

# 2010 CHFS TRAINING SYLLABUS (NY, IL & OR)

**INSTRUCTORS:** Caroline Barringer, *NTP, MCHFS* and Jennifer Pecot, *NTP, MCHFS*

LOCATIONS: Long Island, **NY** Portland, **OR** Glenview, **IL**

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TRAINING DATES & HOURS: **New York** - May 13 -16, 2010 **Illinois** - Sept. 9 - 12, 2010 **Oregon** - Oct. 21 - 24, 2010  
9:00 AM to 6:00 PM (*training hours and accommodations subject to change*)

## A. DESCRIPTION of the CERTIFIED HEALING FOODS SPECIALIST™ (CHFS) TRAINING

This unique, hands-on training and lecture series prepares students with the knowledge, skills, and tools to make conscious, wholesome food, hygiene and lifestyle choices for themselves, their families, friends and clients. Emphases are on developing cottage industries; preparing, marketing and educating local communities by promoting health with the finest, most natural medicine made available to us all - **FOOD!**

## B. ORGANIZATION

This is a lecture-lab training in which topics are presented by the instructors, hands-on culturing techniques are practiced and explained, cooking techniques are demonstrated and sampled, and career ideas and consulting recommendations are reviewed. Students will be placed in groups of three or more for each hands-on exercise. All assigned readings are to be completed by students outside of and before class. A Final Knowledge Assessment, taken only from the provided study guide, will be given at the end of day four. This course is a prerequisite for advancement to a Level Two MASTER CHFS and CHFS Instructor status.

## C. TRAINING OBJECTIVES

1. To introduce students to the preparation of traditional foods (cultured and cooked) and to the acceptable legal standards and requirements of work in the Healing Foods cottage industry.
2. To familiarize students with nutrient classifications and sources, the function/dysfunction and goal of digestion, the importance of bio-chemical individuality in diet, and safer supplement brands.
3. To expose the tragic, generational effects of the Standard American diet (SAD) on the American public.
4. To empower students to aid their communities in making healthier food choices from healthier food sources and to encourage healthier lifestyles through movement, safer personal hygiene/household products, affordable and effective air and water purification appliances, and "greener" life practices.
5. To provide students with organizational support through web advertising, business building techniques, and affiliate industry memberships (G.R.O.W.W., Organic Consumers Association, Weston A. Price and Price-Pottenger Foundations, Co-op America, The Nutritional Therapy Association, etc., etc.).

## D. TRAINING TOPICS

1. Introduction to Cultured/Probiotic Nutrition; preparation, storage and shipping techniques
2. Cooking demonstrations, tastings, and specific product recommendations of nutrient-rich foods
3. Recommendations for keeping diets diverse and nutrient-rich
4. Overview of dietary supplementation, movement and "health maintenance tips to live by"
5. "Green" hygiene and environmentally friendly homes
6. Healing Arts Business Basics
7. The CHFS Dietary Transition System and the CHFS Consultation Process

## E. BOOKS AND REQUIRED READING ASSIGNMENTS

Nourishing Traditions - <i>by Sally Fallon</i>	Preface (pgs. xi – 71), AND pages 616 – 634	Required
Nutrition and Physical Degeneration – <i>by Weston A. Price, D.D.S.</i>	Overview & Reference	Required
Pottenger's Cats: A Study in Nutrition - <i>by Francis M. Pottenger, Jr., M.D.</i>	Complete book	Required
The Hippocrates Diet & Health Program - <i>by Ann Wigmore</i>	Pages 59 - 83	Required
Staying Healthy with Nutrition - <i>by Elson M. Haas, MD</i>	Overview & Reference	Required
Cultivate Health from Within - <i>by Khem Shahani, Ph.D.</i>	Pages 1 - 83	Required

## F. CONTINUING EDUCATION UNITS

CEU's granted for training requirements will be as follows:

1. Attendance (classroom)	20				
2. Required Reading		4			
3. Final Knowledge Assessment		4			
4. Conference Calls		2			
5. Public Awareness Activity				4	
TOTAL CEU's Granted	20	+	10	+	4 = 34

### **ATTENDANCE:**

Absences for a medical emergency or court excuse will be recorded. Training hours missed will either be subtracted from total CEU's granted or the student can make up the CEU's hours at a future training. Any significant tardy or early departure from the CHFS training will be subtracted from granted CEU's.

### **REQUIRED READING:**

There are several short reading assignments to be completed **before** Day One of class. Please see Table E above for the specific books and their respective page assignments. The Final Knowledge Assessment will have several extra credit questions taken directly from these reading assignments, so students should be sure to complete them. These readings are intended to provide students with a basic foundation of the core training topics.

### **FINAL KNOWLEDGE ASSESSMENT:**

The Final Knowledge Assessment will be comprehensive and will be given at the end of Day Four of the training, just prior to the completion of the live training. Assessment questions will **ONLY** be taken from the CHFS Official Study Guide, which will be distributed upon enrollment of the CHFS Training. This is a pass/fail testing and higher assessment scores will be helpful to students wishing to advance to the Level Two Master CHFS status. All students will have one hour and fifteen minutes to answer 50+ questions and will receive an immediate score upon turning in their completed Final Knowledge Assessment.

### **CONFERENCE CALLS:**

Upon reaching enrollment deadlines, three conference calls will take place before Day One of class. The first conference call will be an "information session" including instructor and student introductions, confirmation of class dates and hours, a course requirements overview, a "Q & A" session and much more. Other conference calls will focus on discussions about required reading, materials needed for class, recipe exchange requirements, study guide review, an additional "Q & A" session and more. These conference calls are intended to provide students with an opportunity to ask all pertinent questions relating to the course and its requirements. The call-in numbers, dates and times of these conference calls will be provided in the official CHFS Student Handbook.

### **PUBLIC AWARENESS ACTIVITY**

Within three months from Day 4 of live training, a Level One CHFS must submit for approval *and* complete a "Public Awareness Activity" (PAA) to receive official CHFS Certification. PAA proposals are due 30 days after Day 4 of the live training - target topic, description and objective included. PAA examples will be covered during conference calls.

## G. TRAINING COURTEOUSY AND CONDUCT CODE

1. Personal snacks and drinks **are** permitted in the classroom. Light snacks will also be provided.
2. Please be courteous and turn off cell phones or switch phone to a vibrate position.
3. No video recordings of this training will be permitted. Audio recordings are permitted.