Academy for Addiction & Mental Health Nutrition

“Feed The Brain, First!”

Certification in Biochemical and Nutritional Approaches to Mental Health and Addiction Recovery

Level 1 Core Training Curriculum

Month One: Amino Acids, Neurotransmitter Function, Addiction and Mood Disorders, Part 1
- Using the Amino Acid Therapy Chart for Neurotransmitter Assessment
- Catecholamines, Caffeine, Stimulants, SNRIs, ADD, Tyrosine and L-Phenylalanine
- Endorphins, Opiate Addiction, Chronic Pain, D-Phenylalanine

Month Two: Amino Acids, Neurotransmitter Function, Addiction and Mood Disorders, Part 2
- Serotonin, Sugar Addiction, SSRIs, Ecstasy, and Alcohol, 5HTP and Tryptophan
- GABA, Benzodiazepine Addiction, Taurine, Theanine

Month Three: Hypoglycemia and Crucial Nutrients for Brain Function, Mood and Behavior
- Use of Food Diaries and Other Hypoglycemia Assessment Tools with your Clients
- How to Keep Blood Sugar Stable Using Diet and Supplements
- Vitamins, Minerals, Amino Acids, Fatty Acids, Water
- Genetic Polymorphisms such as MTHFR, COMT, Pyroluria
- Supplement Protocols for Bi-Polar Disorder, Addiction Recovery
- Lab Tests and Assessments

Month Four: The 5-Star Pro-Recovery Diet (taught by Pati Reiss)
- Characteristics of the 5-Star Pro-Recovery Diet and How to Adapt it to a Variety of Lifestyles and Blood Types
- The Role of Protein, Healthy and Non-Healthy Fats, Complex Carbohydrates, Fiber and Water; the Dangers of Food Additives
- Shopping, Cooking and Kitchen Tips from a Master Holistic Chef

Month Five: Putting It All Together
- Creating an Initial Treatment Plan
- When Aminos, Nutrients and Diet Changes Don’t Work!
- Student Presentations
Level 2 Advanced Training Curriculum

Month One: Healthy Digestion and Absorption, Part 1
- Healthy Digestion
- Digestive and Absorption Issues
- Candida and Other Pathogens
- Testing, Assessment and Special Diets

Month Two: Healthy Digestion and Absorption, Part 2
- Brain Allergies and Food Intolerances: The Science
- Specific Issues Regarding Gluten and Casein Intolerance
- Testing, Elimination Diets and Solutions

Month Three: Eating Disorders
- Sugar and Carbohydrate Addiction
- Compulsive Overeating, Bulimia and Anorexia
- Using Amino Acids, Other Nutrients and the 5-Star Pro-recovery Diet

Month Four: Thyroid and Adrenal Hormone Issues
- The Endocrine System, Thyroid Function, Tests and Solutions
- Co-Dependency and Adrenal Fatigue
- Adrenal Function, Tests and Nutritional Solutions
- How Lifestyle Impacts Adrenal Function

Month Five: Reproductive Hormone Issues
- PMS, Pregnancy and Menopause, Tests and Solutions
- Andropause, Tests and Solutions

Month Six: Brain Inflammation: Symptoms, Causes & Solutions
- Leaky Blood Brain Barrier, Micro-Glial Up-Regulation
- Heavy Metal Toxicity and Other Environmental Toxins
- Bio-toxin Illness
- Lyme Disease and Lyme Co-Infections

Month Seven: Major Mental Illness and Putting It All Together
- Genetic and Biochemical Causes of Central Nervous System Disorders
- Methylation Issues
- ADHD In-Depth
Month Eight: **Case Presentations**

- The Interplay of Trauma, Personality Disorders and Neurochemistry
- Student Case Presentations