify and change behaviour in a creative and flexible way to facilitate the best future outcomes and elicit a positive state in your self and others. You will also learn how to use anchoring techniques and help your self and others to access past resources and use them to support future goals. You will find out how to explain, examine and debate the essential presuppositions, ethics, beliefs and values of working as a coach, facilitator and therapist. You will have opportunity to demonstrate awareness and flexibility in behaviour, language, state and approach in order to optimise client support and motivation. You will also apply appropriate meta-cognition in order to evaluate your own performance in coaching.

Course dates :

5 to 9 September 2011 and 23 to 27 January and 27 Feb to 2 March and 4 to 5 April 2012

OR

12 to 16 April 2012 and 21 to 24 June and 5 to 8 July and 19 to 22 July 2012

Venue: [CNELM](#) Times: 10.30-6

Why Weight Practitioner

£550 or £850 with assessment

This 5 day attendance course is open to all health professionals that have completed or are completing the NLP Practitioner course. The course aims to provide you with a flexible therapeutic framework, variable in its method of application, and appropriate to a great variety of 'maps' and personalities; a composite of skills and presupposition that provides one of the few practically valid approaches to healthy and meaningful management of weight, eating and activity. You will learn how to empower clients to have a better understanding of their unconscious attitudes and beliefs about their weight and what motivates them to change. This course is incorporated into the 20 Day Master Practitioner course and can be taken independently of that course.

Course dates:

5-9 August 2011 OR 11-15 January 2012 OR 3-7 August 2012

Venue: [CNELM](#) Times: 10.30-6

Master Coach Practitioner £2200

This 20 day attendance course is open to any individual who has completed an NLP Practitioner Course. The content is aimed particularly at individuals who wish to build their NLP expertise and who are interested in applying their skills to the area of health. During the course you will build on and embed the skills learnt as a practitioner and learn extra NLP skills concerning language, beliefs, meta-programmes and values. You will learn specific and health-appropriate NLP techniques from trainers who have had considerable experience working with health issues, and you will learn the skills of modelling, prior to completing a substantial modelling project. The course also incorporates the Why Weight Practitioner Course mentioned below. Students completing Why Weight would be exempted from this part of the course. Subject to demand our Master Coach Practitioner may run conjointly with the UK College of Personal Development.

Course dates:

3-7 August 2012 AND 17-23 August 2012 AND 22-23 September 2012 AND

6-7 October 2012 AND 27-28 October 2012 AND 8-11 December 2012 Venue: [CNELM](#)

Fees and Payment Options

Fees for all coaching courses are inclusive of VAT and increase by 4% per annum unless otherwise notified. All coaching courses incur a £200 non-refundable deposit one month prior to starting the course or on booking for the course. The remaining sum for the 5-day introductory course and Why Weight Practitioner if taken independently of the Master Coach Practitioner course is due in full the week prior to starting the course. The remaining fees for the NLP Practitioner and Master Coach Practitioner courses can be spread evenly over the period of the course delivery.

Ongoing Education

We are committed to providing opportunities for graduates to participate in our education courses as part of Continuing Professional Development CPD. Our existing postgraduate modules have proven very popular for nutritional therapy graduates, students and graduates of other disciplines. The New MSc in Personalised Nutrition will also be available for CPD attendance. Undergraduate lectures can also be attended or accessed online for CPD. All academic lectures can be attended at the Centre subject to available seats. Otherwise lectures can be purchased to view online. Applicants for CPD can purchase a from a one day lecture to a whole module.

CPD Fees

One day lecture undergraduate	£32
Three or more undergraduate one day lectures	£59.40
Ten day undergraduate module	£272
One day lecture postgraduate	£50
Three or more undergraduate one day lectures	£135
Six day taught postgraduate module	£255.50
Access to additional Webcams and other blended learning materials	
Fees to be agreed on application	

Popular CPD Purchases

Competitive Athlete	6 day Postgraduate module
Hormone Disruption	6 day Postgraduate module
Tackling Obesity	6 day Postgraduate module
Cancer Care	4 day Postgraduate module
Biochemistry	10 day Undergraduate module
Research Methods	10 day Undergraduate module
Laboratory Assessments	10 day Undergraduate module
Herbs for the Nutritionist	10 day Undergraduate module
Business Skills	10 day Undergraduate module

Please visit our website www.cnelm.co.uk for a full downloadable PDF list of current CPD lectures and modules for purchase. Learning materials associated with the lectures are included in the cost of the lecture or module.

Validations, Accreditations & Affiliations



Middlesex University MU

CNELM has been a Middlesex University MU collaborative partner since January 2003. Throughout 2002 CNELM worked with MU towards meeting standards for its nutritional therapy diploma course to meet the stringent requirements of the university to teach this course as a degree course. The course was validated as a BSc Hons Nutritional Therapy to commence January 2003. We have maintained a strong collaborative partnership with MU since then and in 2005 we worked directly with MU's internationally recognised Institute for Work Based Learning IWBL. From January 2006 we were accredited by the IWBL to deliver a postgraduate certificate and postgraduate diploma in nutritional therapy linking in directly to students completing to MSc with the IWBL. In 2008 MU revalidated the BSc Hons Nutritional Therapy course to run for another six years and at the same time validated the BSc Hons Nutritional Science degree course. The new MSc course in Personalised Nutrition is scheduled to start in January 2012. Validation in university terms means we at CNELM teach the whole course. Accreditation means that CNELM teaches part of the course and MU teaches part.

The Nutritional Therapy Council NTC



CNELM has met the requirements of the NTC Stage 1 and Stage 2 Accreditation process. Accreditation entitles graduates of the BSc Hons Nutritional Therapy to apply for registration with the Complementary & Natural Healthcare Council CNHC. Graduates of our current Fast Track inclusive of Clinical Training and Business Skills plus 60 postgraduate credits can also apply to join the CNHC register.

NB: NTC accreditation applies only to the geographical limits of the UK. It is the responsibility of each applicant intending to practice outside of the UK's geographical boundaries to identify requirements for practice in the country they intend to practice and to ensure that they comply with regulations of the country in which they practice. Entry upon qualification to the CNHC Register, via the NTC, is the prerogative of the NTC and not CNELM.

CNELM is currently pursuing NTC accreditation for 60 credits of the new MSc in Personalised Nutrition as well as the Post MSc Practice Diploma.

The Complementary & Natural Healthcare Council

The CNHC Registration Scheme, which is supported by the Department of Health, is designed to enable applicants to demonstrate that their training experience meets the National Occupational Standards NOS in their professional practice.

<http://www.nutritionaltherapycouncil.org.uk/Docs/NTC%20new%20role%20sep09.doc>

The CNHC is the UK Regulator for complementary healthcare practitioners. Its key function is to enhance public protection by setting standards for registrations with CNHC. The CNHC 'quality mark' is becoming recognised as the benchmark of quality for the sector. This means that the general public, and those who commission the services of complementary healthcare practitioners, will be able to choose with confidence by looking for the CNHC quality benchmark.

The Department of Health in November 2009 stated '*CNHC is the only voluntary regulatory body for complementary healthcare which has official government backing. No other organisation has the same exacting criteria or focus on safety and quality.*'

<http://www.cnhc.org.uk/pages/index.cfm>

British Association for Applied Nutrition & Nutritional Therapy BANT

BANT is the professional association for nutritional therapists. Its primary function is to assist members in attaining the highest standards of integrity, knowledge, competence and professional practice, in order to protect the client's interests, nutritional therapy and the nutritional therapist. BANT provide a range of services for the nutritional therapist and students training to become nutritional therapists. Completing the therapy degree course and the Fast Track route to nutritional therapy practice enables you to apply to become a graduate member of BANT. <http://www.bant.org.uk/>



Association for Neurolinguistic Programming

ANLP is there to provide unbiased NLP information, promote the benefits of NLP and help the public find the right NLP Professional. ANLP has developed a comprehensive Membership Package for all NLP Professionals including help to promote services, your visibility and access to resources and up-to-date information. Students completing the NLP Practitioner and Master Practitioner courses can apply for membership.



ITEC Level 3 Award in Healthy Eating and Well Being for the Complementary Therapy Client

Complementary Therapists completing this course will receive an ITEC award. ITEC qualifications are accredited by the Office of the Qualifications & Examination Regulator (OFQUAL). ITEC qualifications are funded in the UK on behalf of the Department of Innovation, Universities and Skills DIUS <http://www.itecworld.co.uk/school/index.htm>

Research Objectives

For nutritional therapy to mature as a clinical discipline it must embrace *evidence-based medicine* (EBM). [CNELM](#) has a deep commitment to the development of evidence-based personalized nutrition programmes, and aims to overcome the current limitations of *randomised control trials* (RCTs) by using a class of advanced statistical techniques known as *statistical machine learning* (SML): these are at the cutting edge of how computer scientists deal with non-linear data.

SML techniques are new; many of the best-performing have only been developed over the last 15 to 20 years. Their young age reflects the rapid growth in computer power that was required to make them usable. They have already had considerable uptake within the biological and medical sciences, which also have to deal with non-linear data and the limitations of RCTs.

Nutritional therapy an application of person-centred nutrition is a form of *functional medicine*: an approach to medicine that treats each patient uniquely and addresses their biochemical imbalances through dietary and lifestyle changes and supplementation as appropriate. Functional medicine considers how these changes work together, and necessarily alters many interacting variables. RCTs, the current gold-standard of EBM, provide evidence about how only one – or at most a few – variables affect an individual, and it is this limitation that the more advanced techniques of SML overcome.

Much of biology over the last century has focused on identifying the individual components of biological systems; however, increased computer power has now made it possible to build simulations to study how these parts interact: this field is known as *systems biology*. Functional medicine is a systems biology approach to medicine, and as such, it makes perfect sense to use many of the techniques used in systems biology when studying the efficacy of functional medicine and nutritional therapy.

At [CNELM](#) we are building our research objectives focusing on this integrated approach to evidence-based functional medicine. We are also building bridges between academic communities: bringing together researchers in SML and systems biology with practitioners in nutritional therapy and functional medicine. This, we hope, will facilitate a revolution in healthcare that will bring both nutritional therapy and functional medicine squarely into the mainstream.

The Centre has received private funding to initiate the research and we will be looking toward securing further funding for the development of the project. Undergraduate and postgraduate students completing research projects will be able to directly conduct research that helps to create the evidence base for personalised nutrition.

The Institute for Functional Medicine IFM

The concept of Functional Medicine was created in 1990 by Dr Jeffrey Bland. It is a medical paradigm emanating from the Institute for Functional Medicine in the US that aims to incorporate complexity, bio-individuality and clinical evidence to produce a revolution in 21st century healthcare. The **Institute of functional Medicine (IFM)** was founded at that time by Dr Jeffery Bland and his wife Susan Bland.

Functional medicine is a systems approach to medicine and considers biological function of sub-systems in the body, such as *communication, defense, or energy regulation* that cut across organs and physiological systems like the cardiovascular, lymphatic, nervous or endocrine systems. Its focus is on what function something is performing in a biological system, how that function can become pathological, how that pathology influences other functions, and how the pathology can be corrected.

At **CNELM**, our educational approach to nutritional therapy and person-centred nutrition is based on functional medicine (FM). **CNELM** does not claim that it is a provider of Functional Medicine courses; however, **CNELM** is in active collaboration with the **IFM** in context of both its teaching and research objectives.

This course has been developed in collaboration with the Institute for Functional Medicine (IFM), the global leader in functional medicine education. IFM is providing course content for this program to support the taught lectures. Laurie Hofmann, MPH, Executive Director of IFM had this to say
"The module narratives are very well conceived and thorough. I was thrilled reading through them!"
<http://www.functionalmedicine.org/>

Publication

The Nutrition Practitioner professional journal was first published in 1999 and is, to the best of our knowledge, the only journal in the UK that focuses solely on the science and art of nutrition to support nutritional therapy practice. The journal is a substantial and well respected publication and is published three times a year.

CNELM have developed a new approach to the problem of clinical evidence in Nutritional Therapy, and *The Nutrition Practitioner* will become the focus for disseminating this research to the Nutritional Therapy and Functional Medicine community. It is our intention to integrate online research software into the online journal, so that nutritional therapists have the tools to actively engage with academic researchers from other disciplines also involved in the development of this clinical evidence base.

From January 2011 the journal became accessible free of charge online
<http://www.cnelm.com/NutritionPractitioner/>

How do I apply?

To apply for any of the following postgraduate courses then please call us on 0118 9798686 or email info@cnelm.co.uk to request an application form. For further information please visit our website www.cnelm.co.uk

Nutrition Courses

MSc in Person Centred Nutrition

MSc in Person Centred Nutrition & CNELM Post MSc Diploma in Person Centred Nutrition Practice

Postgraduate Diploma in Person Centred Nutrition

Postgraduate Diploma in Person Centred Nutrition & Pre MSc Diploma in Person Centred Nutrition Practice (Fast Track)

Postgraduate Certificate in Person Centred Nutrition

Biosciences: two, three, four or six month bridging course

Fast Track to BSc Hons Nutritional Therapy

Fast Track to BSc Hons Nutritional Science

Certificate in Person Centred Nutrition

Person Centred Nutrition Practice Diploma Standalone (Back to Practice/Skills Update

Dietary Educator Certificate

ITEC Level 3 Award in Healthy Eating and Well Being

Food for Health Certificate

Coaching Courses

5-day Introductory Coaching Course

NLP Practitioner

Nutrition Coach Diploma

Why Weight Practitioner

Ongoing Education

Continuing Professional Development

On receipt of your completed application form you will be contacted by the Centre to arrange a time for interview in person at the Centre. Telephone interview may be considered for most postgraduate courses.

References will be pursued for applicants with entry qualifications from outside of the UK.

Please return your application form to David Lee
Administration Co-ordinator

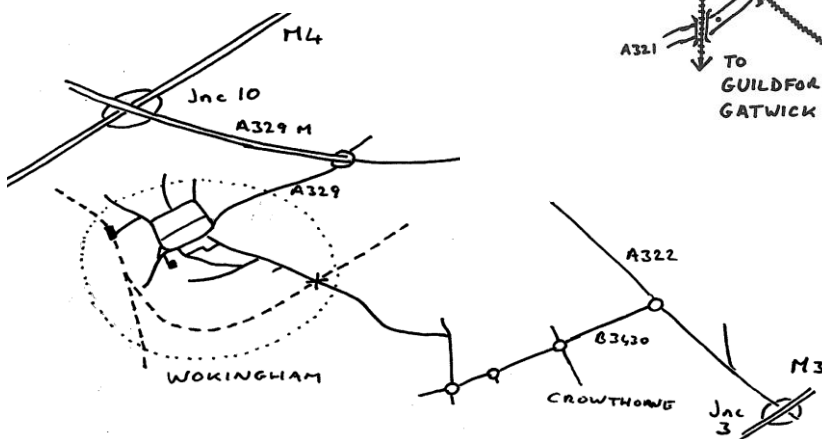
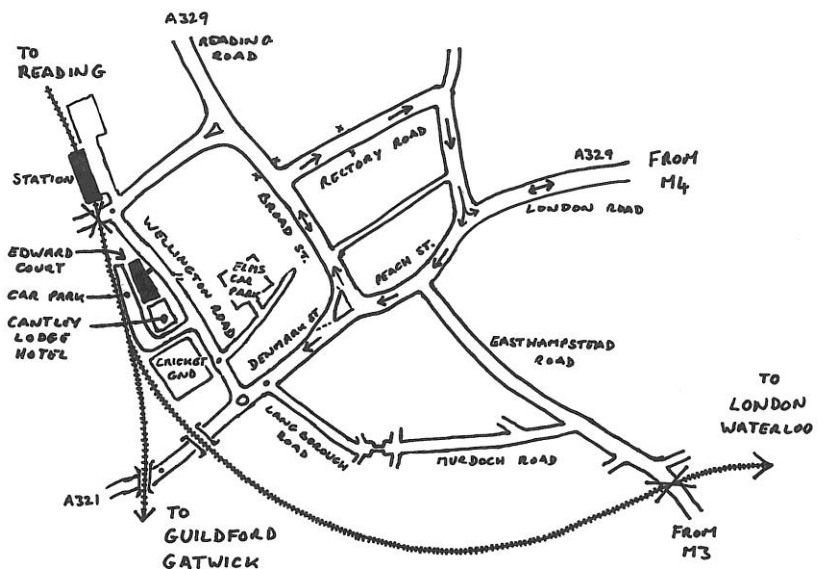
CNELM, 2 Edward Court, Wellington Road, Wokingham RG40 2AN.

Edward Court

Situated in the attractive historic market town of Wokingham in Berkshire, our Centre is well-placed for all the amenities of the town. We are a 5 minute walk from the central Market Place, where you can find somewhere to eat shop or go to the bank. Waitrose and Marks & Spencer are a few minutes walk away; and once a month there is an excellent Farmers' Market held in the Market Place. The Centre has 12 parking spaces allocated for students, visitors and staff. Adjoining the Centre is the Cantley Lodge Hotel where many students and lecturers enjoy discounted room prices and lunches.



Wokingham itself is easily accessed by road and rail – it is 10 minutes from Reading, 30 minutes from Heathrow and 50 minutes from London by train, rail access from Gatwick via Guildford is also direct – and the Centre is only 1 minutes walk from the train station.



Centre for Nutrition Education & Lifestyle Management

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