



NUTRITION  
THERAPY  
INSTITUTE

NUTRITION THERAPIST MASTER CERTIFICATION (NTMC)

# Course Descriptions

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# A Message from our Director

My initial interest in learning about nutrition occurred early in my now adult son's life. At about 6 months old, he developed severe eczema, and at 18 months old he was diagnosed with asthma. The asthma diagnosis didn't come as a shock to me as my husband had also had asthma since he was 18 months old and my brother and several cousins had had asthma and eczema early in life and into adulthood. So, it seemed inevitable - "It's genetic, asthma runs in the family on both sides" was the mantra I kept hearing.

But something about witnessing MY baby suffer with red, itchy, raw skin and struggle with breathing difficulty that prompted multiple emergency room visits didn't sit right with me. So I became curious and started on my own journey to learn what I could about health by reading books, magazines, etc. (no internet back then...). But I was disheartened and overwhelmed by conflicting information and wasn't satisfied with the surface-level "prescriptive" advice that seemed to be mostly fluff, and not anchored in anything of substance. Then at age 4, during his first dentist appointment, I was stunned to find out that my son had 10 cavities. Again, I was informed by a medical professional that genetics probably played a large role. Additionally, I was told "don't worry, it's common"; earlier I had been told that asthma and eczema are common as well.

Well, this was the final straw for me. I thought I was doing everything right with our diet - we ate very little sugar (really none), my son had never eaten candy, we didn't eat junk food, and I thought that my personal research had enabled me to choose a dietary plan that would provide the best health outcomes for all of us.

Was it truly common that most kids have these health issues and there was nothing to worry about? Certainly, there are drugs to manage the asthma and eczema - and my son was on many of them; and cavities can be filled and teeth can be capped to cover the evidence of poor dental health. But I wasn't satisfied with the status quo and I certainly didn't like being told that my concerns about his health were overexaggerated.



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# *Continued: Becoming a* Nutrition Therapist Master

I quickly realized that it was up to me to pursue formal education in nutrition to empower myself to truly take control of my family's health.

One of the most important benefits I received from my nutrition education, and I continue to appreciate today, is that I no longer have any confusion about what foods to eat. I don't get "dragged" around by headlines that say "new study says...." and wonder if I should stop or start eating this or that food because some "expert" says I should. And that's what I want for our NTI students as well.

The first on NTI's list of Core Values is Empowered Learning – which means we believe that job one is to empower our students to be critical thinkers and critical learners. We teach the science of the human body and how nutrients participate in human physiology. By teaching from this science-based perspective, students learn to have discernment in assessing the credibility and reliability of the information they are consuming.

They learn the mechanisms of action for all the nutrients so they know exactly which nutrients are required for optimal body system function. No more needing to believe what someone else says is "healthy"; NTI students receive an education that enables them to actually know how to make healthy food choices.

Just like on an airplane, when they say take care of yourself before you take care of others, our students obtain an abundance of knowledge that first benefits themselves and their families.

Then, because they achieve deep understanding of how nutrition influences health from a science and research-based curriculum, they attain confidence and competence in knowing how to help support their future clients in achieving their own wellness goals.

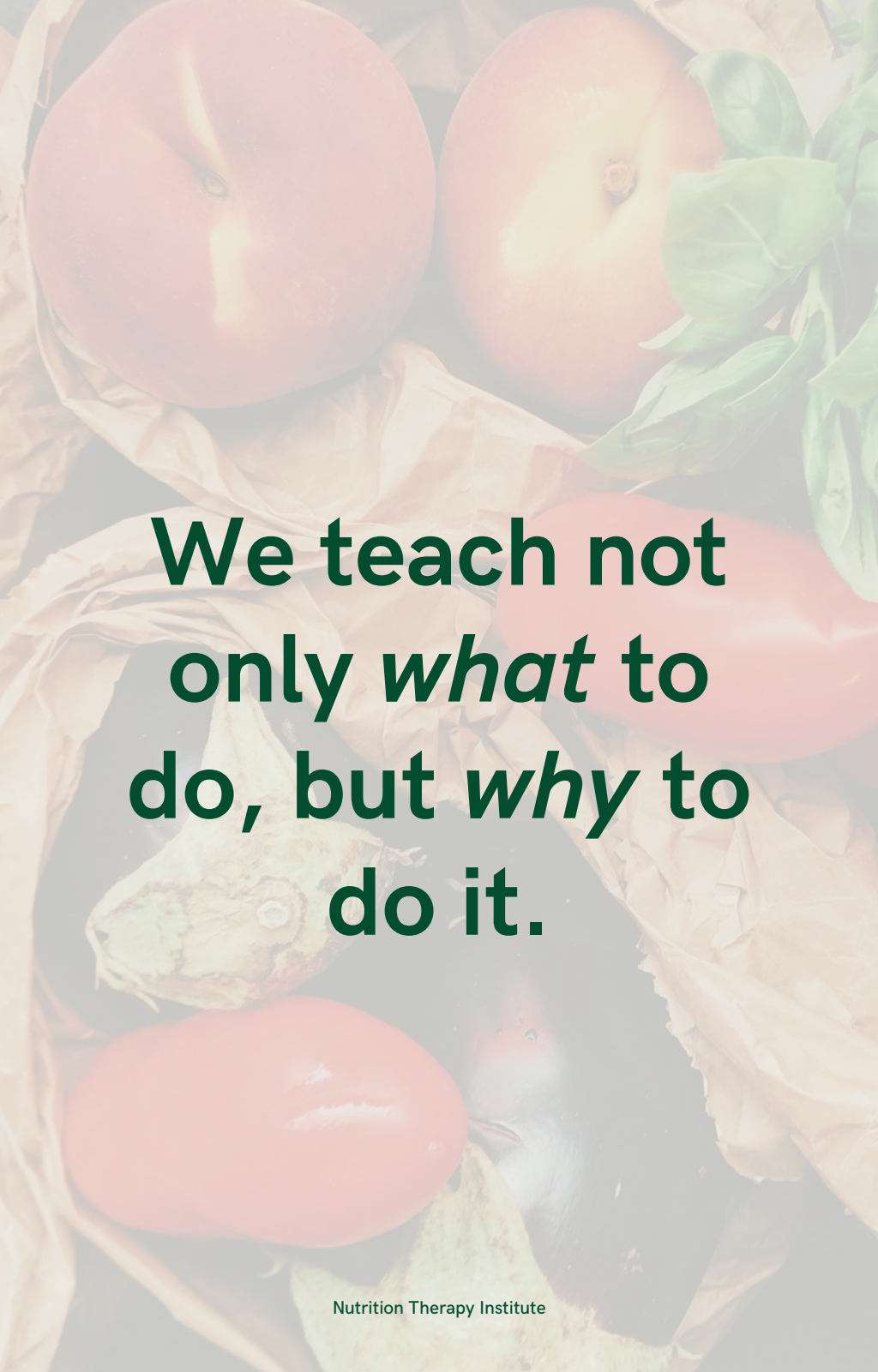
People are desperate for reliable guidance about how to optimize their food decisions and the demand for nutrition professionals is growing. By completing our comprehensive Nutrition Therapist Master (NTMC) training program, NTI's graduates are ideally positioned to fill this need. Additionally, a career in nutrition therapy enables our graduates to have meaningful work in a field that aligns with their personal beliefs about wellness.

Choosing to pursue an education is an investment in oneself. The personal and professional rewards for choosing the field of nutrition are enduring and will expand even more as the demand for this expertise grows.

Please review the following course descriptions for our NTMC program to see how NTI is providing our students with high quality, comprehensive education in holistic nutrition, helping them to achieve thriving careers in the field of nutrition therapeutics and wellness.



Dianne Koehler, MNT  
NTI Director



**We teach not  
only *what* to  
do, but *why* to  
do it.**

# Nutrition Therapist Master Courses

- ✓ Anatomy and Physiology for the Nutritionist
- ✓ Biochemical Foundations of Nutrition
- ✓ Nutrients: The Building Blocks
- ✓ Nutrition Therapy in Practice
- ✓ Digestion and Detoxification
- ✓ Weight Management and Sports Nutrition
- ✓ Life Cycles and Healthy Aging
- ✓ Pathophysiology and Clinical Applications
- ✓ Nutritional Endocrinology and Reproductive Health
- ✓ Introduction to Herbiology, Supplements, and Nutritional Lab Reports
- ✓ Business Readiness and Coaching Skills
- ✓ Research and Communications
- ✓ Independent Study (20 weeks)

Graduation and achievement of certification as a Nutrition Therapist Master requires successful completion of all 13 courses in our online NTMC program, which includes a combination of **Core Academic Courses** and **Skills Development Courses**.

The 500-hour fully online NTM program consists of twelve 10-week courses, and one 20-week course

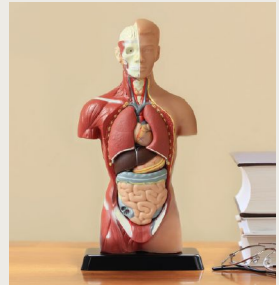
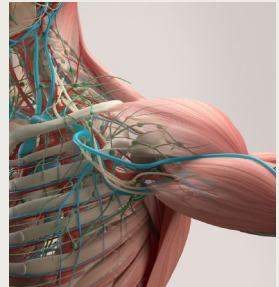


## PROGRAM OVERVIEW

# Core Academic Courses

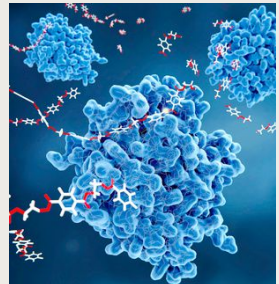
### Anatomy and Physiology for the Nutritionist

Anatomy and Physiology for the Nutritionist is the gateway to your understanding of the human body. This course will provide you with a roadmap, allowing you to understand how the human body is organized and how it functions. You will learn about systems of checks and balances that are constantly at work to keep the body functioning optimally, and how body systems work together to maintain overall health. You will become familiar with proper biology vocabulary, which will act as a cornerstone for the rest of your education at NTI, and your future endeavors in holistic health and nutrition. Even for students with no prior science background, this course offers accessible and relevant information to help you gain a comprehensive understanding of the structures and functions of the human body, and the key ways in which they work together.



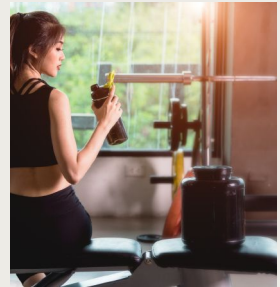
### Biochemical Foundations of Nutrition

Having a cursory understanding of biochemistry is fundamentally necessary for a Nutrition Therapist Master. Food provides the chemical nutrients that interact with human biochemistry to create physiology. In order to appreciate how dietary adjustments will affect health outcomes, one must first understand the underlying chemical influences of the foods we eat. This course provides the foundational knowledge to comprehend these concepts, and the information gained here will be indispensable for all future learning at NTI.



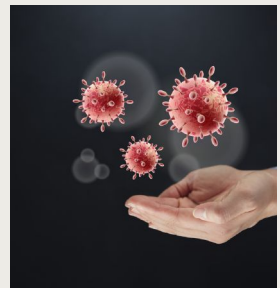
## Nutrients: The Building Blocks

The chemistry of nutrients is fairly well understood, and yet new understandings about how they interact with human biochemistry are frequently being discovered. NTI believes it is important for its students to have a broad understanding of nutrition so that they learn how to sift through the enormous glut of information and are able to make judgments about what is useful and what is not, with discernment and skilled critical thinking. This makes our students better practitioners and better educators. Therefore, throughout this course, students will foundationally learn the chemistry and metabolism of individual nutrients; they will also be introduced to varying philosophies about how this information is interpreted and applied to daily food choices.



## Weight Management and Sports Nutrition

Weight management is a common topic of concern for many clients and is sure to be one that the practicing NTM will address frequently in their wellness protocols. However, the area of weight control can be overwhelming - fraught with "magic" quick fixes, gimmicks, and a frequent parade of diet books being published. A holistic approach is based on the recognition that body weight is just one factor in overall health and that when other variables are investigated and dealt with, often, body weight can normalize. This course focuses on the influence of metabolism, energy balance, hormones, genetics and the microbiome on weight management, and it introduces the dynamics of food addiction. The course concludes with lessons in sports nutrition and initiates a dive into the science of nutrition for athletic performance.

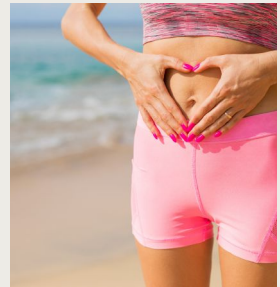


## Pathophysiology and Clinical Applications

Pathophysiology and Clinical Applications consists of an intensive study of many of the most pervasive chronic health conditions encountered in a NTM practice. Students will receive an introduction into the background and etiology of each of the disorders, and will explore the use of nutrition protocols to provide supportive adjunctive care and enhance the body's own natural ability to mitigate the effects of these conditions.

## Life Cycles and Healthy Aging

This course delves into the human experience during various life stages and discusses the nutritional requirements throughout the lifespan. The curriculum begins with an introduction to gametogenesis, egg fertilization and fetal development, and ends with conditions commonly seen in the elderly. Additionally, students will learn about nutrition needs for preconception/fertility, pregnancy, infants, toddlers, children and adolescents. Common childhood illnesses are covered with a balanced discussion on vaccines. The causes of aging are investigated and key nutrition strategies for mitigating signs of aging are discussed. Neurodevelopment disruption, cognitive decline and supporting longevity are key areas of focus throughout the course.



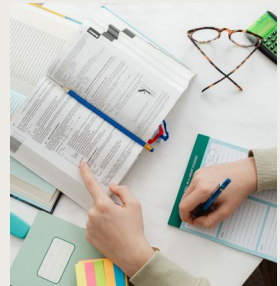
## Digestion and Detoxification

Proper digestion and elimination are the foundations of good health. Digestive health is said to be the first consideration in assessing the health and health potential of an individual. If the body cannot efficiently take in, digest, absorb, transport and utilize the nutrients from consumed foods, this sets the stage for the deterioration of health. Nutrients in the proper amounts for each individual must be available for the growth, repair and maintenance of cells and tissues. Conversely, if food is not digested and absorbed properly, it putrefies in the intestines and causes autointoxication. Closely related to digestive function is detoxification. In this course you will learn how the two systems interact and how dysfunction in one can cause problems with the other.



## Research and Communications

This course provides an overview of the research process and prepares students for the Independent Study course. Students learn to search for, manage, and critically evaluate scientific literature such as journal articles and research studies. Students also learn the process of writing a literature review, including topic selection, outlining, drafting, revising, editing, citing references, and visually presenting data.



## Nutritional Endocrinology and Reproductive Health

The purpose of this course is to provide a sound understanding of the nutritional requirements for maintaining balance within the endocrine system to enable appropriate regulation of body function. This begins with an understanding of the interconnectedness of the endocrine system within itself and with other organ systems - referred to as endocrine synergism. Thyroid hormone balance is featured along with reproductive hormones and other associated male and female specific health concerns. Lastly, key concepts about the endocrine influences on bone health are addressed.



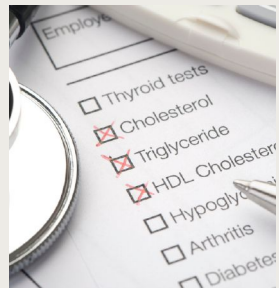
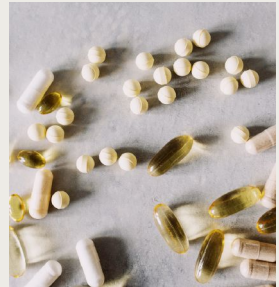
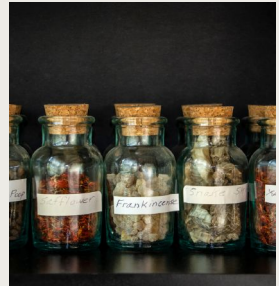
## Introduction to Herbology, Supplements, and Nutritional Lab Reports

This course consists of three sections: Herbology, Supplements, and Laboratory Assessment. Each of these topics could easily fill years of study. Use this introduction to gain an exploratory understanding of each topic and to create a foundation for application of the knowledge and tools in your clinical nutrition practice.

Herbalism is a fascinating sector of holistic health that provides a usable framework for incorporating a 'food as medicine' approach to wellness. This course will introduce foundational concepts and herbal strategies that appropriately dovetail within a holistic nutrition practice.

The supplements industry is massive and can be overwhelming for professionals, let alone for the individual seeking to determine which supplements may be beneficial to support their own wellness goals. This course will provide a foundation for understanding the regulations about supplement sales, tips about how to identify high quality products, and ideas about how to include supplement sales as part of your business model.

Laboratory tests are an integral part of modern medicine. Although Nutrition Therapists are not allowed to order testing for their clients, it is within their scope of practice to learn how test results can offer clues about the nutritional status of that person. This course offers an introduction to the types of test results clients may be bringing to you that can be used to create a more individualized nutrition strategy.



## PROGRAM OVERVIEW

# Skills Development Courses



### Nutrition Therapy in Practice

This highly interactive course begins with providing guidance on how to create the intake forms you will be using to gather information from your clients. This information is key to your client interaction by being the template for establishing their goals, gathering diet information, providing guidance and support, and tracking progress. Additionally, you will learn how to do diet analysis to evaluate current dietary nutrient sufficiency. Intertwined throughout this course are reviews of popular diet strategies as well as clinical tools for working one-on-one with your clients.



### Business Readiness and Coaching Skills

This course provides foundational information about how to turn your academic knowledge about nutrition and health into a career. Here you will investigate your goals for what you want to do after graduation from NTI; learn about the underlying motivations for your decision making; identify your own strengths and weaknesses that will help inform what path you should take in turning your passion for nutrition into a revenue generating endeavor. Whether you want to pursue entrepreneurship or have a goal of working for someone else, or it's more of a moving target and you don't yet know what route you would like to take, this course will provide relevant business knowledge and skills that are applicable in a variety of situations. Concurrent to the business training, you will also learn important coaching skills that will help you achieve your ultimate goal of making a meaningful impact in others' lives. Making diet and lifestyle changes is often difficult for people to do; having training in coaching skills will allow you to be more effective in guiding your future clients through these changes.





## Independent Study (20 weeks)

The Independent Study course is the culmination of your education at NTI. It is your opportunity to take a topic that you are passionate about and immerse yourself in the research to become an expert about that subject and exhibit what you know in this final project.

We live in a time when information is widely available, and consumers are routinely accessing information online. Nutrition Therapist Masters need to connect with their clients and potential clients with succinct, visual, and engaging content. This course will provide resources and guidance to help students produce quality materials that can be used on their own websites or as part of broader marketing and outreach efforts.

## Ready to learn more?



### Attend an Informational Webinar

Trying to understand if NTI is the right fit for you? Want to learn more about the courses & the learning format? Meet our Director and the Admissions Team on this FREE 1-hour informational webinar!

[SIGN UP HERE](#)

# What You Receive as a Student

Nutrition Therapy Institute offers the most comprehensive holistic nutrition training program so that our students really understand how the body works. No prior biology or nutrition background is required. Our courses are designed so that complete newbies can become confident nutrition professionals - most of our students have no science background, or haven't been in school for years.

## Easy-to-use student portal for all courses



- ✔ User-friendly online learning platform with class materials
- ✔ Course slide decks & handouts (available digitally or printed)
- ✔ Online quizzes, exams & case study projects to fully grasp concepts
- ✔ Recorded videos & optional live lessons
- ✔ Instructor feedback & office hours
- ✔ ...and so much more!

# How the NTM Certification stands out



## Start Anytime

Start anytime - we recognize that our students have busy lives, so we've made it our goal to offer the most flexible program



## Go At Your Own Pace

Move as quickly or as slowly as you need to - there is no deadline to finish the program, but most students take 1-3 years



## Study Fully Online

Be 100% online as a Group Start or Independent Start student - choose the format that's right for you



## Choose Your Load

Choose & adjust your course load as needed - allow school to easily fit into your life



## Pay-as-you-go Tuition

No down-payments or deposits - you only pay for the course(s) that you're enrolled in ([tuition info here](#))



## Cutting-edge Science

Nutrition science is constantly evolving and NTI is continuously updating course materials



## Expert Coaching Skills

Become a confident and competent nutrition professional in your community through motivational interview training



## Be Ready for Business

You will be introduced to usable, relevant business tools that can be implemented to build a successful business



## Case Study Experience

Be ready to offer your services to paying clients on day 1 after graduation after working with multiple practice clients throughout your coursework

# Meet Our Students & Graduates

*"Going to NTI gave me an amazing foundation to springboard my career and live the business owner life I had been dreaming about. I found every class challenging yet accessible, each instructor was very knowledgeable and approachable, and with my background in exercise physiology, I could really round out my knowledge around providing well-researched health advice that could not be obtained without the power of root-cause nutrition."*

BETH BUCHANAN



*"During my training at NTI, I learned so many ways to educate our clients on the importance of real food, how to coach them and motivate them in a manner that is intentional and sustainable; and how to create a plan that fits their lifestyle, their budget, their beliefs and that actually works! In all of NTI's courses, I learned so much about the intricacies of the human body, and why it's so important to treat each client with a tailored approach to nutrition, rather than a 'one-size-fits-all solution'."*

JENNA BOS

[READ MORE TESTIMONIALS](#)

*The coursework covers so many topics and body systems. Although each course has a different focus, the themes remained the same throughout. It's exciting as a student to see a concept return from a previous course and empowering as a practitioner to know that the basics are always beneficial: whole foods, physical movement, balance in lifestyle, and positive mindset. I often refer to my course materials and books used and offered by NTI - both offer such in-depth content.*

KAYLEE PICKETT



*"NTI's emphasis on evidence-based practice equipped me with the skills to critically evaluate research and apply evidence-based principles in clinical settings, ensuring that my nutritional recommendations were grounded in scientific evidence. NTI offered valuable practical experience through case study opportunities, allowing me to translate theory into practice by conducting client consultations and developing personalized nutrition plans."*

TAMRA TOMPKINS

*"When I found Nutrition Therapy Institute, I knew it was the place I wanted to start my nutrition education. There are many offerings out there that allow you to call yourself a "nutritionist," but few of them are as in-depth and reputable as NTI. NTI's curriculum is based in science and research. It comprehensively covers nutrition at a biochemical level in all body systems. When I graduated, I was well-prepared to launch a career as a holistic nutritionist. I highly recommend NTI to anyone who wants to take a deep dive into learning how nutrition can be used to restore and optimize health."*

THERESE REVITTE



CHOOSE TO CREATE OPTIMAL HEALTH THROUGH  
HOLISTIC NUTRITION EDUCATION

# Ready to become a Nutrition Therapist Master?

**APPLY HERE!**



Questions? Book a call with  
an Admissions Counselor!

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Webinar

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