



**NUTRITION  
THERAPY  
INSTITUTE**

# We're on a mission.

The health of our country is in serious decline.

In 1999, we decided to do something about it: teach people how to eat for health and explain the science behind it.

We teach our students to become the teachers, and the teachers are making a difference.


**What makes NTI different from other nutrition schools? - We teach not only *what* to do, but *why* to do it.**

**Creating Optimal Health through Nutrition Education.**

Nutrition Therapy Institute  
303-377-3974

**NTISCHOOL.COM**





# NTI believes that food is medicine

We know that good nutrition is the foundation for optimal health. Our teaching goes beyond a “one size fits all” approach to eating by exposing our students to a variety of nutritional philosophies along with a rigorous grounding in science.

Our students learn the skills necessary to meet the individual needs of their clients to help transform their health through the regenerative power of food. And in the process, students also become healthier versions of themselves. Upon completing our program, our graduates are prepared to work with clients in a wide variety of clinical settings.



## NUTRITION

NTI teaches **nutrition science** that prioritizes nutrient density and biochemical individuality

Our curriculum encompasses a variety of views on which diet plan to follow based on one's wellness ambitions.

By focusing on a **strong nutrition science foundation**, students will graduate with the necessary tools to understand the application of many different philosophies.



## THERAPY

Nutrition is more than chemicals. At NTI, we take an inclusive holistic approach to nutrition delving into spiritual, physical, & emotional connections to food, focusing on naturopathic and **holistic therapies**.

Our students learn **coaching skills** to interact with clients in a powerful, compassionate way that empowers them to make change.

NTI's holistic approach to science and therapy provides our graduates with a **deep understanding of nutrition therapy**.



## INSTITUTE

NTI is an online and in-person **adult-education Institute** approved & regulated by the Colorado State Department of Higher Education, Division of Private Occupational Schools. Graduates are certified Nutrition Therapist Masters (NTM).

With the **NTM certification from our Institute**, graduates are equipped to practice nutrition counseling with confidence and expertise, whether through entrepreneurship or employment.



## In a time when food and health are most important, NTI has a plan

**Since 1999**, Nutrition Therapy Institute (NTI) has provided a cutting-edge, science-based curriculum that gives a wide array of individuals the skills they need for rewarding careers in nutrition therapy. Our students represent a range of ages, experience and skills—from individuals who want to build exciting careers as nutrition therapists to those looking to deepen their understanding of nutrition and healing such as chiropractors, massage therapists, yoga teachers and personal trainers. NTI stands for academic excellence. If you are seeking the best holistic nutrition program in the country, look no further. At NTI you will be challenged, empowered and inspired.

### Flexible

You can take courses in the classroom at our Denver metro campus, or take them with an online cohort during four terms of the academic year – Fall, Winter, Spring, Summer.

Or, experience our courses as a self-paced independent start student any time of the year. You choose your own schedule.

### Adaptive

You can be a full-time or part-time student, or adapt your pace according to your life needs. You can complete the program in as little as 12 months or up to 3 years.

### Self-Paced

Our multiple class times and online classes mean that you can make our program work for your schedule.

### Online Program

Many students find that learning at a distance offers the flexibility ideal for maintaining balance with jobs, families and other commitments. The online program includes videos and lectures on-demand, including downloadable audio recording, so you can listen to the lectures at your convenience. There are also regularly scheduled webinars with course instructors.



# Follow Your Passion

## Nutrition Therapist Master Certification Program

This 500-hour program consists of twelve 10-week courses, and one 20-week course.

### Courses include:

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

*The NTMC program can be completed in as little as 12 months*



## Graduates

Geoff Brokx

MNT

After studying psychology for my undergraduate degree, I eventually decided to go back to school at NTI to focus on nutrition for mental health. Attending NTI was life changing as I was able to apply the knowledge I learned for personal and professional benefit. Since graduating I have had several nutrition related jobs and now work at Natural Grocers as part of the nutrition education department. I would not be where I am at today without NTI.

Kelly Dwyer

MNT, BCHN

NTI is guided by science! As research uncovers new insights about nutrition & health, NTI leads the way with cautious, critical thought. NTI doesn't prescribe one way of eating, but approaches nutrition through the lens of nutrient density and supporting mind-body health. NTI teaches that "good nutrition" is full of layers, nuance and complexity & the program helps student sort out what a specific client might need. Faculty greatly enrich learning by sharing their clinical experiences.

Andrea Nicholson

NTM, BCHN

I am a recent graduate of NTI (Nutrition Therapist Master) and I cannot say enough positive things about the program, school and staff. The program is very thorough, realistic, and well-researched. I highly recommend this program if you want a true holistic nutrition education.

Kristin Whitaker

NTM, BCHN

Nutrition Therapy Institute is exactly what I was hungry for! I jumped in with enthusiasm, eager to learn and was thrilled with the span of scientific knowledge, academic learning, depth and breadth of the content. There is a perfect marriage between more conventional knowledge and treatments and holistic understanding and applications. It was hard. It stretched me. I grew so much. It was worth it! I am excited to pursue a career in nutrition and grateful for my roots at NTI.



# Faculty

NTI's faculty is trained to the highest standards of the profession...

Our faculty is comprised of Naturopathic Doctors, other health practitioners, and graduates of NTI's Nutrition Therapist Master program. They maintain successful practices with specialties in diverse fields such as women's health, fertility, cardiovascular healing, digestion, environmental health, mental health, pre-pregnancy health, pediatrics, allergies and autoimmune disorders.



**Dianne Koehler, MNT, HHP**

NTI Director

Dianne Koehler is a graduate of NTI, long-term instructor at the school, and as Academic Dean, played an integral role in the development of our curriculum. She is passionate about teaching nutrition. Her priority for students is that they learn about how nutrients interact with the biochemistry of the human body. Dianne regularly participates in advanced training to keep on top of the new information that needs to be integrated into our courses.



# Credentials

## Private Occupational School

All programs and courses offered by Nutrition Therapy Institute are approved and regulated by the Colorado Department of Higher Education, Division of Private and Occupational Schools (DPOS). In its regulatory role, DPOS assures the student that the institution has an approved program of study, operates on a sound financial basis, has qualified instructors, approved recruitment and admission policies, and promotes its courses truthfully.



## Bonded

NTI is bonded in compliance with the State of Colorado. NTI holds a surety bond in order to protect students against a loss of tuition fees should the school cease operations.

## NANP Recommended School

NTI is a proud member and recommended school of the National Association of Nutrition Professionals (NANP). The NANP is the only professional business league wholly dedicated to furthering the cause, education and standards of the holistic nutrition industry.



Your one-time \$35 Advocacy Fee provides you with a one-year student membership in the NANP. The benefits you can access with this membership include education and conference discounts, as well as legislative affairs advocacy support. The NANP Legislative Affairs Division is the exclusive representation for holistic nutrition professionals and students in all legislative affairs issues nationwide.



# Tuition

## Nutrition Therapist Master Certification

Comprehensive, rigorous training in the therapeutic use of nutritional applications

Total Tuition Cost: \$9955.

(Does not include application fees or books)

## Financially Flexible

Our Tuition features a pay-as-you-go arrangement, with no costs up front. Students pay as they sign up for each class.

## Payment plans

Tuition for each class may follow payment plans. Such plans may be divided into multiple payments over the course of the class. No interest is charged.

For more information about tuition rates for specific courses, please visit:

<https://ntischool.com/programs>



## Apply+Location

If you share the values of our program, we invite you to apply...

Admission to NTI is based on our assessment of your ability to succeed in the program. Students come from a diversity of educational and professional backgrounds, from those with PhDs to those with one year of college or no post-secondary education but life experience. Ages range from early 20s to late 60s. Many of our students have studied nutrition on an informal basis and are motivated by their passion for the subject and desire to help others.

You may apply anytime.

Applicants to the Nutrition Therapy Institute submit the following enrollment documents:

- Go to the NTI website at <https://learn.ntischool.com> and click *Start Your Application* to create profile
- Application fee of \$75
- Advocacy fee of \$35
- Personal resume to include professional and educational experience
- Letter of intent, minimum of 250 words, to include personal and professional goals you expect to achieve at NTI
- One letter of recommendation highlighting your characteristics and past accomplishments that lend evidence to your ability to complete the program successfully
- College transcripts, or high school diploma or GED and three years work experience
- Enrollment Agreement

Prospective students may take one class with a Single Course Enrollment Agreement before applying to the full program. The full program application is then submitted for approval before progressing to the second course. Application fees are required with the full program application.

### Our Location

We are located in the heart of Olde Town - Arvada's downtown district - just a 15min train ride away from downtown Denver. The administrative offices and classrooms are found in a beautifully restored historic building at 5613 Olde Wadsworth Blvd. The building was constructed in 1893, and was the home of Arvada's first mayor starting in 1904. The surrounding downtown features a diverse array of local businesses all within walking distance - you will find galleries, boutiques, local shops, and many restaurants from small cafes to upscale full-service venues.



## 15 Questions to ask your Prospective Nutrition School

### 1) How are the courses within the program taught? Are classes virtual, held in person in a classroom, or both?

NTI offers courses both online for distance learning and in the classroom. All of our courses are available to be taken online, either as a 'group start' or 'independent start'. Additionally, for those who learn better in person, many of our courses can be taken in the classroom at our physical location in Arvada, CO. You can even do a hybrid approach and take some classes online and others in the classroom.

### 2) Are the courses a self-paced style of learning, or do the courses keep to a specified schedule?

NTI offers a great variety in how students progress through our program. Our classroom courses have a set schedule and run during four 10-week terms – fall, winter, spring, and summer. Our group start online courses follow the same academic term schedule as classroom. If you prefer to be more self-paced, you can choose the independent start online option. Here you select your own start date and work through the course material within a 10-week time frame anytime of the year. Independent start students can even expedite their learning and finish a 10-week course in as little as 4 weeks. We allow a hybrid approach here as well, you can mix and match classroom, group start and independent start online courses as you see fit.

### 3) Is there ample interaction with other students taking the course, or are students fully independent in their coursework?

Classroom courses are held one day per week for three hours, during which, classroom discussion is encouraged.

Group start means you progress through the coursework as part of a group with designated opportunities for interaction with your classmates. This includes online discussions that occur in a closed platform, and weekly webinar teaching from the instructor. Independent start students work through the course material on their own, with no required interaction with the instructor or classmates.

**4) How much access will students have to their teachers for asking questions, getting additional support, or having discussions outside the scheduled course time?**

For classroom students, the three hours per week of class time allows for ample opportunity to interact with the instructor, and he/she is also available outside of class via email for quick questions or comments. The designated online discussions and weekly webinar meetings for group start courses provide the opportunity to respond to instructor requests for comment on specific topics as well as receive weekly live instruction and get questions answered by the instructor. He/she is also available via email for questions or comments. For independent start students, interaction with the instructor is on an as-needed basis. Students are encouraged to email instructors with questions when they arise.

**5) What is the school's primary food philosophy? Do they teach a variety of food philosophies for a well-rounded approach?**

NTI places a priority on nutrient density and biochemical individuality. We teach our students to know which foods are highly reliable sources of the essential nutrients and how those nutrients interact within the human biochemical environment. Layered on top is the recognition that certain foods may be more or less beneficial for each individual based on their unique biochemistry. The result is an ability to make adjustments in food recommendations that match a person's particular needs and goals. We recognize the nutritional benefits provided by all different types of foods and our curriculum encompasses a variety of views on which diet plan to follow based on one's wellness ambitions. We believe that learning multiple viewpoints from a scientific standpoint will allow our students to be critical thinkers and form their own opinions. Our hope is that by focusing on a strong science foundation, students will graduate with the necessary tools to understand the application of many different food philosophies. This level of variety and understanding of the underlying scientific mechanisms allows us to teach not only what to do but why to do it - a key feature of personalized nutrition counseling.

**6) Does the holistic nutrition program also include cooking lessons, recipe development, basic kitchen methodology?**

NTI offers professional training as a Natural Food Chef. Our NFC program is 15 weeks long and includes instruction in foundational chef skills using whole foods from the perspective of cooking for optimal wellness. You can participate in the NFC program two times per year – the fall term and the winter term. Instruction is hands-on in our professionally appointed training kitchen in Arvada, CO.

**7) What type of business guidance is offered by the program? Do they provide business development courses, electives, counseling or resources?**

Our business training is done in a course called Business Readiness and Coaching Skills. Here students learn basic business skills specifically relevant to the nutrition practitioner, as well as learning the necessary coaching skills for being able to work with clients after graduation. Upon completion, graduates of NTI receive a one year free membership in Sofia Health, a premier online marketplace that connects clients with holistic practitioners like themselves. This inclusive business tool allows graduates to set up a practice that looks professional and has an existing client base. Additionally, NTI graduates receive 3 months free Professional membership in the Holistic Entrepreneur Association, an online business training resource designed specifically to meet the unique needs of holistic health professionals.

**8) Is there a job placement component to the program? Does the school have strong connections with holistic health businesses in their geographic area?**

We do not have a formal job placement program. However, because of NTI's strong standing in the region, many local holistic businesses look first to hire our grads because they know the caliber of the person they are getting when they see NTI graduate on the resume. We also provide the ability for businesses to post job openings on our closed Facebook page which is only accessible by our students and grads.

**9) What is their NANP Board Exam pass/fail rate? How many students sit for the NANP Board Exam? Do they offer study groups in preparation for the Board Exam?**

NTI's pass rate on the BCHN board exam is 93%, which is the highest compared to other schools. We do not formally create study groups in preparation for the exam, however, our grads are familiar with utilizing our closed Facebook page to post interesting articles and events, and they would be able to post a request for informal board exam study group participants on this page as well.

**10) How long has the school been in business? Who is running the school? What is the background of the director, the instructors, the staff running the admissions?**

NTI was founded in 1999 by Char Leberer, who was the Director until June, 2019. In July of 2019, the school was purchased by Dianne Koehler. Dianne is a graduate of NTI, has been an instructor at the school for 10 years, and was the Academic Dean for the two years preceding her ownership of the school. Dianne has maintained her own private nutrition consultation practice for 12 years. The instructors at NTI come from a wide variety of backgrounds – Naturopathic Doctors, Nutritionists, Chiropractors, Acupuncturists, Nurse Practitioners and other health-related fields. You can read more about them here.

**11) What is the financial status of the institution? Is the school financially in good health and prepared to make good on your investment in your education?**

NTI is financially stable. We are approved and regulated by CO Dept. of Higher Education, the Division of Private and Occupational Schools (DPOS). DPOS assures the student that the Institution has an approved program of study, operates on a sound financial basis, has qualified instructors, approved recruitment and admissions policies, and promotes its courses truthfully.

Additionally, NTI is bonded in compliance with the State of Colorado. NTI holds a surety bond that protects students against a loss of unearned tuition fees should the school cease operations.

**12) Does the program offer financial assistance to students?**

NTI does not offer financial assistance or financial aid, however, on our website you can find information about a wide variety of funding options that you may be eligible for. NTI is a pay as you go school, meaning that you only pay for the courses that you register for; i.e. if you only take one course at a time, you only pay for one course at a time. We also offer payment plans that allow you to split your tuition up into four payments throughout your 10-week term.

**13) Does this program satisfy the requirements for your specific state laws? Is the school in good standing with state and local laws?**

Yes, oversight by DPOS requires regular evaluations in the form of quarterly reports and annual reviews.

**14) Does the school have an alumni list for you to access? What kind of reviews exist from students who have attended this program in the past?**

Our website has a Graduate page and a Testimonial page where grads and students volunteer to post their information and school reviews – accessible for anyone to see.

**15) Does the school allow for credits to roll over to other institutions in the event you might want to continue with a higher education program elsewhere?**

NTI has no formal agreements with other institutions that would allow our credits to roll over. However, if the institution allows for students to test out of basic courses, we have no doubt that NTI grads will easily be able to pass these tests. Programs and courses offered by Nutrition Therapy Institute are approved and regulated by the Colorado Department of Higher Education, Division of Private and Occupational Schools (DPOS). In its regulatory role, DPOS assures the student that the institution has an approved program of study, operates on a sound financial basis, has qualified instructors, approved recruitment and admission policies, and promotes its courses truthfully.



# NUTRITION THERAPY INSTITUTE

NTI makes going to school easy with three course delivery formats so you can make the choice that best suits your lifestyle and learning style

Which Course Format Is Right For Me		Classroom	Online Group Start	Online Independent Start
Materials and Assessments	Downloadable Full Slide Presentations as PDFs (75-100 or more slides per week)	✓	✓	✓
	Weekly Quizzes (Multiple Choice, True/False)	✓	✓	✓
	3 Module Exams or Multiple Assignments (Depending on course)	✓	✓	✓
	Specific Due Dates for Exams and/or Assignments	✓	✓	✓
Timeline	10 Week Course Duration (All courses except Independent Study which is 20 weeks)	✓	✓	✓
	Course Timeline Follows Academic Term Schedule (Includes breaks between terms and for winter holidays)	✓	✓	
	Flexible Course Start Date - You Choose Your Own Start Date and Complete the Course Within 10 Weeks			✓
	Ability to Expedite Coursework to Shorten Program Timeline			✓
Instruction Method	Weekly In-Person Lecture by Instructor (3 hours) (No recordings are provided)	✓		
	Weekly Live Webinar Lecture by Instructor (1 hour) (No recordings are provided)		✓	
	Pre-Recorded Video Lecture for Each Week (60-150 minutes, length varies by course and subject)		✓	✓
	Attendance Required as Part of Grade (In-person for classroom; on the webinar for group start online)	✓	✓	
	Requires Minimum Number of Students to Run Course (Students will be notified of enrollment as independent start online if minimum is not met by course start date)	✓	✓	
Interaction	Regular Scheduled Interaction with Instructor	✓	✓	
	Interaction and Discussion with Classmates	✓	✓	
	Contact with Instructor as Needed	✓	✓	✓



## For More Information

To learn more about NTI and the Nutrition Therapist Master Program, please call 303-377-3974 or visit our website:

[www.ntischool.com](http://www.ntischool.com)

Our admissions counsellors would be happy to meet with you, either in-person or on the phone. We welcome you to visit the school and sit-in on a class.



**NUTRITION  
THERAPY**  
INSTITUTE

## Nutrition Therapy Institute

Creating Optimal Health Through Nutrition Education

5613 Olde Wadsworth Blvd., Arvada, CO 80002

303-377-3974