

BECOME THE PRACTITIONER PEOPLE TURN TO

Every day, people are searching for answers about their health and struggling to make sense of conflicting advice, confusing diagnoses, and information overload. Skilled practitioners who can guide others toward better health and lasting change have never been more needed.

The NutraPhoria Integrative Health Institute prepares you to become one of them.



Holistic Nutrition & Health Coach → Holistic Nutritionist → Advanced Specialization

Mind | Body | Spirit



Why This Work Is Important

Every Health Transformation Begins with Hope

People have more access to health information than ever before, yet many still struggle to find clear answers and lasting results. Conflicting advice, information overload, and one-size-fits-all approaches often leave people feeling frustrated and unsupported.

Behind every symptom is a person looking for answers.

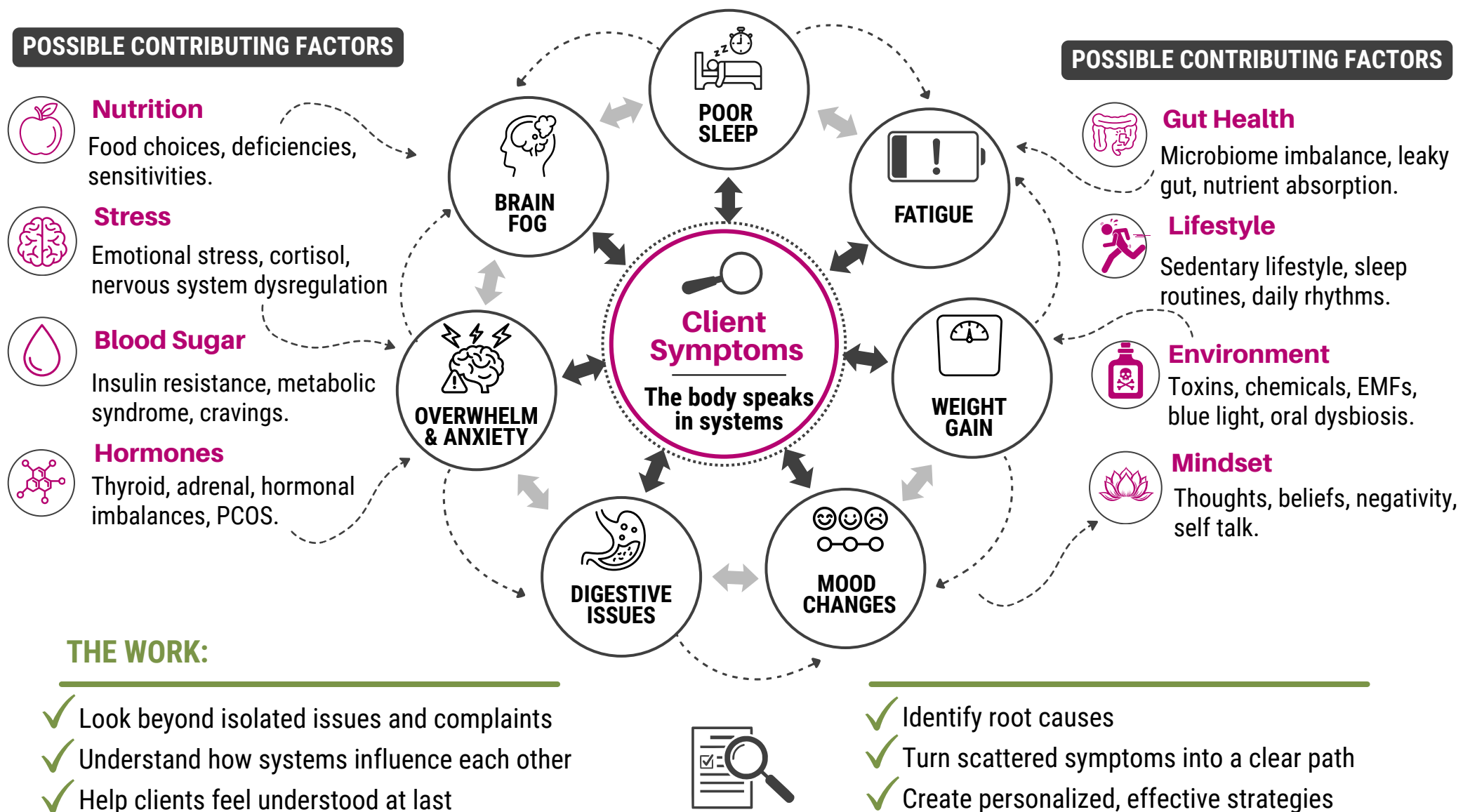
- Someone struggling with fatigue and wondering why they never feel rested.
- Someone frustrated by digestive issues that keep returning.
- Someone navigating hormone changes, weight gain, stress, anxiety, or chronic health concerns.
- Someone who simply wants to feel like themselves again.

Holistic nutritionists and health coaches help people understand the factors influencing their health and support them in creating life-changing, lasting change. Through education, encouragement, and guidance, they help clients take an active role in their well-being and move toward a healthier, more vibrant future.

Here, we train our practitioners to think like health detectives, connecting the clues (symptoms) across body systems to get to the root cause.

Every Symptom Tells a Story

HOLISTIC PRACTITIONERS CONNECT THE CLUES TO SUPPORT WHOLE-PERSON HEALING

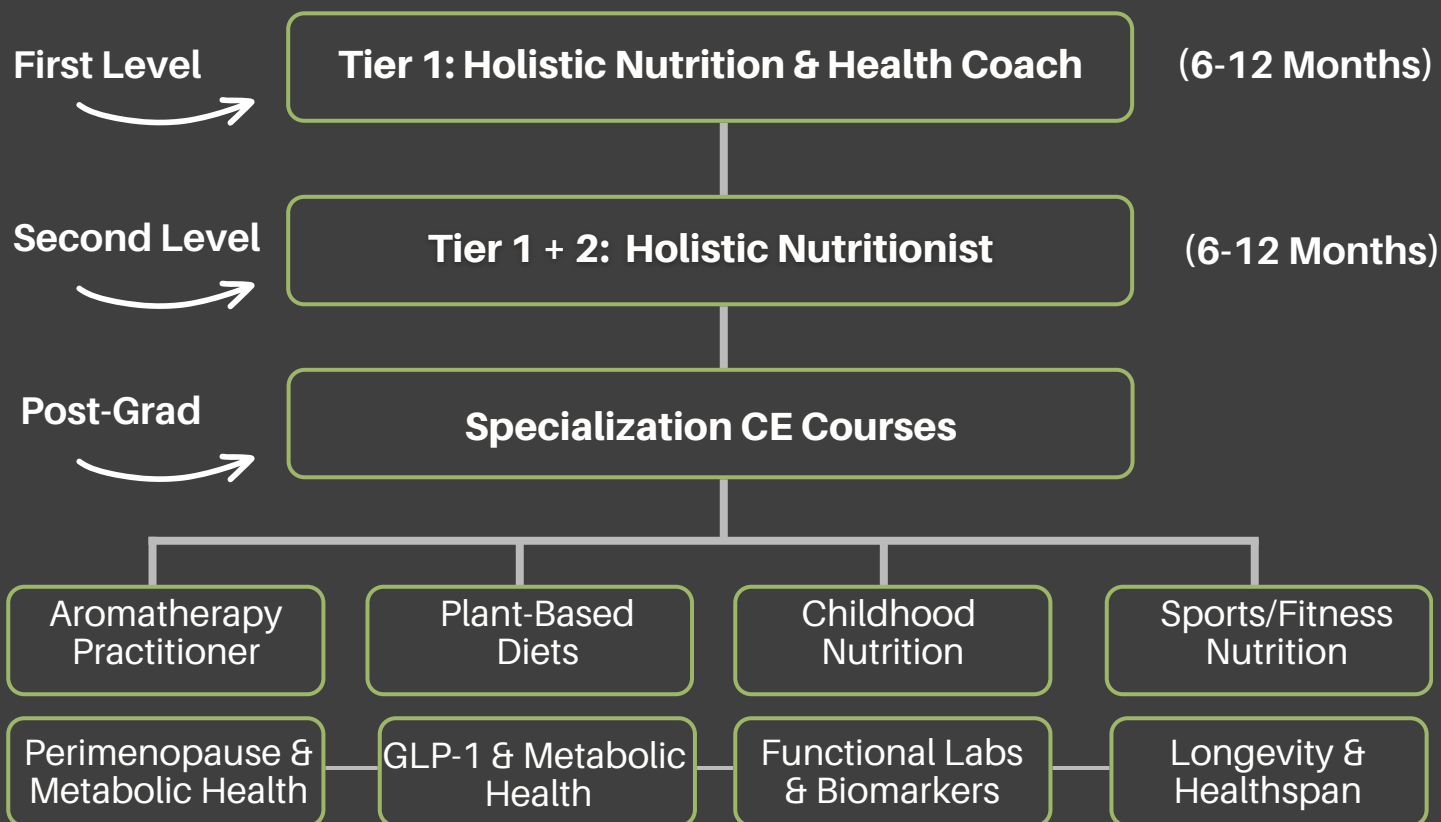


Program Structure at a Glance

We are the only holistic nutrition school that provides a two-tiered educational path from Health Coach to Holistic Nutritionist. This means if you start as a Health Coach, you can further your education to a higher designation at any point in the future.

Our Tier 1 Holistic Nutrition & Health Coach Diploma Program is the first half of the 2-Tier Holistic Nutritionist Diploma Program. Enroll in Tier 1 on its own, both Tiers together at a discount, or opt to add Tier 2 later down the road.

We also provide a variety of post-grad courses that deep dive into specific areas of specialty to help you carve out a niche in your practice.



* Individual Certificates

* Metabolic Longevity Practitioner Stack

Accreditation & Designations

Graduation Credentials for Diploma Programs:

Tier 1: You will graduate a *Certified Holistic Nutrition & Health Coach*

Tier 2: You will graduate a *Certified Holistic Nutritionist*

Regulatory Body Designations You Will Qualify For:

Tier 1:

- Meets the requirements of the Health Coach Alliance (HCA), which permits you to receive registration status in addition to their highest level designation, Registered Health & Nutrition Counsellor™ (RHNC™) and obtain scope-specific insurance.

Tier 2:

- Meets the requirements of the National Association of Nutrition Professionals (NANP) to become Board Certified in Holistic Nutrition™.
- Meets the requirements of the Global Association for Integrative Nutrition (GAIN) for the Registered Holistic Nutrition Practitioner (RHNP™) designation and to obtain scope-specific insurance.

*** All industry bodies above are international, serving members from over the world.*



National Association of
Nutrition Professionals
APPROVED SCHOOL



[Tier 1 Enrolment Form](#)

[Tier 1 & 2 Enrolment Form](#)



Tier 1: Holistic Nutrition & Health Coach

There are **4 terms** to the Tier 1 Holistic Nutrition & Health Coach Certification Diploma Program which are completed over 12 months. Each term covers a variety of course topics.



Tier 1 Quick Facts:

- Online & Self-Paced
- 6-12 Months (1000 hours p/t or f/t)
- Tax-exempt tuition
- Payment plans
- 4 Terms
- 100's of handouts
- E-books & Video Instruction
- Case Studies
- Nutrition Business Training
- Research Docs
- Internationally Accredited
- RHNC Designation



Enrol Now



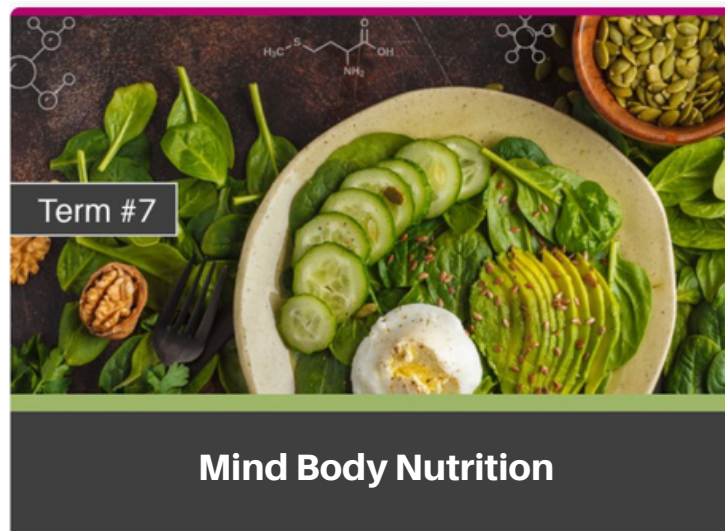
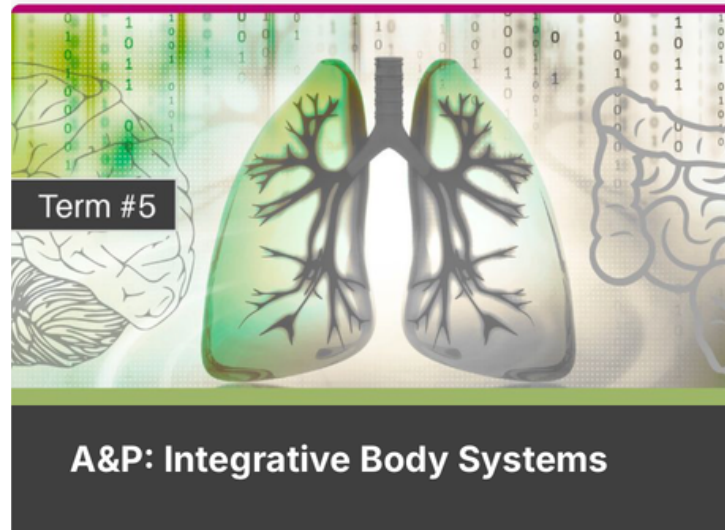
Tier 2 Quick Facts:

- Online & Self-Paced
- 12-24 Months (2000 hours p/t or f/t)
- 7 Terms
- 49 Areas of Study
- Tax-exempt tuition
- Payment plans
- 100's of handouts & intake forms
- E-books, Textbooks & Video Instruction
- Nutrition Business training
- Research Docs
- Internationally Accredited
- RHNP Designation
- Board Certification

2-Tier Holistic Nutritionist Program

With 49 comprehensive areas of study across 7 academic terms, this globally recognized program will have you working through complex case presentations, learning to think systematically across body systems, and developing the decision-making skills that only guided practice with experienced practitioners can provide.

Includes all of Tier 1 PLUS:



Enrol Now

\$999 Value

Nutrition Business Blueprint Course

A step-by-step guide to help you establish & grow your holistic nutrition business.

Just imagine waking up to realize that while you were enjoying a rejuvenating sleep, you were able to help someone from another town, city, or even country via your online programs. Imagine having your own practice, creating your own schedule, and having the flexibility to work anywhere in the world. *Sound too good to be true?* It's not! That's what a career in this industry can look like.



The more efficiently your business is running, the more people you can help, and the more flexibility you will have.

We have made the most challenging parts of setting up and running a holistic practice easy. Our step-by-step business program will walk you through everything you need to know to effortlessly build a business you love, both online and offline, while freeing up more of your time to have a beautiful balance between work and everything else you enjoy doing.

What You Will Learn:



- How to price your services with confidence, package them in a way that reflects your real value, and avoid undercharging.
- How to attract and convert your first clients, build a referral network, and position yourself as the go-to practitioner in your niche.
- How to create online programs and digital products that generate income independent of your hours, so your practice earns even when you're not working.
- How to build a brand and online presence that communicates credibility, draws in the right clients, and sets you apart.
- The legal essentials every practitioner needs to know: scope of practice, privacy legislation including PIPEDA and HIPAA, and how to build a practice that's professionally protected from day one.
- We also address ethical AI use, and automation.



The Life this Builds for You

Set your own hours, choose your own clients, and build a career that grows as far as you want to take it, helping people who have run out of places to turn.

One path, a hundred doors. Here are a few examples that our graduates walk through:

- ✓ **Your own practice:** The flexibility of making your own schedule one-on-one or guiding small groups, online or in person, at the rates you set.
- ✓ **Programs that earn around the clock:** Courses, memberships, programs, and digital products that work while you rest.
- ✓ **The go-to expert in your niche:** Pick a focus, build a name, become the practitioner people search for when they can't find answers on their own.
- ✓ **A seat on an integrative care team:** Work in a clinic beside doctors and naturopaths, giving clients the daily nutrition and lifestyle support they need to stay on track.
- ✓ **Corporate and community wellness:** Lead workshops, retreats, and workplace programs that lift whole groups at once.
- ✓ **A practice that travels:** Coach clients anywhere in the world from your laptop, built completely around the life you truly want.

If you are wondering how to make these things possible, we show you how. Your enrolment includes our Nutrition Business Blueprint, so you graduate knowing exactly how to set up, price, and fill your practice.

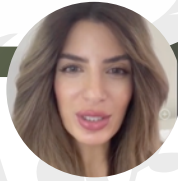
[[Visit Careers Page to See What's Possible →](#)]

What Our Students Have to Say...

"It started with a deep desire to understand the connection between food, health, and overall well-being. Discovering NutraPhoria was the perfect opportunity to dive deeper into this world and equip myself with the knowledge to make a positive impact. Since studying holistic nutrition, my day-to-day life has been transformed...and I have inspired friends

Sandra

and family."



"I really enjoyed the nutrition courses at NutraPhoria and highly recommend them! I have learned so much about nutrition and I am excited to begin my journey and help others. The information provided can change your life in so many levels; its also easy to understand and follow. It has helped me live a healthier lifestyle. Thank you SO much!"

Evangelia



"I'm so excited. I just graduated from the Health and Nutrition Coach program. I'm even more thrilled to continue my studies on level 2. You see, I've been living with type 2 diabetes for the past 21 years. You know, if you're looking at this testimonial to help you make a decision on what institution to go with, stop right now. This is it."

Nick



"I just can't recommend the program enough. If you're looking for a program or need any advice as to where you should look further, just focus on NutraPhoria. This program is so good and I can't believe just how much I've already learned and I still have a lot to go and I love the fact that it works perfectly for someone that has a very busy schedule"

Hope



[View More](#)



Lab Testing in Practice

Holistic nutritionists and health coaches, just like other health practitioners, work within a defined scope.

In Canada, across much of the U.S., and in many countries around the world, diagnosing conditions and ordering medical blood panels is out of scope and strictly reserved for physicians and other regulated providers. Knowing exactly where that line sits is what ensures you remain a credible, legally protected, and professionally trusted practitioner. We cover scope of practice in depth throughout the program, ensuring you will always know where you stand.

What surprises most students is how much functional testing can be done inside holistic practice, and there's more of it than you'd expect.

Your clients have access to detailed, personalized health data, and knowing how to work with that information is important. You'll learn which testing options fit your scope, how to guide clients toward them, and how to turn results into precise, individualized nutrition and lifestyle support.

When a client arrives with results in hand, you'll know exactly what you're looking at, when to act on it, and when to refer back to their physician or another regulated provider.

The case studies woven throughout the program bring all of this into real client scenarios, so by graduation, working with functional data feels like a natural, confident part of how you practise.



The NutraPhoria Advantage

Independently owned and practitioner-led for over a decade, built for people who want to truly know what they're doing and build a career they can count on.

✓ Real clinical depth

- A full-spectrum education across functional medicine, holistic nutrition, herbalism, traditional Eastern practices, mind and body wellness, supplementation, and nutraceutical therapies.
- The ROOTS Method, the clinical reasoning approach we teach and that you will not find at any other school. It's what trains you to think like a practitioner.
- A two-tier path that is yours to shape. Start as a Health Coach, stack up to Holistic Nutritionist when you're ready, then specialize with our post-grad courses.

✓ Credentials that open doors

- Internationally recognized through GAIN, the HCA, and the NANP.
- Eligible for professional registration and practitioner insurance.
- Certified by Employment and Social Development Canada. Tuition is tax-exempt, and payment plans are available.

✓ You're never on your own

- Real support throughout the program and long after you graduate.
- A private student and graduate community where you learn beside classmates and grow your network.
- The Nutrition Business Blueprint is included, so you finish ready to set up, price, and fill your own practice.

✓ Built around your life

- 100% online and fully self-paced. Study when and where you want, part-time or full-time.
- No start dates and no pressure. Begin the day the timing is right for you.



Where holistic nutrition becomes clinical mastery.

At a Glance: What Makes us Different

How our clinical practitioner training compares to the typical health coach and holistic nutrition programs

	TYPICAL HEALTH COACH & HOLISTIC NUTRITION PROGRAMS	NUTRAPHORIA: THE HEALTH DETECTIVE METHOD
Program Depth & Structure	Most health coach programs range from 70 to 200 hours and can be completed in three to six months. Holistic nutrition schools typically offer 18 to 20 bundled courses. The focus is on getting certified quickly.	✓ 4 to 7 Academic Terms 1,000 to 2,000 + Hours Tier 1 (RHNC): 4 academic terms and 1,000 hours of structured instruction, case studies, assessments, and applied training. Tier 2 (RHNP): extends to 7 terms and over 2,000 hours across 49 specialized areas of study.
Science Depth	Many programs cover foundational nutrition, dietary theories, and general wellness principles. The deeper sciences that explain why the body responds the way it does are often outside the scope of the curriculum.	✓ Advanced Human Science You study anatomy and physiology, pathophysiology, immunology, nutrigenomics, psychoneuroimmunology, parasitology, mitochondrial science, biochemistry, detoxification pathways, environmental toxins, and histamine intolerance.
Clinical Reasoning	Most programs teach behaviour change through habit formation, motivational strategies, and standardized testing. The bridge between textbook knowledge and confident client work is often left for graduates to figure out on their own.	✓ Our Unique ROOTS Method™ We teach you how to think like a practitioner because there is nothing worse than having information you don't know how to use. The ROOTS Method is a repeatable clinical reasoning process for mapping multi-system dysfunction.
Coaching Integration	When nutrition science and client coaching are taught as separate skill sets, graduates often struggle to translate what they know into behaviour change that sticks.	✓ Integrated Science + Coaching Psychology Every clinical concept is paired with the coaching psychology and behaviour change strategies needed to turn it into lasting client results. You learn the science and how to apply it in the same breath.
Ownership & Accreditation	Just like too many of your favourite natural health brands, many of the best-known health coach and holistic nutrition certifications have recently been quietly acquired by a couple of private equity firms.	✓ Independently Owned, Practitioner-Built, Triple Accredited NutraPhoria has been independently owned and operated for over thirteen years. Every curriculum decision is made by practitioners, for practitioners. No investors. No outside influence. No shortcuts and unparalleled student support.
Designation Pathway	Most schools graduate everyone with the same single certification regardless of how far they want to take their career. If you want to go deeper, you start over somewhere else.	✓ Dual - Tier Designation: RHNC → RHNP A structured two-tier progression from Registered Holistic Nutrition Counsellor to Registered Holistic Nutrition Practitioner, all within one institution. When you are ready to go deeper, the path is already here.



Life Changing Education

Ready to Start Your New Career?

Within 10 minutes of enrolling, you will receive a user ID and password via email to your student account.



[Tier 1 Enrolment Form](#)

[Tier 1+2 Enrolment Form](#)