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Prospectus

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Jackie Lynch

A message from the Chairman of the Board of Trustees

I would like to extend a personal welcome to you and to thank you for considering the Institute as a place to study.

Based in Richmond, south west London, the Institute for Optimum Nutrition (ION) was founded by Patrick Holford in 1984 and rapidly established itself as one of Europe's leading providers of nutritional therapy and education in nutritional therapy. Its board of trustees is responsible for the governance of the Institute and its strategic direction. In the CEO and Dean, ION also has a committed executive team, dedicated to ensuring that ION continues to deliver high standards of education and provide an exceptional student experience.

ION is an independent, not-for-profit educational charity whose principal activity is to further the knowledge and practice of optimum nutrition. Our Nutritional Therapy Diploma Course was one of the first to be fully-accredited by the NTEC (Nutritional Therapy Education Commission). We also consider ourselves to be a 'voice for nutrition', as both our clinical and educational work are highly respected throughout the UK and overseas.

Here at ION, our mission is to educate and enthuse, instilling optimum nutrition as the foundation of health for all. We work in collaboration with a wide range of organisations, including charities, schools, employers and universities. This enables us to create education programmes, regarded today as sector leaders in terms of quality and practice, that are responsive to health and well-being trends.

However, we pride ourselves in offering our students more than a course. Through our leading and cutting-edge clinics, we bring together, for you, the science of nutrition with the clinical excellence of practice. Our collaborations provide employment opportunities for students as well as access to the latest scientific research; and once you have qualified, you can continue to remain at the forefront of nutritional research and therapy through our extensive programme of CPD/short courses. ION students also receive our highly-respected quarterly magazine, *Optimum Nutrition*, which covers up-to-date research and news items relevant to both practitioners and the general public.

The Institute is a thriving organisation where education, clinical practice, research and social responsibility all come together. Through our strategic vision — optimum nutrition for all — we have forged initiatives that aim to make ION a leading nutrition organisation.

As part of ION, you will also be part of our social commitment to impart our knowledge to the general public in order to create a more healthy and sustainable society.

All of these dimensions here at ION inform and enhance the student experience, providing a unique range of opportunities for you that can be found nowhere else. I do hope that you choose to study with us and look forward to receiving you into the heart of our nutritional community.

With best wishes,
Jackie Lynch

A handwritten signature in black ink, reading 'J. Lynch', written in a cursive style.

1 Considering a career in nutritional therapy?

ION's **Nutritional Therapy Diploma** (aNTDC and eNTDC*) is our flagship course, which is accredited by the Nutritional Therapy Education Commission (NTEC), and which delivers up-to-date theoretical knowledge alongside rigorous clinical training to form the necessary basis of a career as a trusted, safe and effective nutritional therapy practitioner with the highest professional standards. We offer a comprehensive, modular, part-time, contact (weekends) or e-learning course.

[Go to page 10 for further details.](#)

2 Do you meet the Nutritional Therapy Diploma Course science entry requirements?

Our fully tutored **Nutritional Therapy Science Access Course** (chemistry, biology, anatomy & physiology modules) is designed for those who wish to enrol onto the Nutritional Therapy Diploma Course (aNTDC or eNTDC) but do not have the relevant science A Levels or equivalent. The course is delivered at weekends in Richmond or through our e-learning options. Courses are available throughout the year. You can take all three modules or individual modules, depending upon your requirements.

[Go to page 14 for further details.](#)

3 Do you need a Science Access Course that is totally flexible?

For independent learners who cannot commit to rigid assessment deadlines we offer the **Nutritional Therapy eScience Flexi Course**. Start at any time and determine when you take your assessments.

[Go to page 14 for further details.](#)

4 Do you meet the entry requirements but need to update or refresh your science knowledge?

For applicants who meet the entry requirements but may have studied a while ago and need to ease back into the sciences, **eScience Refresh** can be purchased as individual modules — chemistry, biology, and anatomy & physiology or as any combination of modules.

[Go to page 14 for further details.](#)

5 Already a practitioner?

We offer **Return to Practice** packages. [Go to page 10 for further details.](#)

We offer a range of **Continuing Professional Development** (CPD Points) one to three-day short courses delivered by experts, providing advanced learning for health practitioners. Hear up-to-date research on various conditions, health goals and life stages, and improve your clinical practice. We also offer food education and tasting days (see below).

*Early booking is recommended. Places are limited and some events have early bird discounts.
For more details or to book please visit www.ion.ac.uk/events*

[Go to page 16 for further details.](#)

6 Interested in nutrition for yourself and your family?

Food Education and Tasting days are lively events, delivered by experts, during which you will explore specific foods for different health needs or life stages.

Our **non-academic course** is ideal for:

- Anyone interested in healthy eating for themselves or their family
- Anyone wishing to acquire sufficient knowledge to plan a personal nutrition programme
- Complementary and sports therapists interested in enhancing their practice

*Early booking is recommended. Places are limited and some events have early bird discounts.
For more details or to book please visit www.ion.ac.uk/events*

[Go to page 16 for further details.](#)

7 Optimum Nutrition clinic

The Optimum Nutrition clinic offers a range of Nutritional Therapy packages from consultations with supervised, final-year students on our DiplON programme through to appointments with experienced, qualified nutritional therapists.

For more details or to book please visit <https://www.ion.ac.uk/optimum-nutrition-clinic>

8 Optimum Nutrition magazine

Optimum Nutrition magazine, informative, insightful and inspiring.

For more details or to subscribe please visit www.ion.ac.uk/optimum-nutrition-magazine



Dear prospective student

In the 1980s, I turned my passion into a career by joining the only course available at the time in nutritional therapy and gained my ION Diploma.

A lot has happened since then. As an educationalist, I have made it my personal mission to improve the training of nutritional therapists. I have been constantly involved in the development of our profession, including the setting of our National Occupational Standards and Core Curriculum, for which I was made a Fellow of the professional body (BANT). For the last 15 years, I was principal lecturer and course leader of the first degree in nutritional therapy at the University of Westminster. At ION, I bring a passion for nutritional therapy, and reputation for quality enhancement and academic rigour.

I believe that if you choose to come to ION, it is our responsibility to create for you an experience that will challenge you academically, and instil in you a mission to promote optimum nutrition as the foundation of health for all.

One key prerequisite for your academic success is, of course, your own personal engagement. Work hand-in-hand with us on your journey to becoming a scholar-practitioner of nutritional therapy.

Heather Rosa *DiplION, FBANT, FHEA*

The ION student

At ION, we value your student experience above all else.

From the moment you make contact with the Institute through to becoming an alumnus, we do everything we can to ensure that your learning experience with us is second to none.

We pride ourselves in delivering challenging, research-informed courses. We also value the student voice and see you as an active participant in shaping this learning journey to becoming a scholar-practitioner. Each course has student representatives who feed back to the Institute via the Student-Staff Liaison Committee. You are also welcome to communicate directly with the Dean via the Have Your Say facility.

All our students can take advantage of sector leading developments in e-learning. You will have your own virtual learning environment to access a wide range of resources, video and audio materials, a full-text scientific database, student chat rooms/tutoring forums and more, at any time of the day.

Learn from a highly-experienced faculty of lecturers and clinicians as well as specialist practitioners and industry experts.

The attendance Nutritional Therapy Diploma Course (aNTDC) takes place in central London facilities that are both convenient and accessible. The attendance Nutritional Therapy Science Access Course (aNTSAC) takes place in Richmond.

Your clinical practice will take place at the internationally-renowned Optimum Nutrition Clinic in Richmond, which is fully-equipped with video and tutorial rooms. Clinics run Monday to Saturday so you will have a choice of fully-supervised clinical attendance options. In your first year, you are required to be a client in our clinic so that you can experience consultations first-hand and reflect on the client experience to inform your practice.

When you complete the course you will be equipped with the skills and knowledge necessary for practice as a nutritional therapist, and for employment in the wider nutrition industry.

Why Study with ION?

Your student experience is at the heart of everything we do

ION was the first UK provider of nutritional therapy training

We have over 30 years of experience in delivering nutritional therapy profession entry training

Our highly-respected courses have a national and an international reputation for excellence

Our accredited courses allow you to study while still working or bringing up a family

We offer flexibility of study including in attendance, length of study or with e-learning options

Our academic team has professional experience in education and clinical practice

You will get rigorous, high-quality clinical training at Level 6 when studying the diploma, thoroughly preparing you for professional practice

We provide extensive student support through personal tutors, year tutors, module leaders and study skills development

You will have wide access to research literature

Our Optimum Nutrition Clinics provide you with opportunities to observe professionals and to take observed consultations fully-supervised by our experienced clinic tutors; all of whom are practising BANT & CNHC-registered nutritional therapists

We have links with employers

Availability of progression routes to higher and post-graduate education

You will have access to our extensive range of short courses to ensure continuing professional development

You will be part of the oldest and most established alumni group in the field of nutritional therapy

ION is an independent, not-for-profit educational charity



At ION we understand the importance of effective student support

Returning to education can open up a world of opportunities, but taking that step and managing your studies can be challenging at times. Teaching methods may have changed considerably since you last studied, this may be a new subject to you, and you may have other commitments competing for your time.

Our courses are rigorous and challenging both in content and time commitment. That is why we will work with you to help identify your needs, so that you can plan your time and develop the skills you need to succeed. As we all know, life happens. So should you need to take a break from studies, your year tutor and personal tutor are there to guide you through the process.

Whether you are an attending or e-learning student your personal tutor is there to communicate with you through email, webinars and telephone. Your personal tutor provides pastoral advice and can provide you with one-to-one tutorials to support your learning. Your personal tutor is also able to discuss learning strategies to meet your individual learning needs and help you get the most from your studies from the outset of the course.

When you are undertaking your assignments, each module leader will give you academic support relevant to the assignment set.

Your year leader will ensure the quality of your support throughout the year.

When you commence your clinical practice modules, our clinic tutors will be a further resource to guide you, using techniques such as reflective practice to help you develop your therapeutic practice skills and manage the therapeutic relationship.

The whole basis of nutritional therapy is about the client's journey to health. To support this, you need to be ready and fit to study. We would ask you to reflect on your readiness to undertake your chosen course.

ION promotes equality, diversity and inclusion and welcomes applications from people of all backgrounds. ION is committed to supporting students with disabilities and identified learning difficulties.



You will have a year tutor whom you can contact by telephone and e-mail

You will have group tutorials via forums and webinars

Through our virtual learning environment (VLE) you will have 24-hour access to course information, downloadable notes and video, study skills, assignment guidance and more

Benefit from peer group support through online student forums

Tell us how we can improve through our Student Staff Liaison year groups

You will be subscribed to our e-library facilities through which you will be able to access key journals

We will provide training to develop your research skills and your academic literacy and integrity

If additional support is required, we can refer you (at additional cost) to external support services such as counselling, academic writing and study skills

Employers provide a small number of bursaries and prizes

Should you need to speak with someone, our academic and administrative staff are available Monday to Friday 10am to 4.30pm to answer your questions

“I just wanted to take the opportunity to thank everyone at ION involved in making this learning experience so pleasurable. The tutors have been incredible and I feel I know them personally even though I’m 5000 miles away!”

eNTSAC student



The learning experience

"Tell me and I forget, teach me and I remember, involve me and I learn".

Xun Kuang - Chinese Confucian philosopher

Students at the heart of everything we do

As an ION student, you can be assured that you are at the heart of what we do, whatever your mode of study.

How will I learn?

Our main focus is to give you the skills to develop your critical thinking and ability to practise independently. As you progress through the course you will learn how to write for a variety of audiences, research and source information, analyse and question ideas, think creatively but with safe practice in mind, and construct logical arguments based on evidence to support your conclusions. You will also learn behaviour change skills such as motivational interviewing. Your clinical practice skills will be developed initially through role play and case scenarios. In year 3 you will have sufficient knowledge and skills to enter the Optimum Nutrition Training Clinic and work directly with clients, supervised by our Clinical Practice Tutors.

You will experience a variety of teaching approaches

In Class and Online

- Key note lectures
- Workshops
- Workbooks
- Debates
- Focused short individual tasks
- Focused group tasks
- Individual tutorial
- Small group tutorial
- Guided pre-reading and tasks
- Small group projects
- Video and audio media
- Student-led presentations
- Interactive online formative tests
- Online forums

Clinical Practice

- Aide memoirs
- Reflective exercises
- Journaling
- Role-play with peers
- Simulations with actors
- Case dilemmas
- Case presentations
- Care groups
- In clinic one-to-one supervision
- In clinic small group supervision
- Observations of student-practitioners
- Observations of professional practitioners
- Client consultations
- Video consultations

Study skills

As part of our commitment to maximising your learning experience, we have embedded study skills within the curriculum. Students have a dedicated Study Skills Hub. And, in line with the growth of digital platforms, we are continually developing our virtual learning environment.

The Study Skills Hub is a high-quality repository of open educational resources (OERs) and in-house materials covering core academic skills including writing, referencing, evaluation, critical and reflective thinking, and academic integrity (how to avoid plagiarism). If you feel you need further support we recommend you have a chat with your personal tutor.

Enhanced study

You will have access to a range of extra-curricular activities to enhance your essential knowledge. In Year 1 you will experience being a client in the training clinic. Throughout the course there are opportunities to gain the perspectives of external speakers with specialist expertise during guest lectures.

We will link you to companies that provide specialist products and services, and that are also employers. Many of these companies offer additional CPD opportunities, external placement opportunities, educational materials and technical advice, prizes and a small number of bursaries.

As part of the ION community you will receive discounts on our Short Courses programme and an e-version of our magazine *Optimum Nutrition*.

As a student on the diploma, you are required to become a member of the professional body BANT. This will give you access to further resources. You may even stand for election as a student representative.

"I would like to pass on a massive WOW at the slide composition and content. It is all very professional! I'm so glad I made the switch to ION."

eNTDC Year 1 Student



What we ask of you is:

Commitment and motivation to succeed and good time management skills

What you will need:

Time, space and the energy with which to study

Basic wordprocessing skills

For every one hour of teaching you will need to assign two hours of independent study, equating to 15 to 20 hours per week

A computer, laptop or mobile device and broadband connection to enable you to download materials, watch videos, use Skype (or similar), and upload assignments

To be able to access essential texts

Expert teaching

You are taught by experienced lecturing and clinical practitioners with expertise in specialist subjects and who contribute to the profession, ensuring your qualification is industry-relevant and meets the needs of employers.

How will I be assessed?

How will I be assessed?

Our approach to assessment is one of preparing you for entry to the nutritional therapy profession and to post-graduate education. Assessments are designed to demonstrate that you have met the National Occupational Standards and Core curriculum so that you are eligible to join the professional body the British Association of Applied and Nutritional Therapists (BANT) and the Complementary and Natural Healthcare Council (CNHC) register.* Assignments are set at equivalent undergraduate Levels 4, 5 and 6 (clinical practice).

Your module leaders will prepare you to succeed. You will be provided with clear, detailed written and video-presented assessment criteria. In some modules you will co-create these criteria. Exemplars are used for in-class and online preparation exercises, discussion forums, FAQs and formative exercises.

We use a wide variety of assignments:

Assessment is through essays, exams, research critiques, viva, business plans, magazine articles, aide memoirs, reflective narratives drawing on personal and professional development planning, case studies and clinical competencies (role-play with actors, and paying clients).

Feedback and Feedforward

We learn by making mistakes. Your learning is enhanced when you receive and act on constructive critical feedback that directs you forward to resources, techniques and additional practices.

Above all, we ensure that you will be able to apply your skills and knowledge in independent clinical practice and across a wide variety of employment opportunities.

*NTEC accreditation does not automatically guarantee a place on the CNHC register.

“I just wanted to let you know how much I have loved and hated the course... *hahaha*. I specifically wanted to congratulate you on the structure and format of the learning, which kept me focused, frustrated (at times) and fascinated from the start... and it’s really now that I recognise how engaged I have been, thanks to the ‘stepping stone’ type jumps through the workbooks from having hand held in the beginning to gently going it alone towards the end.”

NTSAC student



Entry requirements

The NTDC is delivered at Levels 4, 5 and 6 (undergraduate equivalence), to the same level as required for an undergraduate degree. Our students come from all walks of life and many have had an established career. We do not expect applicants to have the same qualifications as a college-leaver and welcome applicants with a wide range of appropriate certificated and/or experiential learning. Our admissions team can advise on individual applications and admission arrangements. We may be flexible in our normal entry requirements if you can show a commitment to succeed and have relevant skills and experience. You must show that you will benefit from and finish the course successfully. We are committed to fair admission practice and welcome applications from people with disabilities.

General level of education

Level 3 education attainment: 160 UCAS tariff points, which would normally include at least two GCE/VCE A Levels including one related science subject (Biology, Chemistry, Physiology, Home Economics) or equivalent (e.g. International Baccalaureate, Scottish Advanced Highers, Welsh Baccalaureate Advanced Diploma, Irish Leaving Certificate, BTEC Diploma awards). Level 2 Maths and English at a minimum of Grade C is also required.

For students who do not have the required entrance qualifications, ION offers specially-tailored Nutritional Therapy Science Access Courses ([Page 14](#)), for which a Level 2 education including maths and English GCSEs (Grade A-C) or equivalent is required.

Exemptions: Recognised Prior Certificated Learning and/or Experiential Learning (RPL)

It is possible to gain exemption from modules or years of a course if you have qualifications at an equivalent or higher level or have achieved learning associated with the course through experience. RPL can be applied for before your course starts or during a course for modules which occur later in the course.

Joining ION from other institutions

Additionally, RPL may be used to transfer in from another course. Please contact info@ion.ac.uk for an RPL pack to guide you through the process of providing evidence to support your claim.

Fee per module exemption, see insert. Fee for the Study Skills Module, see insert.

English language requirements

You must demonstrate sufficient command of the English language to communicate safely and with confidence to the public, clients and medical professionals.

Applicants must normally demonstrate a Level 2 qualification in English language (e.g. GCSE grade A-C).

If English is not your first language you will need to have obtained an International English Language Test (IELTS) qualification scoring 6 in all areas (listening, reading, writing and speaking) or demonstrate equivalence (www.ielts.org).

- Nutritional Therapy Diploma Courses IELTS Academic: 6 in all areas.
- Nutritional Therapy Science Access Courses IELTS General: 5 in all areas

Proof of identify

All applicants must demonstrate proof of identity and will need to provide two photos and ID (e.g. passport).

General non-academic criteria

We believe that formal qualifications are only one measure of ability to study at this level. Applications are considered with an assessment of the applicant's abilities, skills, aptitudes and motivation to train as a practitioner.

We are also looking for:

- Self-motivation and commitment to studying
- Ability to time plan
- Good level of interpersonal skills
- Ability to work in a team
- ICT literacy — you must be able to word-process, have broadband access to the internet and an email account.
- Commitment to a Code of Practice and Fitness to Practice Code.

For the nutritional therapy course:

- Management of health problems or other issues that would prevent you from being capable of, or fit for, clinical practice training. Extenuating circumstances claims can only be made for acute illness and not long term chronic illness.
- In signing the [Student agreement](#) each year you will be committing to the [code of conduct for student behaviour](#) and the [fitness to practice policy](#).

Entry requirements for international students

If you wish to practise outside the UK, you must check the qualification you intend to enrol for is valid. If you do not wish to practise you can buy individual modules or take the Nutrition Certificate. ION accepts qualifications from other countries. You will be required to have your transcript translated into English. Advice on the equivalence of your qualification/s and their appropriateness can be discussed with our Admission Team.

The NTDC and eNTDC have compulsory clinical practice UK attendance requirements.

Visa requirements:

Non EU, EEA or single market applicants

If you live outside the UK you will need to travel to ION for the compulsory clinical practice and assessment. (Please apply for your visa well in advance as these can take up to 3 months to obtain.)

You will need a separate student visitor visa for each attendance (3 in total):

- Year 2: Workshop (two consecutive days)
- Year 3: Consultations (two blocks of three consecutive days a month apart)

All overseas applicants are interviewed, once we are in receipt of your proof of identify, via Skype (or similar).

If you are living in the UK you will need to provide evidence of your right to reside.

Additional benefits of being an ION student

As well as receiving the best possible education to become and succeed as a nutritional therapist, you will also receive:

- ION's monthly newsletter
- Online *Optimum Nutrition* magazine
- Advice on preparing for post-graduate studies

Discounts (We are adding to this list continually)

- ION short course
- ION symposia
- External conferences
- Revital (healthfood shops and online)
- Goodness Direct (free from, eco and organic products)
- Natural Dispensary (online professional prescriptions)
- Botanicals (online natural organic skin care)
- Professional supplement companies
- Professional diagnostic testing companies

You also can apply for:

- NUS (National Union of Students) membership
- British Library membership
- The Wellcome Library membership (www.wellcomelibrary.org)

Alumni Community

Alumnus (pl. *alumni*, fem. *alumna*): Stems from the Latin *alere* meaning "to nourish or be nourished". An alumnus or alumna is also a former student and most often a graduate of an educational institution.

As an alumnus you will be invited to join the soon-to-be launched ION alumni community and benefit from many exciting, exclusive benefits.

Please go to www.ion.ac.uk/ion-alumni-community/ to register your interest.



Nutritional Therapy Diploma Courses

aNTDC and eNTDC

Welcome from the aNTDC & eNTDC Head of Courses
Paula Werrett BA (Hons), DipION, mBANT, CNHC

I'd like to personally welcome you to the Nutritional Therapy Diploma Course.

My role is to ensure that the quality of your learning experience at ION is second to none.

The Nutritional Therapy Diploma (aNTDC & eNTDC) is ION's internationally-renowned flagship diploma course that has been running for over 30 years. The NTDC was one of the first courses to obtain accreditation by the Nutritional Therapy Education Commission (NTEC) and is the only NTEC accredited e-learning course reflecting the quality and rigour of the learning completed by our students.

Our philosophical approach is founded in Functional Medicine which grew out of naturopathy, the work of orthomolecular scientists such as Linus Pauling, and current research in psychoneuroimmunology. Functional Medicine is a science-based, holistic, patient-centred approach to assessment, prevention and the management of complex health problems and chronic disease. It aims to identify biochemical and physiological imbalances that may be causing health problems in the individual, and address these principally through nutrition, lifestyle management and behavioural change.

We are very proud of our diploma courses and look forward to welcoming you to ION for the start of your journey to becoming a nutritional therapy practitioner.

The courses

Our comprehensive part-time, modular course delivers up-to-date theoretical knowledge alongside rigorous clinical training to form the necessary basis of a career as a trusted, safe, effective nutritional therapy practitioner with the highest professional standards. The course first equips you with a comprehensive knowledge of the principles and philosophy of practice, components of food and their roles in human biochemistry and physiology, dietary analysis and menu-planning.

In Year 2 the focus moves to exploring underlying biochemical imbalances, diseases and conditions and the impact of nutrition. You begin to learn about functional tests, therapeutic foods, nutraceuticals, drug nutrient interactions and how to work with clients therapeutically.

Year 3 considers more advanced health issues, specialist and complex aspects of practice, understanding your boundaries as a practitioner, researching, planning and reflecting on how you propose to develop a successful career or business in nutritional therapy. There is a more in-depth study of the therapeutic relationship, using functional testing and personalising management plans. The emphasis is on clinical practice underpinned by research, translated into live clinical practice in the Optimum Nutrition Clinic in Richmond.

Individual modules

Individual modules ([see page 12 & 13](#)) are available on a pay-per module basis. Some modules are subject to meeting entry requirements. Modules can be used for Professional Body CPD requirements. Clinic modules can be purchased to meet return to practice requirements.

Contact courseenquiries@ion.ac.uk for further information.

Certificate in Nutrition

This award is for applicants who are interested in nutrition, but do not intend to become practitioners.

Year 1 *80 credits*
 All modules passed

Year 2 *60 credits*
 Functional and biochemical imbalances
 Drug nutrient interactions
 Functional & diagnostic testing concepts
 Disordered physiology

Year 3 *40 credits*
 Functional & diagnostic testing
 Nutritional therapeutics
 Practice management

Entry requirements

Level 3 education attainment: 160 UCAS tariff points which would normally include at least two GCE/VCE A Levels with one GCE/VCE A Level or equivalent qualification in a science subject (Biology, Chemistry, Physiology, Home Economics) or equivalent). If you do not meet the required entrance qualifications, ION offers specially-tailored Nutritional Therapy Science Access Courses ([Page 14](#)).

Return to practice

ION has a range of options for BANT non-practising members wishing to return to practice.

Option 1
 Qualified NT never practised/out of practice for up to 2 to 5 years from date of award/last insured

Option 2 (three to five years)
 Qualified NT never practised/out of practice for 5 to 10 years from date of award/lasted insured

Option 3 (over five years)
 Qualified NT never practised/out of practice over 10 years from date of award/lasted insured

All course and module fees: See insert.

Study options

The aNTDC and eNTDC are comprehensive, part-time modular courses that can be completed in a three to six year period to fit in with your lifestyle and the time you have available to study. ION prides itself on the flexibility offered to students; should life events require, you can switch between attendance and e-learning choices for different modules as needed, and/or extend the length of the course, or take a year out. (An additional administration fee may apply.)

As an attendance or e-learning student you will have access to our virtual learning environment where lecture slides, audio and video recordings, learning resources, interactive study exercises and much more are available. You will be assigned a personal tutor who will support and guide you through the course.

Attendance

aNTDC | September Intake

For our attendance option, teaching takes place in central London between September and June with approximately four-week intervals between lecture weekends. Learning begins at 9.30am and finishes at 5.30pm. A variety of teaching methods are used including lectures, workshops and seminars. Lecture sessions are recorded to give you the opportunity to listen again to embed and enhance learning.

Accreditation

The Nutritional Therapy Diploma Courses (NTDC & eNTDC) are subject to external review through the external examiner system, and standardisation to meet professional body requirements.



ION graduates may apply to join the Nutritional Therapists' professional register, which is now part of the government-supported Complementary and Natural Healthcare Council (CNHC).
www.cnhc.org.uk



Both the aNTDC and the eNTDC are fully accredited by NTEC (Nutritional Therapy Education Commission).
www.nteducationcommission.org.uk



Graduates may apply for professional body (BANT) membership.
www.bant.org.uk

Career opportunities

Nutrition pervades every facet of life. Most nutritional therapists have a portfolio career that might include:

- Nutritional therapist in private practice, natural health clinics, integrated medical practices and health & fitness clubs
- Corporate nutrition — health checks, health programmes
- Health foods / Whole Food retail
- Schools projects
- Media work — health writing, blogging, radio broadcasting, and television.
- Technical advisor or sales representative — food and supplement industries or for testing/diagnostic companies
- Product development
- Lecturing, teaching
- Working in the community, for charities, and social enterprise
- Research opportunities

“I can safely say that I am 100% sure Nutritional Therapy is what I want to do, and I have never said that about any career path before, I love it. I think one reason that I enjoyed it so much was the lecturers themselves.

Can I remark that the teaching this year, and in particular the business module, has been informative, supportive and truly inspired.”

aNTDC student



How to apply

Call our student support team who can advise you on your study options and fees.

Arrange to attend an open event (weekday evening or Saturday) or if overseas arrange a Skype interview.

Contact us:

T: +44 (0) 20 8614 7800
E: courseenquiries@ion.ac.uk

You can study depending on your particular requirements, through attendance or e-learning. Flexibility with you in mind.

Year 1 ▶

Nutrition Sciences 1

Biochemistry, physiology and internal anatomy | Introduction to the systems approach and using the Functional Medicine model | Role of nutrition science in an integrated approach to health | Introduction to academic literacy and academic integrity skills

Clinical Analysis

An introduction to clinical practice using the Functional Medicine framework for paper-based case analysis in preparation for consultations | Dietary analysis and menu planning strategies for implementing evidence-based, safe and legal nutritional programmes | Communication skills | Development of reflective practice skills

Assessments you'll have:

Essay Plan
Mini essay
PowerPoint presentation with referenced notes
Essay
Case analysis
Reflection using a personal development plan

Drug Nutrient Interactions

Drug/food/nutrient/herb interactions | Key principles of pharmacology (including pharmacodynamics and pharmacokinetics, mechanisms of actions, and common side effects) | Use of pharmacopeia | Principles of nutraceutical posology | An introduction to herbal medicine | Underpinning knowledge and skills development for demonstrating safe and legal nutritional strategies in the clinical practice modules

Functional & Diagnostic Testing Concepts

An introduction to laboratory tests (diagnostic and functional), and visual & manual screening for nutritional status | Using these tools in nutritional therapy clinical practice to enhance the individualisation of management plans | Skills in how to use an evidence based approach to determine the usefulness of these tests and screens in clinical practice | Interpretation of results are developed further

Assessments you'll have:

Essay
Aide memoire
Clinic practical
Case study
Magazine article
Critique
Short answer tests
Reflective portfolio

Year 3 ▶

Practice Management

Prepare students or graduates to start their nutritional therapy or CAM business | Cover the practical skills needed for setting up and succeeding in business, as well as the ethical and legal requirements | Introduce students and graduates to the variety of opportunities that may be open to them

Clinical Practice 2*

Provide students with tools, skills and learning to become competent, lawful, safe and effective nutritional therapy practitioners who are able to practise with autonomy by achieving competency at the stated level and range of clinical practice defined in the NTC core curriculum and identified in the NOS | Develop students' ability to reflect and engage in continual professional development | Contains compulsory supervised clinical practice

Principles of Nutrition

An introduction to philosophies, principles and standards underpinning nutritional therapy practice | Food composition | Factors affecting food choice | Factors influencing the nutritional value of foods for individuals, throughout the life cycle | Dietary models | An introduction to reflective practice, and personal learning planning (PLP) | Developing academic integrity, and academic literacy skills

Nutrition Sciences 2

Biochemistry, physiology and internal anatomy | Systems approach using Functional Medicine model | Research skills development | Review of Functional Medicine approach

Year 2 ▶

Functional & Biochemical Imbalances

Impact of environmental factors on health and well-being | Epigenetic | Prevention, and management of environmental triggers and mediators | Further research skills development

Disordered Physiology

Aetiology and pathophysiology of common diseases and health conditions | Functional systems imbalances and their links to disease states, health conditions and symptoms | Differential Diagnosis | Nutritional and behavioural strategies | Evidence informed nutritional modulation and monitoring of chronic conditions | Breastfeeding, weaning, childhood diets | Communicating to clients and the public

Clinical Practice 1*

Practical application of clinical analysis
Communication skills
Exploring the client-practitioner relationship with consultation 'role-play'
Observation of professional NTs
Ethics and Performance
BANT Code of Professional Practice & CNHC Code of Conduct
The Functional Medicine Framework
Personal Development Planning

Nutritional Therapeutics

A critical exploration of nutritional therapeutic approaches to complex and boundaried health conditions | Using critical appraisal of research to stay ahead in a rapidly changing field

Functional & Diagnostic Testing

A critical understanding of laboratory tests available to Nutritional Therapists to determine selection of laboratories and test(s) | Interpretation of test results used in specific clinical situations

Assessments you'll have:

VIVA
Case study
Client report
Business plan
Website pages –ethics and legal practice
Portfolio of evidence
Critical literature review
Clinical practice competencies

* Please note

Clinical practice has compulsory attendance requirements
Timetables and modules are subject to change

Nutritional Therapy Science Access Courses

aNTSAC and eNTSAC

Welcome from the NTSAC Head of Courses

Natascha Van Zyl CNHC, CThA, BHMA, RSM, MBPsS

I would like to extend a warm welcome to you as you embark on this wonderful exploration of the sciences and beyond. I look forward to working with you and supporting your journey towards achieving academic excellence.

In order for you to undertake your training it is essential that you have a good foundation in the sciences. Just as a magnificent tree requires strong roots, so does your learning. This course provides you with the solid foundation from which you can grow and flourish during your academic journey and beyond.

The course comprises three modules: chemistry, biology, and anatomy and physiology. It concentrates on aspects of these subjects that are relevant to nutrition. It is intensive and very rewarding, requiring between 10–17 hours of study per week depending on how you assimilate new knowledge. You will have access to an online virtual classroom with interactive learning materials, video, discussion forums and tutor support.

Study options

You can study one, two or all three modules, depending on your particular requirements, through attendance or e-learning. This course provides an access route to the Nutritional Therapy Diploma Course (NTDC) if you do not meet the entry requirements. You may also refresh your knowledge if you gained science qualifications some time ago. You may transfer across options depending on your NTDC entry date. We offer flexibility with you in mind.

e-Learning options (eNTSAC)

e-Nutritional Therapy Science Access Course

Access the course online, logging in when it is convenient to do so. This is a more flexible option if you are unable to commit to lecture weekends. Assessments are timetabled. Tutors communicate via forums and set formative activities to support progress. You are also invited to attend scheduled online tutorials, which provide an opportunity to connect with tutors and peers.

- *e-Learning Option 1: October - June*
- *e-Learning Option 2: January - July*
- *e-Learning Option 3: May - December*

The eScience Flexi Course

In certain instances following a set timetable may be problematic. This is the ultimate independent flexible option if you are unable to commit to lecture weekends or to formal assessment dates. Access the course online when you want to start and set your assessments to suit your lifestyle. Tutors communicate directly and set formative activities to support progress and you set up online tutorials. You have two years to complete the course.

eScience Refresh

You meet the entry requirements for aNTDC/eNTDC but feel you would benefit from revisiting and refreshing your scientific knowledge. eScience Refresh provides online access to interactive study materials, videos and interactive exercises. Much more fun than reading a textbook.

Attendance (aNTSAC)

a-Nutritional Therapy Science Access Course

Lectures take place over weekends starting on Friday evenings from 6 to 8pm, and on Saturday and Sunday from 10am to 4.45pm. Between lecture weekends, tutors will communicate with you via the forums and set formative activities that support academic progress. Assessments are timetabled. Scheduled tutorials (in class or online) further support your learning.

- *Attendance Option 1: October – June*
Lectures in Richmond around every 4 weeks.
- *Attendance Option 2: January – July*
Lectures in Richmond around every 3 weeks.

“Just wanted to say how amazing it is that the tutors update and post to the forums at the weekends and evenings. I personally have never experienced support like this before in my past post-grad education. We are really very lucky on this course to have this and the support of each other.”

aNTDC Year 1 Student



How to apply

Call our student support team who can advise you on your study options and fees.

Arrange to attend an open event (weekday evening or Saturday) or if overseas arrange a Skype interview.

Contact us:

T: +44 (0) 20 8614 7800
E: courseenquiries@ion.ac.uk

Chemistry

The chemistry module explores the composition, structure and properties of substances, and the interactions between them

Inorganic Chemistry

Elements, compounds and mixtures | The periodic table | Atomic structure | Electronic configurations | Chemical bonding | Names of compounds | The formulas of compounds | Chemical equations

Physical Chemistry

States of matter | Energy changes in chemistry | Chemical equilibrium | Acids, bases and salts | Reduction and oxidation | Rates of reaction | The composition of substances

Organic Chemistry

The alkanes | Naming carbon compounds | The alkenes | Cycloalkenes and arenes | The alcohols | The Carbonyls: aldehydes and ketones | The carboxylic acids | The esters | The amines | The amides | Optical isomerism | Amino Acids and Proteins

Assessments you'll have:

Essay or report
Exam
Multiple choice tests

Biology

The biology module introduces learners to the study of life at the microscopic level

Constituents of cells | Cellular respiration | The cell and cell membranes | Cell signalling | Enzymes | Cell division | Genetics | DNA & Protein Synthesis

Assessments you'll have:

Essay or report
Exam
Multiple choice tests

Anatomy & Physiology

The anatomy and physiology module takes learners on a journey of discovery through the human body

Animal organisation & physiology | Endocrine system | Cardiovascular system | Digestive system | Respiratory system | Lymphatic system | Immune system | Urinary system | Reproductive system | Homoeostasis | Nervous system and the senses | Integumentary system | Musculoskeletal System

Assessments you'll have:

Essay or report
Exam
Multiple choice tests

* Please note

Timetables and modules are subject to change

Short Courses

Continuing Professional Development and Food Education and Tasting Days

Continuing Professional Development

Already qualified in nutrition or another health discipline?

At ION we recognise that you need to be able keep up to date with the research around various conditions, health goals and life stages. You also need know and be able to openly discuss how to translate this into clinical practice.

ION runs an exciting and continually changing portfolio of short courses (usually one or three days in length). Led by experts in their fields and with a maximum of 35 participants, these courses provide you with a unique opportunity to consolidate learning and encourage critical thinking via lectures, case studies, discussions and group work.

You will receive a certificate of attendance from ION. This can be used towards Continuing Professional Development for various professions. Many courses also have accreditation or certification from other professional or awarding bodies including the British Society for Applied Nutrition and Nutritional Therapy.

Courses include:

1 day courses

- **Applying the latest nutrition evidence for people affected by cancer**
with **Carole Granger** BSc, MSc, MSB CBIol, NTCC, MBANT
- **Nutritional approaches to eating disorders**
with **Jane Nodder** MSc Nut. Med, Dip ION
- **Nutrition concepts for health, fitness & sport**
with **Jane Nodder** MSc Nut. Med, Dip ION
- **Supporting behaviour change in clinical practice**
with **Natascha Van Zyl** CNHC, CThA, BHMA, RSM, MBPsS
- **Thyroid and adrenal health: theory and practice**
with **Jane Nodder** MSc Nut. Med, Dip ION

3 day courses

- **Cancer: nutrition support before, during and after treatment and beyond**
with **Dr Marie Polley** BSc, PhD, PGCHE
and **Carole Granger** BSc, MSc, MSB CBIol, NTCC, MBANT
- **Fertility: nutrition support to improve outcomes**
with **Dian Shepperson Mills** Cert Ed, BSc, BA, Dip ION, MA
and colleagues

“Really enjoyed group work, being able to share and gain knowledge with other professionals and put into practice what I learned straight away.”

Nutritional therapist | CPD Course



Food education and tasting days

Interested in making meals more suitable to yours or a client's needs?

ION offers food education and tasting days to help members of the public and practitioners. Explore specific foods needed for different health needs or life stages, gain a wealth of ideas on how to easily and imaginatively incorporate foods, recipes and menus into yours, a family member's or a client's diet. Sample delicious drinks, snacks and dishes, and some novel ingredients and products. Take home recipes and reference materials.

'Fabulous Food' Days

with **Belinda Blake**, experienced nutritional therapist and lecturer

Courses include:

- Fabulous foods for children's health
- Fabulous foods for digestive health
- Fabulous foods for menopause and beyond

'Eat Right' Days

with **Christine Bailey**, award winning nutritionist, chef, author and broadcaster

Courses include:

- Eat right for brain health
- Eat to beat cancer
- Eat right for coeliac and gluten sensitivities

How to apply

ION students are eligible for discount .

Book early to secure your place

Visit www.ion.ac.uk/upcoming-events for an up-to-date list of all events being run and to book your place.

Contact us:

T: +44 (0) 20 8614 7800

E: info@ion.ac.uk

Testimonials

Charlotte Watts DiplION NTCC mBANT

Co-founder of Positively Slim

I made a very sudden decision to study at ION after what seemed like an epiphany to change my life in the direction of a subject I had become keenly interested in.

I devoured the exciting new knowledge right from the Science Access Course and was continually amazed that these were facts wholly unknown to the average person — nutritional knowledge seems so fundamental to life! I became an ION tutor where helping others gain these insights was very rewarding. Studying nutritional therapy has given me a career about which I am passionate and opportunities to spread this knowledge throughout many accessible media – online, books, magazines and TV.

Everyone eats and I truly believe that positive and healthy food choices are at the root of much potential social and ethical change.

Kya Williams DiplION, BSc, MSc

Nutritionist, Writer, Supplement Company Technical Advisor

The ION diploma was a real eye opener for me, emphasizing the powerful impact food can have on our health outcomes. During the 3 years studying at ION, I found the varied lectures to be very interesting and valuable, covering topics from immune function to business development! Being able to study alongside like-minded health conscious individuals made the ION course a truly enjoyable experience. I feel that ION really helped to give me a good foundation of knowledge and tools to set up my own practice, enabling me to help others turn their health around.

Five years on from graduating at ION, I now see clients in my clinic in Mayfair, contribute to leading consumer health magazines, and work as a Nutrition Technical Advisor for the supplement company Igenus. I also work on a variety of interesting freelance roles within the nutrition industry from menu planning to guest talks. The rewarding job opportunities in nutrition are quite varied and certainly different to your usual desk job, so if you are passionate about health I would highly recommend the ION diploma as a great starting point for setting you up for an interesting career in nutrition.

Lucille Leader DiplION, mBANT, NTEC, mCNHC

Nutrition Director The London Pain Relief and Nutritional Support

Clinic Author Presenter Lecturer

During my interview with ION founder Patrick Holford in 1996, I realised that I had "come home!" My passion for the multidisciplinary management of chronic illness which includes biochemically based nutritional therapy, led to my appointment at Dr Geoffrey Leader's clinic at The Highgate Hospital, London, as Nutrition Director. The clinic pioneered and established the multi-disciplinary management of Parkinson's disease internationally receiving The Parkinson's Quality of Life Award (USA) and CAM Outstanding Practice Award (UK). As a Member of the Expert Multidisciplinary Team of the European Parkinson's Disease Association (EPDA), I presented at The 2nd World Congress for Parkinson's Disease.

I authored *Medical Collaboration for Nutritional Therapists*, coauthored five books on Parkinson's disease with Dr Geoffrey Leader and 'Parkinson's Disease The Way Forward!', a collaborative book with world renowned experts (DENOR PRESS). I lecture internationally and am on Councils at the Royal Society of Medicine and British Society for Ecological Medicine.

Antony Haynes DiplION, BA (Hons), mBANT, mCNHC, mIFM

Co-founder of Nutri-Link Ltd

At the very first weekend at ION in 1990 I knew nutritional therapy was for me and have never looked back. After graduating I became a tutor and lecturer at ION, and I also presented lectures at a variety of other nutrition colleges since graduating in 1993. Later I established a Harley Street clinic and have successfully practised there for 23 years, seeing over 14,000 clients. I have two books published by Harper Collins and have contributed chapters to other books too.

As well as maintaining my clinical practice and teaching role, I am Head of Technical Services at Nutri-Link Ltd, which I co-founded in 1998 and is responsible for hosting and organising the IFM events in the UK.

Dawn Waldron DiplION, BA, MSc

Practitioner Author

The ION course gave me good nutrition knowledge and important skills for a lifelong exploration of health and healing. After graduating I gained valuable experience working in an integrated health practice as well as practicing from home.

I was delighted when ION invited me to become a tutor and spent five years teaching and lecturing while seeing a few private clients. In 2009, I published a charity cook book and added life coaching skills to my CV. All this was a prelude to becoming a full time practitioner working with people with critical health issues, and mentoring other nutritional therapists to grow their practice. Since then I have self-published another book and my practice has grown.

It hasn't been easy — it still isn't — but it's immensely rewarding. You never stop learning, that's for sure. My advice? Nutrition is a big field, find a niche and work within it.

Lisa Patient DiplION

Nutritional Therapist at Vital Health Nutrition Ltd, BANT Supervisor

The DiplION course provided me with excellent training in both theory and clinical skills, which gave me the confidence to build a successful practice, and also to move into corporate work and to becoming an accredited BANT supervisor.

My base is a GP's Medical Centre in South London and I specialise in metabolic disorders. Being a nutritional therapist is never dull and even after 6 years each patient brings a new and interesting challenge. I would highly recommend ION as a place to gain your Nutritional Therapy qualification.

Ian Marber DiplION




Founder of The Food Doctor group

Having graduated from ION in 1999 I co-founded The Food Doctor, championing proper nutrition and health until my departure in 2012. ION gave me an ideal grounding from which to grow a business but also to pursue my passion for writing. To date I have published 12 books on the subject of nutrition and have been translated into more than a dozen languages and have columns and regular features in several magazines and newspapers including The Times, the Spectator, The Telegraph, The Mail on Sunday, Top Sante, Attitude, Natural Health and New magazine. I have been profiled by both the New York Times and the Sunday Telegraph. Since becoming independent in 2012 I have acted as a consultant for food brands including Innocent and Bol as well as advised on food services and restaurants.

Institute for Optimum Nutrition

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