Nutritional Recipes - Unit NUTN307

Lecturer: Simon O’ Connor

This unit of study is a requirement for the Advanced Diploma of Nutritional Medicine offered by the AIHM but is also open to anyone who is interested in learning more about nutrition and how to use it in a healthy and effective way to enhance your daily life.

Learn what goes into a healthy food, the balance of creating a good meal and how to adjust what you, or your clients, already do, to be more beneficial while still tasting good. Learn how to create meal plans and adjust recipes to suit your therapeutic goals.

Explore the exotic and mundane super foods; make super smoothies, power juices, bliss balls, and splendid toasted muesli. Get creative with sprouts and legumes, improve your mood with food, prevent and manage chronic diseases such as diabetes, cardiovascular disease, autoimmune conditions, anxiety, depression, obesity, dementia, Alzheimer's and arthritis. Design menus to help kids power through a school day, maintain energy and brain power through the work day and much more. Explore gluten free, become vegetarian, go raw!

Get your hands dirty, share your favourite recipes, discover/rediscover how good food can actually taste great. A practical unit which will delight both Nutritional medicine students and any members of the general public interested in helping themselves and their family to better health through food as medicine.

Venue: AIHM, 862 North Lake Road, Cockburn Central, WA
☎ 9417 3553

Dates: Sunday 19th October, 26th October, 2nd November and 9th November 2014 (4 Sundays)

Time: 10.00am – 5.00pm

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<thead>
<tr>
<th>COSTS</th>
<th>Unit</th>
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<tbody>
<tr>
<td>International Student</td>
<td>$660.00</td>
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<tr>
<td>Local Students</td>
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Registrations should be received with payment on or before 13th October 2014

The AIHM reserves the right to postpone this elective if there are insufficient participants

Registration Form

Please enrol me in Nutritional Recipes - NUTN307 starting on Sunday 19th October 2014. My enrolment fee is enclosed/attached

Name: ________________________________

Address: ______________________________________ P/Code: ______

Phone: ___________________________ Email: ___________________________