

TRULY HEAL™ Academy



**TRULY HEAL**  
your body, your life and the world

TRULY HEAL  
HEALTH COACH  
Certification

**Course Guide and Syllabus**

# TRULY HEAL HEALTH COACH CERTIFICATION

## Course Guide

Course name:	Truly Heal Health Coach Certification
Course Description:	<p>If you are passionate about helping people make positive health and lifestyle change and looking for a course that teaches you how to pinpoint physical as well as lifestyle and mental causes of a disease then the TRULY HEAL Health Coaching Certification Program is ideal for you.</p> <p>Finding the cause of disease is the only way to truly heal as a symptom treating approach will always be a bandaid with a short lived success rate. This is why the Truly Heal approach will give you a huge advantage above all other health coaches as the guidance and help you can offer as a Truly Heal coach is immensely valuable for a person on a healing journey.</p> <p>This program is designed for people who have a strong interest in the health and wellness coaching area and may not have prior qualifications.</p>
Course length and intake dates	<p>Up to 2 years to complete the program from the date of enrollment. As a self-paced online course it can be completed in as little as 5 months. The course is an online portal and can be started anytime from anywhere.</p> <p>After payment you receive immediate access to our Study Portal which contains all course material.</p>
Methods of Delivery:	<p>The Course consists of 54 chapters followed by a quiz with short written answers. The course also contains a mid and final exam, which includes a case study, a patient evaluation and a short video recording. All quizzes, short responses and exams are corrected and discussed with your teacher.</p>
Contact Hours:	Approximately 150 hours depending on prior knowledge.

IT Requirements:	Operating system: Anything that can access a website. Tablets, PC and MAC
Pre-requisites:	There are no pre-requisites for enrolment in this certification program, however a passion for health and wellbeing is advisable.
Accreditation:	<p>TRULY HEAL is an approved health coach certification training provider with the International Institute for Complementary Therapists (IICT). IICT is an independent membership body for the wellness industry whose course endorsement will allow you to gain professional insurance under the service category of Health Coaching.</p> <p>IICT is available internationally (26 countries) <a href="http://myiict.com/">http://myiict.com/</a></p>
The Program includes:	<ul style="list-style-type: none"> <li>• Instant access to our Study Portal which contains the course content with videos, mind maps, slideshows and PDF's.</li> <li>• Instant access to the TRULY HEAL functional medicine app</li> <li>• Private Facebook forum for connectivity with other students.</li> <li>• Access to teacher whenever questions arise.</li> <li>• Fully comprehensive health questionnaire for later use in your own business.</li> <li>• Business modules to set up your own coaching practice</li> <li>• Listing on the TRULY HEAL website.</li> <li>• Special rebate on TRULY HEAL products.</li> <li>• Accreditation and certification after completion.</li> </ul>

# TRULY HEAL HEALTH COACH CERTIFICATION

## Course Syllabus

### Chapter 1- Welcome

TITLE OF LESSON	LEARNING OUTCOME
1. Course Introduction	Video explaining the function of the online course, how to contact teachers, grading etc.
2. The Truly Heal Challenge	Definition of the problem a TRULY HEAL coach faces in their daily work life.
3. The Truly Heal Solution	This unit outlines the purpose and different solutions to the problem.
4. The 4 Energy Bodies	This unit divides a human into 4 different categories / bodies that need to be addressed with different tools and methodologies in order to achieve true health.
5. Coaching Guidelines	This unit covers ethics, professional standards and communication skills that all health care workers must have to be successful.
6. How to Promote Yourself	This unit covers how to promote yourself, get recognised as an authority and how to earn money.

### Chapter 2 - Physical Health

TITLE OF LESSON	LEARNING OUTCOME
1. Introduction Physical Body	Overview of chapters to come.
2. Immune System	Understanding how the immune system works and it's relevance in dealing with chronic diseases. Definition of immunodeficiency disorder and autoimmune diseases. Immunotherapy and vaccines as cancer treatment.
3. Hepatic System	Learn how our detoxifications pathways work and what effect liver health has for our overall health.
4. Detoxification	Learn all detoxification methods and what kind of toxins they remove. You will also learn which nutrients are required for optimal detoxification.
5. Gastrointestinal System	Gut health is the key to good health and sound emotions. This chapter will teach you all factors that influence gut flora and gut health. Conditions such as leaky gut and food sensitivities are thoroughly discussed and treatment options are offered.
6. Cardiovascular System	The important functions of the cardiovascular system and its related diseases. Natural treatments that have a direct effect on blood clotting, arterial health and high blood pressure. The cholesterol theory explained.
7. Respiratory System	Respiratory system and its organ. Related diseases and natural treatments.

8. Urinary System	This chapters teaches the function of the urinary system, symptoms and possible causes associated with urinary system diseases. Natural treatments are discussed.
9. Pancreatic System	Function of the exocrine and endocrine pancreas. Symptomatic of a diseased pancreas and treatment possibilities. Metabolic Syndrome closely investigated.
10. Endocrine System	Hormones are messengers of life. This chapter teaches about the pancreas, adrenal gland, thyroid and sex hormones. Tests which are relevant to detect imbalances, symptomatic of certain disorders and treatment possibilities.
11. Introducing the causes	Why it is important to search for the causes of disease.
12. Inflammation	Chronic inflammation a root cause of disease. Common causes of chronic inflammation explained.
13. Infections	Infections suppress the immune system and require deep insights into evaluation and tests with according treatment options.
14. Acidity / Alkalinity	Negative health impacts of an acidic body and how to evaluate acidity - alkalinity status.
15. Oxygenation	Oxygen treatments and their effects on health are subject of this chapter.
16. Oral Health	This chapter will teach the causal effect of dental problems on chronic disease.
17. Laboratory Tests	This unit explains all different and relevant pathology and functional laboratory tests that give you clear insights which contributing factors can lead to disease and prevent a recovery.
18. Essential Nutrients	All essential minerals, vitamins, amino acids and fats are discussed in detail.
19. Supplementation	What is bioavailability? Natural versus Synthetic supplements, what supplement do we recommend?
20. Immune Modulating Therapies	This chapter covers agents and supplements which work as immune modulators.
21. Natural Antibiotics	This chapter discusses natural antibiotics.
22. Understanding Cancer	This unit defines all the different scientific causes and contributing factors that lead to cancer as well as diagnostic jargon that is used to stage and diagnose.
23. Cancer Protocols	In this chapter we look at some of the most famous cancer protocols and where they have an advantage or disadvantage.
24. Cachexia	Explanation of Cachexia and treatment possibilities.
25. Natural Anti Cancer Treatments	There are thousands of natural anti cancer remedies. This chapter describes the most successful research based anti-cancer agents/ supplements.
26. Natural Treatments to help deal with Chemotherapy and Radiation Side Effects	Supporting the immune system during chemo and radiation treatments is essential to achieve maximum results. There are many modalities, nutrition, vitamins and energy medicine available to reduce most toxic side effects and enhance the treatment manyfold.
27. Medical Treatments	This chapter discusses holistic medical treatments which are used in a clinical setting.
28. Energy Medicine	There are many options on the spectrum of sound and light therapy. The most therapeutic treatments (scientifically proven) are discussed in this chapter.

29. Cause and effects of drugs	Common drugs and their effects on overall health.
30. Additional Physical Therapies.	Many treatments like acupuncture, chiropractic and massages are not directly linked to cancer but offer energetic rebalancing and improved circulation to areas of concern.
31. Blue questionnaire	This unit helps a student to ask the right questions in order to evaluate the medical history and present health conditions. The questionnaire is designed to find every possible contributing cause as well as what prevents a recovery.
32. Causes of Depression	In this chapter the many causes of depression are closely examined.
33. Causes of stubborn weight loss	In this chapter the many causes of stubborn weight loss are examined.

## Mid Exam

Mid Exam for the Physical Health Chapter	Short written answers for questions related to the different body systems and general practical approach for a coach practice setting.
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## Chapter 3 - Vital Health (Lifestyle Habits)

TITLE OF LESSON	LEARNING OUTCOME
1.Lifestyle habits introduction	This unit defines all the different proven causes and contributing factors pertaining our lifestyle habits that lead to chronic diseases.
2. Overview of Nutrition	What are carbohydrates, proteins and fats. The detrimental effects of sugar.
3. Dietary Essential	This unit covers food allergies, glycemic index and glycemic load, healthy body weight and understanding food labels. Processed food is closely examined in regards to certain food additives.
4. Food as Medicine	This unit covers superfoods, phytonutrients, antioxidants and herbs and spices.
5. Different Diets	This unit covers all special diets and how to choose the best diet for your client.
6. Drinking Habits	Learning how much and what to drink is important in order to truly heal.
7. Exercise Habits	This unit covers healthy and unhealthy exercise habits.
8. Toxic habits	This unit covers the toxic environment we live in and it's effects on our health.
9. Sleeping Habits	This unit covers sleep and it's relevance to detoxification and healing. You will learn sleeping patterns that support a speedy recovery and how to induce them.
10.. EMF's & Geopathic Stress	Our environment has a massive influence on our health. In this unit you learn how to create a healing environment.

11. Questionnaire	This unit helps a student to ask the right questions in order to evaluate past and present lifestyle habits.
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## Chapter 4 - Mental Health

TITLE OF LESSON	LEARNING OUTCOME
1. Introduction Videos	Videos about stress (relationship, work, financial and spiritual stress), personal space and beliefs.
2. The Mind	This unit defines all the different scientific causes and contributing factors pertaining our thought, feelings and beliefs that lead to disease.
3. Values	How to evaluate your clients's values. Voids drive Values. Judgement and stress management.
4. Believes	All your beliefs lead to choices. In this section you will learn how to change these beliefs in order to achieve healthy emotions.
2. Questionnaire	This unit helps a student to ask the right questions in order to evaluate the mental history and present beliefs that lead to disease.

## Chapter 5 - Spiritual Health

TITLE OF LESSON	LEARNING OUTCOME
1. Introduction Videos	Videos about purpose, motivation, stillness, balance and gratitude in live.
2. Equilibrating	Everything out of balance will cause tension and stress. This chapter teaches you how to resolve everything that causes stress.
3. Gratitude	To be grateful for ones adversities is the starting place of all healing. This chapter will teach you how to achieve this feeling of gratitude.
4. A Higher Purpose	What is memory and how can we break free from lifetime emotionally charged imprints.

## Final Exam

Case Study 1	Evaluation of a client case with filled out questionnaire, established timeline and suggested coaching.
Case Study 2	Evaluation of a client case with filled out questionnaire, established timeline and suggested coaching.
Case Study 3	Evaluation of a client case with filled out questionnaire, established timeline and suggested coaching.

**Final Qualification**

The final exam consist of a life case study and a patient evaluation corrected and discussed with your teacher as well as a short video recording.