

CNM



COLLEGE OF
NATUROPATHIC
MEDICINE

Environmental Medicine Course



By Dr Joseph Pizzorno

World-renowned Naturopath, author and CNM Patron, Dr Joseph Pizzorno (USA) has produced this exclusive course for CNM on Environmental Medicine. He is the co-author of the bestselling book, 'Textbook of Natural Medicine', with over 1,000,000 copies sold in six languages.

The Dr Pizzorno Environmental Medicine Course consists of 15 high quality lecture videos and PowerPoints and is included in CNM's Naturopathy Diploma. The course can also be studied on its own. The course is set up on CNM's user-friendly and interactive online platform.

All lectures are based on latest research in the field of environmental toxins and equip students with the expertise needed to address most common chronic health conditions that are a result of environmental toxicity in practice.



Course Outline:

1.	Introduction	Gain an insight into the content covered on this course that includes 15 hours of video content and lecture materials.
2.	Toxins – the primary drivers of disease	We are suffering from a worldwide epidemic of chronic diseases, with environmental toxins playing a significant role. In this lecture you will learn about the relationship between toxins and some of the world’s most common chronic illnesses.
3.	Diabetes and Toxins	With the prevalence of diabetes increasing worldwide, learn about the crucial role that environmental toxins play in the condition.
4.	Toxins and Infertility	Explore the role of toxins in infertility, including the mechanisms of this and the most problematic toxins.
5.	Toxins and Autoimmune Disease	With the rates of autoimmune disease increasing relentlessly, learn about how toxins can cause immune dysregulation and explore condition-specific protocols.
6.	Metal Toxicants	Learn about the most harmful metal toxins, their sources, prevalence, mechanisms of damage, diseases caused and therapeutic interventions to support body elimination.
7.	Chemical Toxins	Learn about the most problematic persistent and non-persistent chemical toxins and their effects on the body. This will include an in-depth look at chemicals such as BPA, pesticides and Phthalates.
8.	Living Toxin-Free	A crucial lecture that provides you with a key overview of how you and your patients can live their lives toxin-free. This will include lots of practical strategies for you to take away and apply.
9.	Diagnosis of Toxicity	Explore the different ways of measuring toxic load in your patients.

10.	Preparing Organs of Elimination	'Prepare first, then detoxify' – learn how to ensure the bodies elimination channels are functioning well before taking a patient through a detoxification protocol. This includes lots of practical strategies for you to take away.
11.	Systemic Detoxification	Learn about detoxification supporting foods and dietary approaches, fasting methods, saunas and more! This lecture will provide you with protocols to enable your patients to undergo a systemic detoxification programme.
12.	Toxin Specific Protocols	Explore the protocols to support the elimination of the key metal and chemical toxins covered in this course.
13.	Glutathione	Learn about the importance of glutathione in detoxification and health, as well as strategies for increasing glutathione levels in the body.
14.	How to Practice Environmental Medicine	Dr Pizzorno will explain how you can practice environmental medicine successfully in your naturopathic practice.
15.	Case reports	Learn from Dr Pizzorno's real life examples about how environmental medicine can be integrated into a clinical setting.