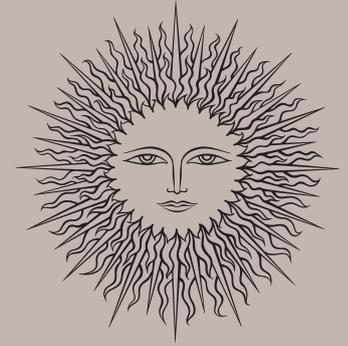


ALTERNATIVE
TRAINING



Prospectus
Nutrition · Anatomy & Physiology · Pathology & Disease

Alternative Training · recognition and affiliation

Amongst many others we support and work with:

ABCC

For excellence in
distance learning

Alternative Training is a member of The Association of British Correspondence Colleges (ABCC). The ABCC is the only trade association in the UK dedicated to distance learning providers. Member Colleges all sign and agree to abide by their Code of Ethics which guarantees high standards of service and integrity.

THE BRITISH HOLISTIC MEDICAL ASSOCIATION

Alternative Training is a member of the BHMA, formed in 1983 with the mission to educate doctors, medical students, allied health professionals and members of the general public in the principals of holistic medicine.



We are registered members of the Complementary Medical Association (CMA), who are recognised by the public and doctors alike as the leading organisation in the field of ethical, professional complementary medicine. The CMA is totally dedicated to representing “the professional face of complementary medicine” and promoting research, education and knowledge in the field.

welcome

Welcome to our latest prospectus and thank you for your interest in Alternative Training. Here you will find information about our Nutrition, Anatomy & Physiology and Pathology & Disease courses.

We have provided professional home study education in alternative medicine since 1987, enrolling more than 500 students on our courses every year in over 50 countries. It is our passion for advancing and spreading alternative medicine to the very highest level that has made our programmes so well known and accepted.

When you enrol on one of our courses you will be joining a worldwide family of students, colleges and practitioners working together to make life healthier. We take personal pride in our service because it is dedicated to your development as a healer and your success in practice.

We hope you choose to join us and we look forward to accompanying you on your journey of learning and discovery.

If you have any questions just give us a call: +44 (0)845 257 8887



introduction

Alternative Training is recognised as a leader providing home study courses for alternative medicine. Founded in 1987, the company stands for quality and the highest levels of student support. We have helped countless students spread their wings and take flight into the world of alternative medicine.

Alternative Training offers:

Three medical science courses:

Anatomy & Physiology Course
Pathology & Disease Course
Nutrition Course

Four homeopathy courses:

Taster Course
1 Year : Foundation Course
2 Year : Introduction into Practice Course
4 Year : Practitioner Diploma Course

Our courses can be taken anywhere in the world through Open University-style home study.

The courses complement one another embracing the same wellbeing philosophy and values, and the holistic perspective of the courses gives the company a unique niche in the market. This approach ensures Alternative Training is the number one choice for many students, practitioners and colleges, including: homeopathy, herbs, nursing, nutrition, oriental medicine, yoga, acupuncture, kinesology, massage, shiatsu, energy healing, reiki, Bowen technique, Chinese medicine, ayurvedic and many more.

Alternative Training serves its students from England, with representatives in America and Canada and a network of over 40 specialised course mentors and supervisors.

The homeopathy courses were created by, and are continually developed by, the School of Homeopathy. The School is the oldest in the UK and has an extremely high reputation for quality and standards. It's Founder and Principal is internationally acclaimed homeopath, Misha Norland. Our homeopathy courses are not detailed in this prospectus, however the homeopathy prospectus can be downloaded from our website www.alternative-training.com or sent to you. Please contact us if you would like additional information about these courses.

With the move towards higher standards

in the teaching and practice of alternative medicine, it is becoming increasingly recognised that you need a sound understanding of key aspects of orthodox medicine to be a safe and effective practitioner. The objective of these three home-study courses in Nutrition, Human Anatomy & Physiology and Pathology & Disease is to give you the necessary knowledge and understanding of these subjects in order to best support and complement your alternative therapy practice.

The study of these subjects

has, in the past, presented many problems with very few texts being specifically written for alternative practitioners. There are many fine medical books, but their content is usually too detailed or too biased towards the needs of orthodox practice. We have therefore developed these courses in order to provide a simple means for you to easily extract relevant material from carefully selected textbooks and to guide you step-by-step through your study in an interesting and easy way.

This approach is aided by additional clarification and expansion of many of the topics covered, with learning feedback provided through both self-assessment questions with model answers and tutor marked assignments. You can take any of the courses on their own, but the Anatomy & Physiology Course provides the ideal preparation before you start on the Pathology & Disease Course.

The topics covered by each course

should be sufficient on their own for many therapies. If you need more detailed study in particular areas, however, the courses will give you a very solid foundation for this. They will also be of value if you need to expand or refresh your existing knowledge of these subjects, particularly if your previous study was in an orthodox medical environment.

The emphasis in each course is to help you understand the material, and to make your study have as much practical application as possible. This is particularly true with the Pathology & Disease and Nutrition Courses, where a large amount of valuable information is readily presented for your direct use as a practitioner.



the courses

The study of medical sciences is an essential part of the education of the alternative practitioner.

- *It enables the practitioner to distinguish symptoms common to disease from those that are characteristic to the patient.*
- *It enables the practitioner to know how the disease is likely to progress should treatment be ineffective.*
- *It helps the practitioner know when to re-prescribe or to refer to another health care specialist or medical doctor.*
- *It helps communication and confidence both with patients and other health professionals.*
- *It provides an understanding of conventional diagnosis, prognosis and treatment, and how these may affect and modify management of an individual's health.*

Course Structure & Method of Study

Each course is divided into a number of Study Units covering specific areas. Objectives are given for each section of study, and suggested Study Periods are provided for the Anatomy & Physiology and Nutrition Courses. Your main method of study is by reference to specific paragraphs and diagrams of the course textbooks, which have been carefully selected for their clarity and relevance of content. Additional explanations, descriptions and diagrams help to make the home study interesting and effective. You are gently guided through the course, with regular self-assessment questions and model answers provided to help you check your progress and assist your learning. To enable your level of understanding to be assessed, you will answer a number of essay-type assignment questions at the end of each Unit. You will send these to your designated tutor, who will give you feedback and further guidance if required. There are no exams involved, marking is by continuous assessment.

Assessment & Certification

Rigorous external assessment is provided through completion of comprehensive assignment sets, with high standards of tutor marking. Course certification is equivalent to a UK vocational 'A' Level or NVQ Level 3 and will provide you with a solid foundation should you wish to undertake further study. The course certification is widely accepted, recommended and used by many schools, colleges and individuals as part of their integrated training programmes. There are 4 - 6 assignments at the end of each unit that you send to your tutor by post or e-mail. These are assessed and returned to you with written feedback. To complete the course, you need to attain a passing grade in each of the assignments. You will then be awarded Alternative Training's Certificate.

By purchasing a distance-learning course from Alternative Training you are assured of receiving a high quality of product, service and care. We are registered members of:

The Association of the British Correspondence College (ABCC)
The British Holistic Medical Association (BHMA)
The Complementary Medical Association (CMA)

nutrition course

Course Content

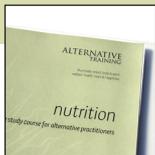
Nutrition is an indispensable part of our everyday lives and something that people are becoming increasingly more conscious of. A growing number of people want to know more about how to make healthy and informed choices about diet and nutrition. There are so many benefits of a healthy diet and this course can inspire you to put them into practice. Our home study course is designed to give you a holistic and comprehensive overview of nutrition. It's a great introduction to the world of nutrition for both you and your family, providing you with a firm base of understanding.

This course is ideal for anyone wishing to gain a sound knowledge in the subject of nutrition. Foods and their effects on health are something that affect us all, and this course gives a great foundation into this growing area of interest. The course explains the principles of nutrition and gives up-to-date guidance on its application. It also provides a good understanding of the scientific basis of nutrition.

The course looks at the constituent parts of what we eat, the macro nutrients of carbohydrates, proteins and fats, the micro nutrients of minerals and vitamins, and other factors of nutrition, such as bowel flora, that have such an important effect on how we get the most out of our food.

We study the physiology of food processing by our bodies, looking at how this works in a healthy body and how it can go wrong. We look at the problems caused by modern food processing, from use of chemicals, high protein cereal varieties and antibiotics in livestock, to the use of food additives and other techniques employed in convenience foods. Finally, we





examine the basic constituents of a healthy diet, with guidance on diets designed for therapeutic use, for specific illnesses, and for maintaining a healthy body. The information is presented in a way that should enable you to readily apply your understanding to many situations and to know how to find additional guidance if the need arises.

Course Textbooks

J Mann & S Truswell
Essentials of Human Nutrition, 2nd Edition
ISBN 0198508611

R Ballentine
Diet & Nutrition – A Holistic Approach
ISBN 0893890480

Course Structure

The two course books comprise an up-to-date reference text, plus a lively account bringing together modern science and traditional wisdom in a very readable form.

Extracts from these are linked together with additional course material to make the study enjoyable as well as instructive. There is a strong emphasis on practical application, so that your understanding can readily complement your main practice.

The course consists of three study units, each covering several major aspects of nutrition. Each unit is divided into a number of Study Periods of about 2–3 hours in length to help you structure your study time.

The course is designed to take around 125 hours of study to complete. So if you are able to commit 6–9 hours a week to undertake 3 study periods, you can finish the course in about 4–5 months. Your study time is flexible, however, to meet your individual needs. The main topics in each of the 3 units of the course are shown alongside.

Unit 1: The Macro Nutrients

Introduction to nutrition
Carbohydrates
Proteins
Fats

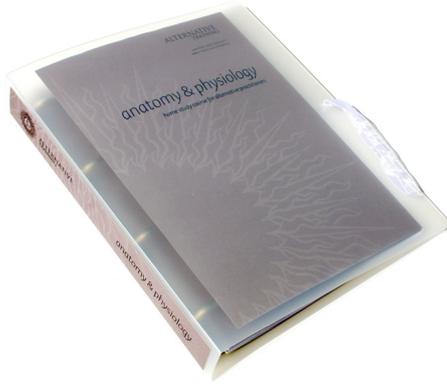
Unit 2: Minerals and Vitamins

Sodium and potassium
Water balance
Acid-alkaline balance
Calcium and magnesium
The microminerals
Vitamins

Unit 3: Nutrition and Health

Elimination, bowel flora and bowel health
Detox diets
Vegetarian and vegan diets
Food combining
Allergies, chemical residues and additives
Mineral and vitamin supplementation
The composition of a healthy diet

anatomy & physiology course



Course Content

This course is designed to be studied either on its own, or as a part of your overall training in your chosen therapy, or to fulfil pre-entry requirements for such training. It may also be of use to meet part of a membership organisation's registration requirements.

The aim is to provide you with a good familiarity of the structure of the human body and its basic operation. It should give you a sound understanding, without the need to memorise all the information provided. If you do need further clarification, however, you will know how to look up the details as and when they are needed.

The course syllabus is equivalent to UK vocational 'A' Level standard and NVQ Level 3. It has been compiled after careful consideration of the requirements of various therapies and colleges and societies of alternative medicine. All the major systems of the body are covered, and the material is grouped and presented in a way that helps you to understand how the various elements link together holistically.

The main functional groupings are as follows:

- Introduction to anatomy & physiology
- Organisation of the body
- Provision of energy
- Adjustment & control
- Growth, reproduction & essentials of heredity
- Response & coordination



The study material is regularly reviewed and revised with careful reference to student and tutor feedback.

Course Textbooks

Ross & Wilson

Anatomy & Physiology in Health & Illness

10th Edition

ISBN 0443064687

W. Kapit

The Physiology Coloring Book - 2nd Edition

ISBN 0321 036638

Course Structure

The two textbooks that are provided as an integral part of the course have been carefully selected for their clarity of information and practical use for study; they will also be a valuable reference for use in practice. Text and diagrams from these books are integrated into the course in a way that gives a balance between theory and application, with plenty of practical activity to help support the academic learning.

The course is divided into 5 Study Units, each covering major aspects of the syllabus. The Units have suggested study periods of 2-3 hours duration each to help you structure your study time, so that the work can easily be fitted in with your other activities. Although the study largely adopts the usual method of following the various anatomical systems, the various topics are integrated together to illustrate their functional interaction, so as to help you better understand and remember their purpose and operation.

Around 150–200 hours of study time will be required to complete the course. If you undertake 3 study periods (i.e. 6–9 hours) each week, it would thus take you about 6 months, but you may take less or more time than this if you wish. A fuller contents list for each Unit can be provided on request.

The 5 Study Units contain the following main material:

Unit 1

Cells, tissues, organs, organ systems, cardiovascular system

Unit 2

Respiration, nutrition, digestive system

Unit 3

Temperature regulation, osmoregulation: the kidney, defence against disease

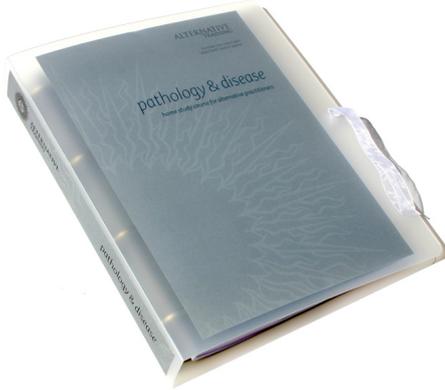
Unit 4

Cell division, reproduction, genetics & heredity

Unit 5

Sensory & nervous system, endocrine system, musculoskeletal system

pathology & disease course



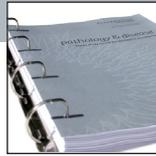
Course Content

This course is designed to enable you as a student or practitioner of alternative medicine to understand the basic principles by which orthodox medicine operates. The viewpoint, however, is always in relation to the alternative practitioner. The emphasis is on the management of cases that are commonly seen in clinical practice, together with recognition of warning signs and symptoms that may require you to refer your patient to another practitioner.

Throughout the course, there are discussions on how to relate conventional ideas of disease to those of alternative medicine, so that you can view conventional medicine from the perspective of your own particular therapy. The objective of the course is to help you carry out your particular form of practice with a more informed understanding of disease processes that will in turn lead to better and safer treatment for your patients.

At the end of this very practical course, you should be able to:

- Compare the philosophical differences between conventional and alternative medicine
- State common terms used by conventional medicine
- Understand common investigational procedures of conventional medicine
- State the clinical features of the many disease conditions studied
- Explain how treatment by conventional medicine affects treatment by alternative medicine
- Explain appropriate courses of action to take in particular clinical situations
- State how to liaise with other health professionals



Course Textbook

S. Gascoigne, The Clinical Medicine Guide – A Holistic Perspective
– Jigme Press: ISBN 0952218933

Course Structure

Stephen Gascoigne is well known and respected as an author, lecturer and practitioner of Chinese Medicine, Acupuncture, and Medical Sciences. His textbook provides you with a valuable source of reference on completion of the course, along with the course notes and practical research assignments. Information is presented in a dynamic and interesting way, by means of exercises and useful case studies, enabling you to prepare for situations that you may well encounter in your own clinical work.

The course is divided into 4 Study Units, each covering a number of major topics. The approach mostly follows the usual method of study of conventional medicine, i.e. through the various anatomical systems. Within each system, there is discussion of symptoms, how to recognise serious disease, investigations, specific disease states, and how you can manage these conditions as an alternative practitioner.

The nominal course duration is around 200-250 study hours, but the study time for each topic is left to your discretion, as students of different therapies may wish to apply a greater focus to some aspects than others.

The 4 Study Units contain the following material:

Unit 1

Introduction & philosophy
Basic pathological processes
Common medical investigations
Infectious disease
Cancer

Unit 2

Cardiovascular system
Respiratory system
Urinary system
Musculoskeletal system
Dermatology

Unit 3

Special sense
Gastrointestinal system
Central nervous system
Endocrine system

Unit 4

Obstetrics
Gynaecology
Children's health
Psychological disorders

what our students say

"The course offered by "alternative training" is perfect. You learn the basics about nutrition without being overwhelmed by strange words, heaps of numbers and weird philosophies. Instead, you learn the common sense side of nutrition, the stuff that is actually logical and usable in every day practice. The assignments are fun to do, the support you get from the mentors is great and above all helpful, and the knowledge that you gain can be summed up like this – absolutely essential!"

"I found it to be all very convenient because there is so much time allowed for study and no set timetable for handing work in. There was always support if I needed it and in general the course is so well done that if you read all the material carefully and do some of your own research it is very feasible to get it done!"

"First, I love understanding the science of pathology and disease, at the no-I'm-not-a-biochemist level. I actually had a patient who had thyroid symptomatology and it was great to be able to feed off the knowledge that I gained through doing the essay - and quick enough after the essay that I actually remembered some of it too. Now that is really amazing!!"

"Since the course is designed for alternative practitioners it was not too heavy, but for me it was very inspiring. It opened my eyes and my mind to how beautiful nature is, how highly organised it is, how everything is so interconnected, related and influenced by everything else. It made me appreciate life itself even more. Every day I am more amazed by how rich and infinite the process of life is."

"I thoroughly enjoyed the course. I have had no formal A&P training before, but I think that the course, with a stimulating and challenging content, provides a solid foundation for alternative medicine training, as may be required."

"It is a great challenge to study all on your own but the course content, which is so thought provoking and well presented, does compensate to an extent. More important though, are the much appreciated support and encouragement that I have received from the tutors."

"I have found the information to be helpful already, in some of the paper cases I've done in my school assignments. It does indeed seem to be a missing piece that is coming together well. Thanks."

"This course has been really valuable to my professional development - thanks. I definitely learned more details about the pathology and disease process from the conventional medical field and felt reassured with what knowledge was necessary to also practice responsibly from the alternative perspective."

"I am finding the course very interesting. I often don't think that I took much of the information into my head, but then something seemed to managed to stay in there."

"I had fun working on this course for the summer! The human body (or any body for that matter) is truly amazing. I think the most important thing I am taking away from this course is to realise how it all fits and works together. Which is right where a holistic approach to medicine and healing comes in!"

"What I initially felt would be an overload of information actually has turned out to providing a deeper understanding and alternative view of pathology."

"I really enjoyed the P&D course . I found the course to be very well structured, especially for non-medically trained students. It covered all the important aspects of human diseases and provided detailed information about their descriptions and course. His comparisons between allopathic and holistic treatments of chronic disorders totally changed my point of view about my approach to the human body. Through this course I realized how easily you can destroy the balance of the human system through the allopathic treatment. At the same time, the holistic approach offers tremendous possibilities to restore this balance and bring the patient to greater awareness of himself and the world."

nutrition
books

anatomy &
physiology books

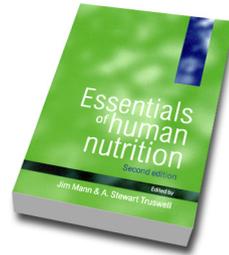
pathology &
disease books

books

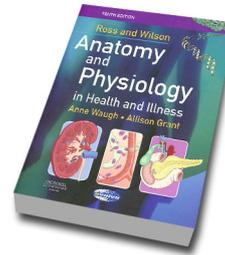
These are the books that come with each of the three courses except for The Prescribed Drug Guide by Stephen Gascoigne, this book is not required for the course but can be purchased separately.

In addition to supplying the textbooks used as part of the courses they can be bought separately.

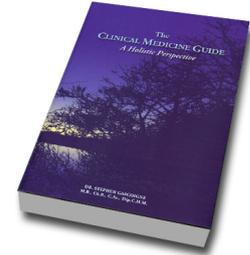
We are also the principal distributor for books by Dr Stephen Gascoigne, author of our Pathology & Disease Course, and can offer trade prices on individual or multiple copies of his books to bookshops and colleges.



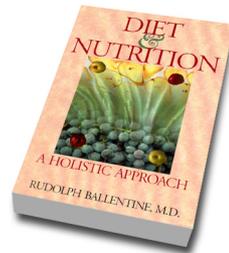
Mann & Truswell
Essentials of Human Nutrition
2nd Edition
ISBN 0198508611



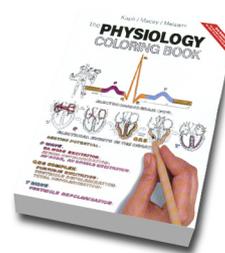
Ross & Wilson
Anatomy & Physiology in
Health & Illness 10th Edition
ISBN 0443064687



Gascoigne
The Clinical Medicine Guide
A Holistic Perspective
ISBN 0952218933



Ballentine
Diet & Nutrition
A Holistic Approach
ISBN 0893890480



Kapit
The Physiology Coloring
Book - 2nd Edition
ISBN 0321036638



Gascoigne
The Prescribed Drug Guide
A Holistic Perspective
ISBN 0952218941

fees

Fees for each of the courses are listed in the enrolment form included with this prospectus. Each complete course provides you with the study notes and guide, self-assessment exercises and answers, tutor marking of assignments with comprehensive feedback, and a certificate on satisfactory completion of the course. The essential reference textbooks are normally included with all courses, but can be discounted if you already have them. Fees are paid in full on enrolment, but UK students also have the option of paying an initial sum on enrolment plus three subsequent monthly instalments (by Bank Standing Order).

Initial enrolment covers a study period of up to 24 months, but this may easily be

extended on payment of a small annual re-enrolment fee that will be notified to you after that time. Your study time is therefore flexible to suit your particular needs and circumstances.

If you do not need the assistance of a tutor and external assessment with evidence of having completed the study, you may purchase the study material and textbooks on their own. Separate prices are given for this option.

If you have to cancel your enrolment, appropriate refunds are given after payment where relevant study material or tutoring has not yet been provided – cancellation charges apply. For our full cancellation and refunds policy please contact us or visit the terms & conditions area of the Alternative Training website.

college use

We have special arrangements with many colleges for the use of our courses. This can be for direct integration as part of your main training, or for pre-entry or postgraduate study. Student enrolments can be arranged either through your college on a pre-purchase basis, or directly with us. College discounts are available for the purchase of multiple copies of the course material, and special provision for marking can often be arranged. If you wish to undertake your own marking, we can provide you with a marking guide.

Our courses offer a high standard of training and assessment at reasonable cost, which can free up colleges from the problems of finding both staff and time for teaching these subjects. This gives you valuable additional time to concentrate on the teaching of your main therapy.

Please contact us if you would like to discuss how best we can help meet your needs.

enrolments & enquiries

Students may enrol on any home study course at any time. You can enrol and buy any of our courses or books online at www.alternative-training.com or you can use the Enrolment Form provided. There are no specific entry requirements, but students enrolling on the Pathology & Disease Course are assumed to have carried out sufficient prior study of Human Anatomy & Physiology – if this is not the case, then we recommend the Anatomy & Physiology Course should first be completed.

All payments of fees should be made as detailed on the Enrolment Form. UK students wishing to pay by instalments will be sent a Bank Standing Order Form following enrolment. If you have queries about the Courses, please contact the Course Manager. (International students who have obtained this prospectus from one of our representatives should refer to them in the first instance please.)

Study material will normally be despatched from the UK within 10 days of receiving your enrolment, but please allow up to 28 days for delivery, especially for international destinations.

If you would like to apply for enrolment or have any queries at all, please contact:

Alternative Training

UK Freephone: 0800 0439 349

T: +44 (0)1453 765 956 · F: +44 (0)1453 765 953

E: info@alternative-training.com

www.alternative-training.com

course development

In addition to regularly updating and improving the courses described in this prospectus, we are always open to considering the creation of new courses in other subjects. Please contact us if you have any possibilities that you would like to discuss.



"The most essential question to ask anyone worried about their own nutrition is - do you enjoy eating?"

Nutrition course author Bill Craster
Over 20 years experience



"It never ceases to amaze me how intricate and beautiful our bodies are"

Anatomy & Physiology course author Diane Green
Over 40 years experience



"The future is bright for holistic medicine as more people become aware of its power for improving health"

Pathology & Disease course author Stephen Gascoigne
Over 30 years experience



All our stationary and marketing material is printed on Flora Gardenia one of only a few recycled papers that is available in a wide selection of weights making it suitable for many uses. Flora Gardenia is produced by combining 50% selected post consumer waste fibers with Chlorine Free oxygen bleached (ECF) virgin pulp. The paper is acid free and has a neutral pH. To find out more about our environmental policies please visit: www.alternative-training.com/ethics

The information contained in this prospectus is for guidance only. Alternative Training reserves the right to amend the courses offered in order to provide the best possible training at all times.

