

Pacific Rim College Diploma of Holistic Nutrition



NANP 'School Daze' Seminar

Cordelia McFadyen, BCHN, NNCP
Dean for the School of Holistic Nutrition at Pacific Rim College



PACIFIC RIM
COLLEGE ONLINE

“And there are just a few ‘ingredients’ needed to make a healthy human - real, whole, fresh food, nutrients (vitamins and minerals), light, water, air, sleep, movement, rhythm, love, connection, meaning, and purpose.”

— Mark Hyman, Functional Medicine Doctor



Cordelia McFadyen BCHN, NNCP

About me

A board-certified and award-winning holistic nutritionist and Dean of the School of Holistic Nutrition at Pacific Rim College.

Why did I start practicing?

When did I start practicing?

Who do I work with now?

Credentials

Board Member for the Holistic Nutrition Credentialing Board (HNCB)

Western Canadian representative for Canadian Action for Nutrition (CAN)

Canadian Association of Natural Nutrition Practitioners (CANNP)

Professional Member of the National Association of Nutrition Professionals (NANP)

Owner and Board-Certified Holistic Nutritionist of Inspired Living Nutrition Inc.





Pacific Rim College

Pacific Rim College | Diploma of Holistic Nutrition



Pacific Rim College

College Introduction

Pacific Rim College is an [award-winning institution](#) specializing in Holistic Medicine and Sustainable Living. The college was founded in 2006 to provide world-class education, modern research opportunities and premier clinical services in sustainable land stewardship and a variety of medical modalities.

Program areas include:

- Permaculture Design
- Acupuncture and Chinese Medicine
- Western Herbal Medicine
- Holistic Nutrition
- Doula Training
- Integrative Health

In 2019 we launched Pacific Rim College Online, our virtual learning platform.

Land Acknowledgement

Our college campus is located on the unceded Coast Salish Territory of the Lekwungen (Songhees) and WSÁNEĆ nations (Victoria, BC, Canada).



Pacific Rim College

Our faculty & staff

PRC's staff and teaching faculty is comprised of an inclusive and **diverse group of people** with **unique backgrounds** and perspectives.

All our instructors have a terminal degree in their field of expertise and/or extensive experience.

We select our instructors not only for their **professional qualifications**, but also for their **passion** and **ability to inspire** students. Via in-class evaluations and verbal feedback, students are integral in PRC's decision to make instructional and curricular modifications.

Directors

Todd N. Howard, RAc
President

James Christian, BSc, PGDip (Herbal Medicine), RHT
Academic Dean & Dean, School of Western Herbal Medicine

Brea Segger
Director of Operations

Gillian Marsollier, RAc, CCII
Chief Operations Officer, Pacific Rim College Online



Accreditation & recognition

Accreditation & recognition

Pacific Rim College is recognized by various governing bodies and associations throughout Canada and internationally. Please see our website for more.



College of
TRADITIONAL
CHINESE MEDICINE
PRACTITIONERS +
ACUPUNCTURISTS
of British Columbia



Since 2006 we have forged innovative curricula, educated thousands of students from around the world, and inspired others to take action and positively impact their communities.





Program overview



Diploma of Holistic Nutrition

Why study Holistic Nutrition with Pacific Rim College?

The practice of holistic nutrition is unregulated in Canada and worldwide. This means there are many educational and career paths for someone to follow.

Pacific Rim offers the **highest-quality training available** that is incomparable to other programs currently offered in North America.

We do this by:

- Choosing experienced instructors, researchers, authors, and experts in their chosen fields.
- Maintaining high standards of education that would meet requirements if regulation does occur.
- Regularly updating and refreshing our content for relevancy and accuracy.

We now have thousands of PRC alumni from around the world.

Diploma of Holistic Nutrition

You'll complete **2,115 hours* of studies, plus 360 hours of clinical training.**

*Not inclusive of study and homework.



Diploma of Holistic Nutrition

Instructors

Our instructors have different approaches and opinions.

We want you to develop into the practitioner that you want to be while also being aware of all the different traditional and modern approaches currently in the industry.

The campus experience

Our main campus is located in the heart of Victoria, in a famous heritage structure known as Market Square.

PRC's quintessential campus offers a perfect urban studying environment with a spacious and peaceful brick-paved courtyard, solarium, student clinic, herbal dispensary, library, and bookstore.

Our secondary campuses include:

- **Ravenhill Herb Farm**; a 10-acre farm overlooking the Saanich Inlet
- **Tiny Tree Herb Farm**; a 6-acre organic farm in Brentwood Bay

Community supported Nutrition Clinics:

- **Victoria Native Friendship Centre**





Pacific Rim College Campus





Ravenhill Herb Farm



Diploma of Holistic Nutrition

Program overview

The Diploma of Holistic Nutrition **explores the use of food to maintain health and restore wellness.**

It is **the most comprehensive on-site program of Holistic Nutrition in North America** and integrates nutritional philosophies of various indigenous cultures and medical viewpoints.

Foundational studies include **Ayurvedic Medicine, Western Herbal Medicine, Traditional Chinese Medicine** and **Western Medicine**, and the program is comprised of both theoretical and practical courses including cooking and clinical coursework.

Length of program: **6 semesters** (3-years)

Intakes: **Winter** (January), **Summer** (May), **Fall** (September) semesters (3 semesters per year)

Format: **Blended online and in-class on campus** with university style enrollment

Total training: **2115 hours**, inclusive of **360 clinical hours**



Student community

On campus and online, we have a connected, and memorable student experience.

You'll connect with your instructors and peers on a regular basis through:

- In-person campus classes.
- Online [PRC whiteboard](#).
- [Student Orientations](#) and full [Student Social Calendars](#) so you can connect with your peers, staff, and faculty on campus.
- Online [guidance sessions](#) with our Deans and instructors.
- Facebook groups to connect with other students so you can study together, and interact with like-minded peers.
- Instructors are available to connect with you directly outside of class time over email.
- [Student Activity Fund](#).
- [Victoria Native Friendship Centre](#).



Having reached for the first time a point in human existence **where more humans are overweight than are hungry**, where **our children's life expectancy is less than adults**, and where **food resources and indigenous knowledge are vanishing** faster than we can preserve them, increasing nutritional knowledge on both local and global scales is of vital importance.

The Diploma of Holistic Nutrition is training students to advance human and environmental health through the sharing of nutritional knowledge.

Education is action. Education is activism.





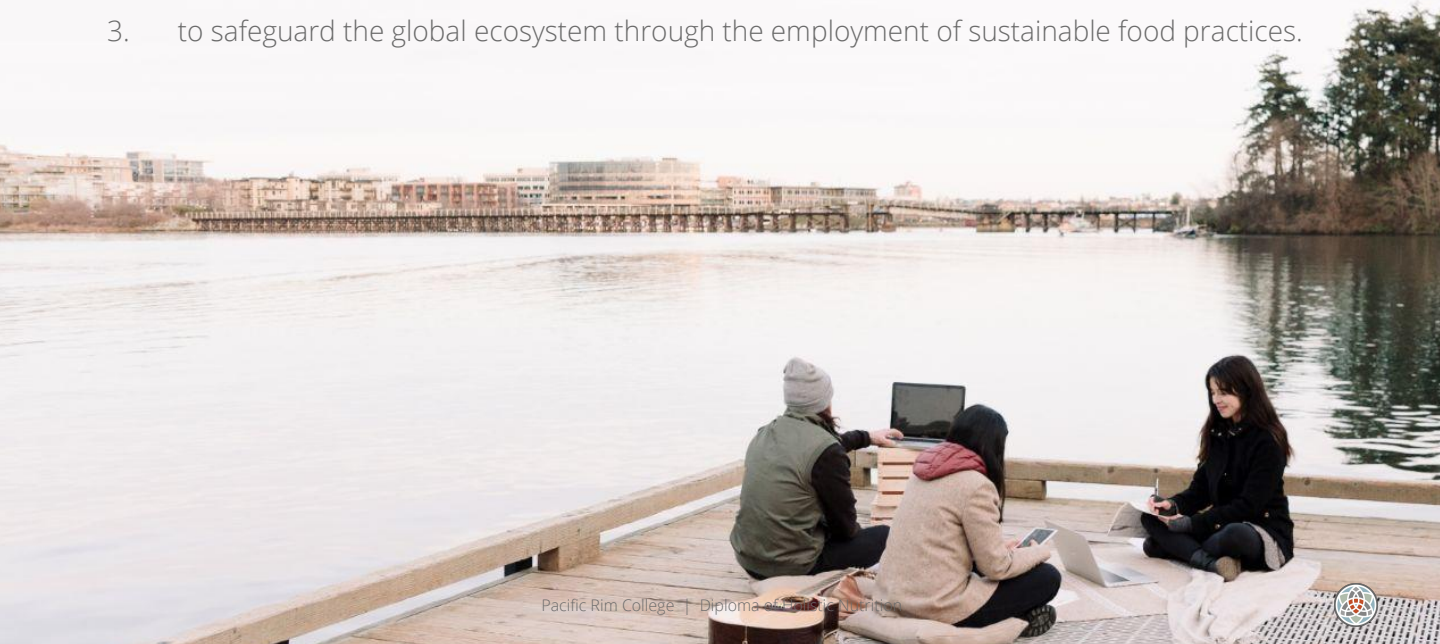
Curriculum



Curriculum

The 3 objectives of the Diploma of Holistic Nutrition:

1. to increase human health through the betterment of nutritional practices;
2. to preserve and spread indigenous food-based knowledge and practices; and
3. to safeguard the global ecosystem through the employment of sustainable food practices.



Curriculum

Ayurveda

AYU 101/102	Foundations of Ayurveda	6 credits	90 hours
TOTAL		6 credits	90 hours

Biomedical/Biological Sciences

BMS 101/102	Anatomy and Physiology	6 credits	90 hours
BMS 112	Botany/Horticulture	3 credits	45 hours
BMS 113	Intro to Biochemistry	3 credits	45 hours
BMS 201/202	Pathophysiology	6 credits	90 hours
BMS 211	Biochemistry	3 credits	45 hours
BMS 231	Western Diagnosis/Laboratory Tests	3 credits	45 hours
BMS 431	Western Pharmacology	3 credits	45 hours
TOTAL		27 credits	405 hours



Curriculum

Nutrition			
NU 101	Foundations of Holistic Nutrition	3 credits	45 hours
NU 111	Professional Cooking	3 credits	45 hours
NU 202	Science of Nutrition	3 credits	45 hours
NU 203	Evolution of Cultural Diets	3 credits	45 hours
NU 204	Food, Ecology and Society	3 credits	45 hours
NU 221	Materia Medica of Food	3 credits	45 hours
NU 302	Supplements	3 credits	45 hours
NU 311	Nutrients and Diet Therapeutics I	3 credits	45 hours
NU 312	Nutrients and Diet Therapeutics II	3 credits	45 hours
NU 313	Nutrients and Diet Therapeutics III	3 credits	45 hours
NU 314	Nutrients and Diet Therapeutics IV	3 credits	45 hours
NU 315	Nutrients and Diet Therapeutics V	3 credits	45 hours
NU 316	Nutrients and Diet Therapeutics VI	3 credits	45 hours
NU 322	Toxicity of Foods	3 credits	45 hours
NU	Nutrition Elective	11 credits	165 hours
TOTAL		53 credits	795 hours



Curriculum

Nutrition Clinical Practice			
NCP 101	Clinical Observation	3 credits	45 hours
NCP 101	Clinical Observation	3 credits	45 hours
NCP 200	Clinical Supervised Practice	1.5 credits	45 hours
NCP 200	Clinical Supervised Practice	1.5 credits	45 hours
NCP 300	Clinical Independent Practice	1.5 credits	45 hours
NCP 300	Clinical Independent Practice	1.5 credits	45 hours
NCP 300	Clinical Independent Practice	1.5 credits	45 hours
NCP 300	Clinical Independent Practice	1.5 credits	45 hours
TOTAL		15 credits	360 hours



Curriculum

Chinese Medicine

OM 103/104	Chinese Medicine for Natural Health Practitioners	6 credits	90 hours
TOTAL		6 credits	90 hours

Professional Development

PD 101	Professional Writing Development	3 credits	45 hours
PD 201	Fundamentals of Public Speaking	3 credits	45 hours
PD 211	Patient Communication/Therapeutic Relationships	3 credits	45 hours
PD 288	Holistic Nutrition Ethics & Beyond	1 credit	15 hours
PD 302	Business Development and Practice Management	3 credits	45 hours
PD 304	Research Skills Development/Research Project	3 credits	45 hours
TOTAL		16 credits	240 hours



Curriculum

Western Herbal Sciences			
WHS 101	Intro to Herbal Medicine	3 credits	45 hours
WHS	Elective	3 credits	45 hours
TOTAL		6 credits	90 hours

Elective			
Elective	Various	3 credits	45 hours
TOTAL		3 credits	45 hours



Elective options

Ayurvedic FOCUS

AYU 201	Ayurvedic Foundations	3 credits	45 hours
AYU 211	Ayurvedic Herbs & Spices	3 credits	45 hours
TOTAL		6 credits	90 hours

Traditional Chinese Medicine FOCUS

OM 203	TCM Food Therapy	3 credits	45 hours
OM 401	Shi Liao: TCM Diet Therapy	3 credits	45 hours
TOTAL		6 credits	90 hours

Pregnancy & Childhood FOCUS

NU 233	Pregnancy and Nutrition	1 credits	15 hours
NU 235	Early Childhood Nutrition	1 credits	15 hours
TOTAL		2 credits	30 hours



Elective options

Western Herbal Sciences FOCUS

WHS 116	Herbal Nutrition	3 credits	45 hours
NU 131	Fungal Foods and Mushroom Medicine	1 credit	15 hours
NU 132	Digestive Health: Plant Medicine Basics	1 credit	15 hours
NU 234	Nutritional Benefits of Wild Plants	1 credit	15 hours
TOTAL		6 credits	90 hours

Food Therapeutics FOCUS

NU 207	Healing Practices Through the Ages	1 credit	15 hours
TOTAL		1 credits	15 hours



Elective options

Online Courses

ONLINE	Chinese Dietary Therapy	1 credit	13 hours
ONLINE	Achieving Optimal Health Through Nourishing Traditions	1 credit	9 hours
ONLINE	Systemic Inflammation, Food Intolerance, and Autoimmunity	1 credit	10 hours
TOTAL		3 credits	32 hours

Additional Electives & Considerations

PD 132	Foundations of Social Equity in Holistic Healthcare	3 credits	45 hours
PD 213	Inclusiveness in a Clinical Setting: Implementing Best Care Practices for Trans Patients	1 credit	15 hours
WORKSHOPS	+1 - 2 NU Workshops every Fall & Winter Semester	2-4 credits per annum	Varies in length
TOTAL		16+ credits	60+ hours

Upcoming Workshops:

Daily Nutrition through Life Stages: A Health Journey from Childhood to Older Adults w/ Dr. Angeli Chitale
Healing the Root: Addressing Inflammation through Diet and Nutrition w/ Dr. Angeli Chitale



Curriculum summary

Total Requirements		
Ayurveda	6 credits	90 hours
Biomedical/Biological Sciences	27 credits	405 hours
Chinese Medicine	6 credits	90 hours
Elective	3 credits	45 hours
Nutrition	53 credits	795 hours
Nutrition Clinical Practice	15 credits	360 hours
Professional Development	16 credits	240 hours
Western Herbal Sciences	6 credits	90 hours
Grand Total	132 credits	2115 hours*

*Does not include study time, or assignments.





Diploma of Holistic Nutrition students partake in extensive clinical training (360+ hours) at our campus Student Clinic.

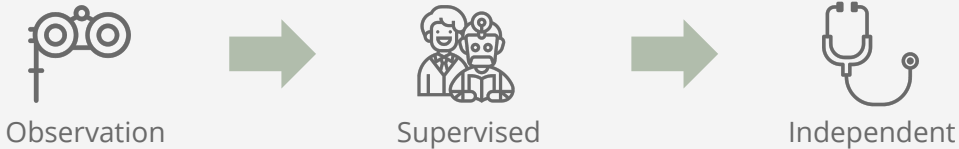


Clinical training

Clinical training (360+ hours)

Students in the Diploma of Holistic Nutrition program can complete all clinical training in PRC's [on-campus Student Clinic](#), or can participate in our [Clinical Externship Program](#) (CEP).

The clinical training is completed through our busy student clinic (in person and online), you will progress through 3 stages of clinical work:



In their first week, full-time students generally begin their clinical training with the [Observation Clinic](#) which allows them to witness certified nutritionists leading clients through an initial intake, and through any follow up sessions.

The intermediary level, [Supervised Clinics](#), provide students their first opportunity to lead clients through a session with the full support of a certified nutritionist in the clinic room with them.

Our third, and final, clinic level is the [Independent Clinic](#). In this clinic our students are lead consultations solo with the support of a certified nutritionist overseeing and supporting the intake and recommendations made.



Your practitioner toolkit

Our program fills your holistic nutrition toolbox with *all* knowledge and skills you'll need to become a successful practitioner and business owner.



Foundational knowledge
2,115 hours of in-class education



Practitioner skills
360 clinic hours



Practical skills
Cooking classes taught by a Red Seal Chef



Personal & professional skills
240 hours of business classes
Professional writing, Public speaking, Patient communication,
Research and development courses, Ethics and beyond





Diploma of Holistic Nutrition students learn to cook
at a local renowned cooking school.



Your practitioner toolkit

We prepare you to work with clients as soon as you graduate. We'll teach you how to:

- Hold space, and mindfully collect relevant information.
- Develop openness with clients.
- Identify your own biases and how to navigate connections without bias.
- Manage formal and informal consent when working with people.
- Navigate confidentiality and security of clients' personal information.
- Read subtle cues in clients.
- Manage trauma awareness (individual, cultural, generational).
- Identify and have boundary awareness.
- Have humility, approaching people with curiosity, not judgement and setting intentions, not expectations.
- Manage your emotional state and energy in therapeutic relationship settings.





Instructors



Meet your core Diploma instructors

Our world-class holistic experts are here to bring you the highest quality, most inclusive and comprehensive education available.



Cordelia McFadyen BCHN, NNCP

A Board Certified Holistic Nutritionist



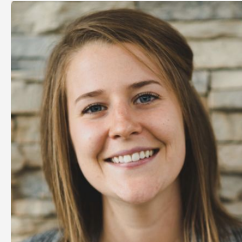
Dr. Carrie Watkins BSc, ND

A Naturopathic Doctor, yoga teacher and senior educator at PRC.



Peter Conway Dip. Phyt, FNIMH, FCPP, DTM, Cert Ed

A leading medical herbalist and author with a core interest in contrasting and integrating approaches of healing from both traditional and contemporary sources.



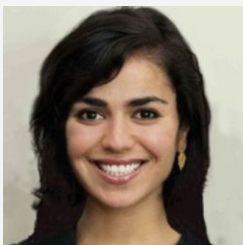
Amber Baker RNCP, ROHP, CHCP

A Certified Nutritional Practitioner, a Registered Orthomolecular Health Practitioner, and Registered Nutritional Consulting Practitioner.



Meet your core Diploma instructors

Our world-class holistic experts are here to bring you the highest quality, most inclusive and comprehensive education available.



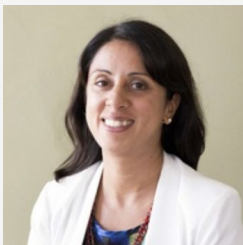
Elham Ansari BFA, CAP, RYT, BCHN

A practitioner of Ayurveda, healer, social entrepreneur, and teacher. Passionate about integrating indigenous wisdom with conventional knowledge



Dr. Jaime de Melo ND

A Naturopathic Physician and Educator with a special interest in treating disorders of the Respiratory and Digestive systems.



Dr. Angeli Chitale ND

A naturopathic doctor with pharmacy prescriptive authority in BC and advanced training in Women's Health and hormone therapy.





After you graduate

When you graduate you'll have...

Key Diploma learning outcomes

1. An in-depth understanding of the **therapeutic properties** and **energetics of foods** and how to use them to help clients reach their health goals.
2. Thorough **background of biomedical** understanding of the human body, its structure, physiology, common pathologies, and also **western diagnostic skills** and **pharmacotherapy**.
3. **The blending of different nutrition philosophies**, including the ancient traditions of Ayurvedic Medicine, Traditional Chinese Medicine, and cultural diets with contemporary dietary practices.
4. **Therapeutic confidence** and rapport-building skills in working with clients in one-on-one settings and in groups.
5. **Wide-ranging professional skills** from writing and public speaking to cooking and business development experience needed to establish a private holistic nutrition practice or to join an integrative health centre.



NANP Board Exam

The most comprehensive curriculum available online today.

- No additional schooling or prep courses required before the NANP Board Exam.
- Students and Alumni of PRC are able to connect directly with Cordelia for guidance.
- Episodes 18 & 19 (The Ins and Outs of Board Certification) of the NANP's Podcast goes into great detail of every aspect related to becoming Board Certified in Holistic Nutrition®.
- Download the complimentary 35-page NANP Board Exam Study Guide to help prepare you for the examination.



Employment opportunities

Your path after graduation

Graduates of the Diploma of Holistic Nutrition have the most comprehensive training offered in Canada with **more than three times the on-site education** than any other diploma program in the field. Having completed a minimum of 360 hours of clinical training, and having received specific education in practice management and business development, graduates are poised to be successful nutritional practitioners and consultants.

As a PRC Alumni, you'll have access to:

- Employment opportunities on our website.
- Public boards on campus.
- Contacts — employers reach out directly to our staff and instructors looking for holistic nutritionists, blog writers, content creators, recipe developers, etc.



Employment opportunities

How are our students using their education from this program?

- Offering their services as [Holistic Nutritionists](#).
- Growing/developing/creating and selling food products at farmers' markets and online.
- Incorporating holistic nutrition into their existing health care practices.
- [Writing books](#), hosting podcasts, creating content.
- Working for supplement companies as their 'in-house' Holistic Nutritionist.
- Aligning with farmers and permaculturists to work on projects related to soil reclamation and sustainable gardening practices.
- Working alongside various other health care professionals in integrated clinical settings.
- Creating in-person, and online, events that focus on nutrition, health and well-being.
- Graduates also seek employment in other sectors of the health and wellness industry by filling positions such as [retail consultants](#), [product developers](#), [teachers](#), [fitness advisers](#), [restaurant consultants](#), [spa managers](#), and more.



Some of our students and alumni



Brooklyn Belanger

2017 Diploma of Holistic Nutrition

A clinical holistic nutritionist and holistic chef, she is the founder of **Nourished by B**, a holistic nutrition meal prep service in the Cowichan Valley. Via clinical work and habit transformation, and other times it is cooking for them so they can live their life focusing on what matters most.

[Nourished by B](#) | [Nourished To Go](#)



Emma McNichol

2020 Diploma of Holistic Nutrition

Emma is the founder of **Empowered Academy**, a reproductive health, birth, and parenting hub for online resources. As a passionate educator and practitioner, she is inspiring change in her community by helping her clients regulate and understand their natural menstrual cycle and the power of preconception health for optimizing fertility and pregnancy outcomes.

[Empowered Academy](#) | [@empoweredfertility](#)



Some of our students and alumni



Simon Brazier

2017 Diploma of Holistic Nutrition

A clinical holistic nutritionist, Simon currently conducts and publishes research, creates social media content, and is the podcast host for **Truehope Canada**, a Canadian nutritional supplement company.

[Truehope Canada](#)



Priscilla Soler

2018 Diploma of Holistic Nutrition

Priscilla was an international student at PRC, and is now a certified health and detox coach, with additional certifications in plant-based nutrition and raw cuisine. Working with clients all over the world as a holistic nutrition consultant and detoxification expert, Priscilla has subsequently founded **Gastrawnomica**, and co-founded **Holiherb**, a hormone supplement company in Mexico.

[Gastrawnomica](#) | [@gastrawnomica](#) | [Holiherb](#) | [@holiherb.mx](#)



Enrollment



PTIB

PTIB

Pacific Rim College is in good standing with the PTIB.

Part of the accreditation process of the PTIB (Private Training Institute Branch) is that our accounting documents are fully audited on an annual basis and reviewed by an external group.

Being a Designated College through the PTIB also requires a portion of funds to be provided each semester to create a fund that students can access through the PTIB should any designated college close after accepting tuition from students.

If you want to learn more, you can see some of these policies on the PTIB website:

<https://www.privatetraininginstitutions.gov.bc.ca/students/complaints-tuition-protection-claims>



Financial assistance

Financial assistance

PRC is fully accredited with Student Aid BC and is eligible for student funding from other jurisdictions.

Our Admissions team is able to provide you with information and resources regarding sourcing and accessing funding for students.

This program is also approved for Canada Student Loans.



Program payment plans & student funding

Tuition and fees

Tuition is based on a per credit system. For each semester, full tuition payment is due on the first day of the semester.

- Academic Credits: \$245/credit
- Clinic Observation Credits: \$245/credit
- Clinic Supervised/Independent Credits: \$275/credit

Program Standing

There are no regulatory bodies specifically for the field of Holistic Nutrition, but PRC maintains membership in various Nutrition Professional Associations. The PTIB is the governing body in BC for regulating all private post-secondary institutions. PRC has been a member in good standing since 2007 and abides by all their policies.



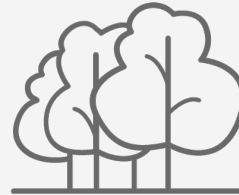
Environmental stewardship

Pacific Rim College is committed to preserving the environment and promoting natural and sustainable medicinal and lifestyle practices.

Sustainable medicines, sustainable living, alternative energy, recycling and composting, upcycling, low impact, and local support are just a few key elements of our environmental commitment.



Eco-certified campus
maintaining the green standard of
eco-certification with the
VI Green Business Certification



10 trees planted
for every program graduate
in partnership with
One Tree Planted

[Visit our website to find out more.](#)



I don't think I could say enough good things about PRC. After spending three years at a large university, the **smaller class sizes** and compassionate teachers were an inspiring change. The school itself is a **beautiful and nurturing space**, and the staff and students make it that much more amazing. I learned so much about myself, gained a new outlook on the world and was **trained in an amazing form of healing** that has given me a job I am so proud of. I would recommend PRC to anyone, the staff and faculty are educated, kind and helpful individuals who want to see their students grow and succeed in the world of health. I will forever be grateful for my experiences and education from PRC as well as the continued support as I start my own career path. Thank you so much for those three life changing years.

— Sasha Ormiston, PRC Alumnus



Thank you for your time today

Connect with me

Email me at cmcfadyen@pacificrimcollege.ca, I'd love to hear from you and answer any questions you may have.

Connect with our admissions team

Email us at admissions@pacificrimcollege.com or schedule a call to find out if this program is the right fit for you.





Thank you



Additional details

University style enrollment:

- You can include as many classes per semester as works for you, as long as you meet all pre-requisite requirements and student aid.
 - Minimum of 2 courses (90-hrs) per semester
- In case life comes up, you are able to defer for up to 3 consecutive semesters before you need to re-register.
- Flexible enrollment means that you have complete control over how you want your semester to look. Course codes indicate the year they are intended to be taken (100, 200 and 300 level) and documents such as the 'Course list by Semester' and 'New Student Recommended Course List' provide additional support when it comes time for semester enrollment.
- Deans hold online scheduling advising sessions every semester to further support new and existing students with their schedule selections.
- Deans are also available to connect 1-1 with students to address any scheduling concerns.
- If you have begun your studies at an outside institution, please know that admissions and your program Dean are happy to review your application to ensure you do not take any duplicate courses. Examination challenges are available.

