Clinical Psychoneuroimmunology (cPNI)
Science in practice

From April 2015 CNELM - the Centre for Nutrition Education & Lifestyle Management - will be adding to their portfolio of courses for attendance the Natura Foundation’s cPNI 1 course. This course will run over a total of 18 days delivered as 6 sessions between 2-4 days in length. It is also planned for CNELM to add the Natura Foundation’s cPNI 2 to the portfolio of attendance courses at a later date.

The team of experts from the Natura Foundation will deliver the course at CNELM. The clinical application of psychoneuroimmunology (cPNI) has been developed and taught by the Natura foundation since 1987 and the courses are taught in several countries around the world.

"At CNELM we see cPNI 1 and cPNI 2 as highly relevant advanced professional development courses for graduates of UK NTEC accredited nutritional therapy degree and diploma programmes, including our graduates of the BSc and MSc courses taught at CNELM that are validated by Middlesex University; plus many other therapists including: doctors, dentists, nurses, osteopaths, dietitians, chiropractors, herbalists and acupuncturists.”
Kate Neil - CNELM

CPNI is an extension to many nutrition practitioner and coaching courses. Whether taking this course to enhance nutrition practice or as an entry route to nutrition as an existing healthcare professional your study will focus on the complex interactions between the emotions, psychological processes, pathophysiology and nutrition and lifestyle by considering interactions between the nervous system, the immune and endocrine systems.

The courses are up-to-date and based on the most recent scientific developments!

Biosan established the Natura Foundation in 1999 to share their knowledge and expertise in nutritional therapy, phytotherapy and clinical psychoneuroimmunology (cPNI). With a vast information database and an extensive network of professionals, the Natura Foundation has become a leading knowledge centre over the past decade. As a non-profit organisation, its aim is to provide practitioners and therapists with the latest information about diet, physical exercise and nutritional supplements to help them support their clients towards recovery.

Contact
Natura Foundation
www.naturafoundation.co.uk
CNELM
www.cnelm.co.uk
Overview of the course
PNI-1 & PNI-2

Recognition: BANT CPD approved for 140 hours

PNI-1
Module 1: Introduction to clinical PNI
Day 1 Introduction to clinical PNI
Day 2 Evolutionary biology, psychology and medicine; origin of homo sapiens
Day 3 Stress, Homeostasis & Allostasis, Robustness, Adaptation and Maladaptation and the immune system

Module 2: Neuro-Endocrinology and Research in Stress-tolerance
Day 4 Neuro-endocrinology
Day 5 Clinical PNI: axes, interactions and clinical relevance
Day 6 Stress-Tests and practical application

Module 3: Research, diagnostics & communication
Day 7 Communication and communication skills
Day 8 The evolutionary background of behaviour
Day 9 The diagnostic process
Day 10 Diagnostics in practice
Day 11 Clinical Chemistry in clinical PNI.
Day 12 Clinical Chemistry in clinical PNI.

Module 4: The Immune system in CPNI
Day 13 The immune system
Day 14 Low-grade inflammation
Day 15 The most common syndromes: auto-immune disorders, auto-inflammatory disorders, neurodegeneration

Module 5: Integration and application of core information
Day 16 The five metamodels and the selfish brain
Day 17 The five metamodels, 10 working mechanisms, anthropogenic factors and The selfish Immune system
Day 18 The five metamodels and the selfish metabolic system

PNI-2
Module 6: Wound healing, Resoleomics and Pain
Day 19 Physiological healing of injuries
Day 20 Resoleomics; the science of the solution
Day 21 Pain

Module 7: Exercise as medicine
Day 22 The role of exercise within an evolutionary model
Day 23 Exercise and whole food treatment in immunological syndromes
Day 24 Exercise as medicine

Module 8: The inner organs, liver, pancreas, kidneys, lungs and bones in clinical PNI
Day 25 & 26 The evolutionary background of the development of the inner organs in mammals and the interaction of these organs with the immune system, the reproductive system and the brain

Module 9: From young to old; children, adults, women, men and aging people
Day 27 The child within clinical PNI
Day 28 The big difference between men and women
Day 29 The elderly person

Module 10: Science and methodology
Day 30 Science and methodology
Day 31 Scientific reasoning; The impact of Vitamin D, Omega 3 fatty acids and other specific nutrients on human health

Module 11: The Personality chooses the disease
Day 32 The Personality in PNI
Day 33 Personal and work-related factors and their influence on health

Module 12: Final integration and Biorhythm
Day 34 Integration of the teaching material
Day 35 Patient case studies and discussion of case studies
Day 36 Conclusion

Start dates

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<tr>
<th>Module</th>
<th>Start Date</th>
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<tbody>
<tr>
<td>PNI-1</td>
<td>Sunday 26th April 2015</td>
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<tr>
<td>PNI-2</td>
<td>to be confirmed.</td>
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