



EXAM PREP PROGRAM OPTIONS

When looking into a new program, we recommend that you consider asking the admissions team the following questions:

- How is the program taught? (Virtual, in-class, both?)
- Is the program video only?
- Is the program self-paced learning, or must you keep a specified schedule?
- How much access will you have to your instructors?
- Will you interact with other students or be fully independent?
- Do they have an alum list or references to whom you can speak?

These programs aim to build upon the education you already possess. Some of the material will serve as a good reminder/refresher and help build upon your previously acquired knowledge.

SCHOOL PROGRAMS COVERING ALL DOMAINS (IN-DEPTH)

Please see our list of NANP pre-approved schools for programs offering complete curriculums:
<https://nanp.org/approved-schools-list/>

INFO@NANP.ORG

NON-SCHOOL PROGRAMS COVERING ALL DOMAINS (BROAD OVERVIEW)

Holistic Nutrition Mentorship Program \$2,400

<https://holisticconsultinghq.com/>

This 12-month program includes 1:1 mentoring where you can get your direct questions answered live; it also contains 12 nutrition lectures which serve as a good refresher.

Society of Wellness - Functional Nutrition Therapy \$1,997.00

12-month program with 24 self-paced modules giving a broad overview of all domains. Can be paid monthly: \$133.00 + \$664.00 Sign-up fee.

Hill College Holistic Wellness Pathway

www.hillcollege.edu/holisticwellness

The HWP is very customizable, so it can mean different things to people depending on whether they graduated from Hill College or attended another school. The courses to complete to sit for the NANP board exam are 1322 & 1323. Finishing 2289 and 2389 is required to get 500 NANP-approved contact hours. Contact Lori Rose for pricing: lrose@hillcollege.edu. PH: 817-760-5892.

DOMAIN I – FOOD & NUTRITION

International Integrative Educational Institute (IIEI) \$1,6990

Advanced Professional Herbal & Nutritional Skills Program

The Advanced Professional Herbal & Nutritional Skills Course Online offers you a chance to gain experience working with real clients under the direct supervision of experienced herbal and nutritional therapy practitioners.

Holistic Nutrition for the Whole You \$197

HN4U Our Journey With Food

Self-Paced 25-hour program. Recap of Nutrition, Sustainability, and Mindfulness Integration, plus client Well-being through Informed Food Choices, Sustainable Practices, and Mindful Living

Hill College – Contact Lori Rose for Pricing: lrose@hillcollege.edu. PH: 817-760-5892.

Nutrition II One semester (10 weeks), students learn to create detailed nutritional, supplemental, herbal, and lifestyle protocols and nutrition plans for each body system and common chronic health issues as they explore the body's anatomy, physiology, and biochemistry.

DOMAIN II FUNDAMENTALS OF ANATOMY, PHYSIOLOGY & BIOCHEMISTRY

Optimal DX \$1497 or 3 payments at \$525

The FBCA Mastery Certification Training Program

Learn the end-to-end process of Functional Blood Chemistry Analysis. This 12-week video course provides the tools for assessing and evaluating your clients from a functional perspective and helps bridge the gap between the other domains.

Functional Diagnostic Nutrition Certification Course \$5,995

A 6-month program focused on blood chemistry analysis includes live classes and helps join the dots between the other domains. Payment options from \$524

Holistic Nutrition Lab - Body Systems \$4,997

The 10-month program focuses on the interplay between body systems and includes blood chemistry analysis and live classes that help bridge the gap between the other domains.

Hill College – Contact Lori Rose for Pricing: lrose@hillcollege.edu. PH: 817-760-5892

Nutrition I One semester (10 weeks) Students learn the foundations of holistic nutrition biology, biochemistry, and physiology and an introduction to using food-like herbs as medicine.

DOMAIN III – COUNSELING SKILLS

The RESTART Program - \$1197 or 2 x \$617

Learn how to run a 5-week group program - Please note that the CECs (Continuing Education Credits) from the RESTART® Program count towards Business Development, not continuing nutrition education.

AIP Certified Coach - \$799 or 3 x \$299

AIP Certified Coach - This 8-week program is focused on coaching skills and autoimmunity using the Paleo diet.

Pure Vitality University -

Practitioner Course \$5,964

6 Month video program focused on counseling skills and clinical application, includes group Q&A once a month. Pay-in-full Discount: \$4,997 or 12-Month Payment Plan: \$497



DOMAIN IV – NUTRITION IN PRACTICE

Josh Gitalis \$597

Advanced Clinical Focus: Digestion & GI Health

Anatomy, physiology, pathophysiology, and the 5 Rs of digestive healing using therapeutic foods, therapeutic supplementation, and the mind-body connection.

International Integrative Educational Institute (IIEI) \$1,6990

Advanced Professional Herbal & Nutritional Skills Program

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DOMAIN V – RESEARCH

Maryland University of Integrative Health \$349 or \$79 per course

Professional Certificate in Evidence-Based Research and Informed Practice

The Professional Certificate includes 5 courses.

Course 1 - Foundations of Research Design

Course 2 - Finding and Selecting Appropriate Evidence

Course 3 - Primary Research Evidence Appraisal

Course 4 - Understanding Study Results

Course 5 - Secondary Research Appraisal and Applications

Maryland University of Integrative Health \$697

Scientific Writing for Integrative Health

14 Week Self-Paced Course (6 modules) with 1:1 support of a Professional Mentor.

Students must come to the course with 3-5 pieces of primary research evidence they want to combine into a summary and synthesis.

