



Advanced Holistic Nutrition Program

Course Name: **Advanced Course in Detoxification**

Course Code: AN115

Course Description:

This course begins with the concept of toxicity and the types of toxins that affect the mind, body and spirit. The different methods of detoxification are discussed. Outlines for different detoxification protocols are provided. You will also learn about the Ayurvedic view on cleansing and various practical Ayurvedic cleanses to provide additional tools in your practice.

This course will give students the tools to:

- Understand and differentiate between toxicity, detoxification, and drainage
- Recognize symptoms and diseases resulting from toxicity and toxic load
- Develop different types of detoxification protocols depending on the client
- Recommend different detoxification diets including the Brown Rice Cleansing diet, the anti-inflammatory diet, the alkalinizing diet, the detoxification diet, the elimination diet and juicing
- Recognize supplements and herbs useful for detoxification protocols
- Identify a spiritual detoxification protocol

*Advanced Holistic Nutrition credits earned upon achieving 80% grade

*Upgrade hours apply

Course dates:

Sunday Nov 20- 10.00 to 4.00 pm

Inquire about parking

Wed. Nov 23 – 6.15 to 9.45 pm

Fee:

Tuition: \$162 / \$145.80*+HST *Alumni price is less 10% discount

Registration deadline is Nov 11, 2011

Location:

CSNN Toronto Branch (**also mail payment to**)

2221 Yonge Street, Suite 305

Toronto ON M4S 2B4

T. 416-482-3772

Download Registration www.csnnontoronto.ca under Program → Workshops

Instructor – Ashima Suneja B.Sc., N.D.

Ashima attained an honours B.Sc from the University of Toronto in Mathematics and Human Biology. It sparked her attention to health and healing, leading her to the Canadian College of Naturopathic Medicine to obtain her N.D. She believes that life is a continual learning process and thus, enjoys being in the classroom with students in addition to being in practice and motherhood. Ashima's interests in mental health, immunity, whole foods diets extend to her teaching these courses at CSNN.

Advanced Holistic Nutrition Diploma Program
Advanced Course in Detoxification (AN115)



Toronto Branch
2221 Yonge Street, Suite 305
Toronto ON M4S 2B4
P: 416-482-3772 F: 416-482-3712
info@csnntoronto.ca

CONTACT INFORMATION:

Name: _____

Address: _____

City: _____ Postal Code: _____ E-mail: _____

Phone (H) _____ (C) _____ (W) _____

Date of Birth: _____ Emergency Contact _____

RHN / Program completed _____ Branch _____ Year _____
If applicable

CSNN alumni member with current standing Yes ___ No ___

Advanced Course in Detoxification (AN115) Tuition:
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\$ 25.00 administration fee applies to all withdrawal

REQUIREMENTS – I understand that, if working towards the Advanced Holistic Nutrition Diploma, RHNs need to accumulate 50 credits; other practitioners require 57 credits. An average of 80% must be obtained for each subject.

RELEASE – “I hereby release the Canadian School of Natural Nutrition Inc. and all branches and affiliations from all claims of damages arising from any accident or injury which is caused by or arises from participation of the applicant named herein, during any program or any facility or any location where a program is held”

CONFIDENTIALITY AND DISCLOSURE – Absolutely no part of the content in the copyrighted publications, course material or teachers notes, may be photocopied or adapted for teaching purposes or shared with anyone not taking the CSNN program. Breach of these restrictions will result in legal action.

I certify that I have read and understood the items outlined on the registration form. Also, I understand that I am expected to follow the *Code of Ethics* outlined in CSNN guidelines.

Applicant's Signature

Date _____

For Office use

Paid by : _____ **Received** _____ **Grade (if applicable)** _____

AHN REGISTRATION