Proudly Presents

**COURSE**

Dynamic Nutrition…What You MUST Know

**DATES**

Friday 31/07/15

**TIMES**

9:00 am – 5:00 pm (Please arrive at 8:45 am)

**FEES**

$225

**Pre-requisites**

NIL

**CPD Points**

8 hours of CPD points

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**Course Description**

‘Dynamic Nutrition…What You MUST Know!’ explores ‘The Simple Truth Behind Carbohydrates and Protein’ and how to regulate our blood sugar level naturally with food as well as with kinesiology approaches (no muscle testing required).

It investigates what affects our nutritional status, the impact of too much or too little water intake and demonstrates a common sense approach on how to use the 7 Vital Nutrients effectively to achieve better health and weight regulation. It also addresses (un)willingness and how to find solutions to lifestyle factors impacting our nutritional status.

‘Dynamic Nutrition…What You MUST Know!’ uses the KISS Principle, providing nutritional knowledge that is easily applied and incorporated within any health profession!

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**Your Facilitator**

Your facilitator is Christine Ammann, an AKA, ATMS and BTA registered Specialised Kinesiology & Bowen Practitioner. Christine has been providing Kinesiology, Bowen, NLP & CST consultations for more than 15 years and currently consults from Physio Solutions in Brighton, SA. She has studied many different Kinesiology modalities in Australia and Europe, has developed her own ‘Dynamic Kinesiology’ modality and delivered her seminars and presentations at the RAH amongst other professional organisations.

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**Equipment You Are Required To Bring**

- Bottle of drinking water
- Notepad and pen

**Bank Account Details:**

Bank: ANZ
Account Name: Training Austral Asia Pty Ltd
BSB Number: 015-257
Account Number: 3872 72966
Reference: Name + Course Name

Please wear comfortable clothing and closed shoes (e.g. Gym shorts, track pants, t-shirt, sneakers etc.)

Payment is required 2 weeks prior to course commencement.
NHA Australia’s ‘Natural Health Academy’ is easily accessible via bus:
Stop 8, South Road (Stop codes 13115 and 13120)

**The following routes service these stops:**
- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF – Civil Train Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from NHAA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on Sunday so we suggest that you bring your own lunch.

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to purchase lunch.

If you have any queries please contact us via email at admin@nhaa.edu.au or you can call us directly on (08) 8351 8507.

*Please keep an eye on our websites for any course updates.*