

# Careers in Health and Holistic Medicine

**S**EPTEMBER 1992 marks the seventh year of success for the Irish Health Culture Association and Irish Association of Holistic Medicine Diploma Courses described here and on the next page - seven years during which the whole field of Holistic Medicine in Ireland has grown enormously, aided considerably by the many graduates of these courses who have established themselves in practice.

The word 'holistic' means 'whole' and Holistic Medicine deals with the whole person - physically, mentally, spiritually and socially. These Diploma Courses are based on the material and philosophy of Tony Quinn which has proven so successful in practice. The Irish Health Culture Association first-year courses include: **Holistic Dietetics:** The demand for practical diet

information on health, beauty and weight control has never been greater and popular interest in this field is growing daily.

**Ki Exercise Teacher:** The smooth-flowing exercise system which literally brings people to life, both physically and mentally.

**Ki Massage Therapy:** Ireland's most popular form of Holistic Therapy. The Ki Massage Diploma is now awarded together with a

Certificate from the internationally recognised City & Guilds of London Institute, which has been specially developed in conjunction with the Irish Health Culture Association. **Yoga Teacher:** Synonymous in Ireland with the name of Tony Quinn, Yoga - the complete holistic health system - remains in constant demand.

From October 1992 these courses will for the first time be available in Britain at the Royal Postgraduate Medical School's Wolfson Centre, Hammersmith Hospital, London. Further details of the U.K.-based courses may be obtained from the Irish Health Culture Association, Headquarters at 66 Eccles Street, Dublin 7. Tel: (01)304474 or (01)304686 10am - 6pm

## Holistic Dietetics



**P**ublic interest in diet has never been greater as can be judged from the media. You can hardly take up a magazine or a newspaper without finding the latest super-diet. Yet, all this information tends more to confuse than inform and this is where the holistic dietician comes into their own.

This course teaches the student how to make out diets for health, energy, weight loss, weight gain, figure/physique, beauty, good looks, sports performance, balanced family diets. It will enable you to make out a personally tailored diet (which cannot be had from any book) suitable to the individual's needs which you will also be able to continually monitor for them. It can be for the business executive who is concerned for his/her health, for the housewife who wants to look and feel her best, the teenager who wants to lose some of that puppy fat to squeeze into the latest fashions or even the entire family who are now more health-conscious than ever, not to mention sports people who are always searching for a way to gain that vital edge.

This course offers a holistic approach which undoubtedly is the most effective. Many of the people who avail of your services will need to be taught relaxation to enable them to obtain maximum absorption of nutrients. If this aspect is overlooked it may lead to very poor results. Therefore, with this in mind, the course includes thorough training in relaxation and some basic psychotherapy to help you understand the part the mind plays in the production of

energy. You will find yourself as a Holistic Dietician often making use of this combination of relaxation and



Health, beauty and good shape with Holistic Dietetics.

right diet for maximum results. This will greatly expand your scope.

**Contents of Course**  
(A) Philosophy of Holistic Medicine.  
(B) Principles of Nutrition covering Protein, Fat,

Carbohydrate, Vitamins, Minerals, Nucleic Acids, Roughage etc.  
(C) Food Supplements.  
(D) Consultation and Case History taking.  
(E) Diets: Fruit Diets: Raw Foods; Vegetarianism; Diets for Health, Figure/Physique, Beauty, Weight Loss, Energy, Weight Gain, Sports, Men, Women.

Class Management.  
(J) Business Course.

**Scope and Potential**  
This course teaches the student how to make out diets for health, energy, weight loss, weight gain, figure/physique, beauty, good looks, sports performance, balanced family diets.

The course is aimed at those who wish to be self-employed in private practice or who wish to obtain employment in a health store, sports complex, health studio, beauty salon or with food supplement companies. It will be the perfect complement for those who are already in aerobics, yoga, physical education or sports teaching. Holders of the Holistic Dietetics Diploma qualify for membership of the Irish Health Culture Association.

**Working with the public**  
This can either be on a one to one basis or in group classes run over say a six to ten week period dealing with such subjects as:  
(a) Sport  
(b) Executive Health  
(c) Beauty and Good Looks  
(d) Preparing a balanced diet for the family  
(e) Weight Loss  
(f) Supplements for optimum health etc.  
Ideal as either a full or part-time career.

**Earnings:**  
Individual personally tailored diets: £25 approx. per hour.  
Groups: Generally £35 per person, up to 10 weeks. Class size - up to 25.

## IRISH HEALTH CULTURE ASSOCIATION COURSES

One year Diploma courses

- (A) DIPLOMA IN HOLISTIC DIETETICS
- (B) DIPLOMA IN YOGA
- (C) DIPLOMA IN KI MASSAGE
- (D) DIPLOMA IN KI EXERCISES

All Courses are part-time and may be taken on a one night per week basis or by 10 weekends at monthly intervals. Home study is an integral part of each course. For dates of courses and enrolment details please see page 7.

I.H.C.A. Diploma holders also qualify for membership of the Irish Health Culture Association.

Holders of Diplomas A, B, C or D may proceed to E and F and the Advanced Diplomas. Holders of C may also proceed to G.

## IRISH ASSOCIATION OF HOLISTIC MEDICINE COURSES

One year courses

- (E) DIPLOMA IN PSYCHOTHERAPY
- (F) DIPLOMA IN CLINICAL NUTRITION
- (G) DIPLOMAS IN CLINICAL MASSAGE AND AROMATHERAPY

For more detailed information on the scope and content of these courses, please send for our Prospectus using the form on page 6. These Diplomas are taken as part of the IAHM Advanced Diplomas.

## IRISH ASSOCIATION OF HOLISTIC MEDICINE Advanced Diplomas

- 1. HOLISTIC PREVENTIVE MEDICINE  
(Combine B, C or D with A and E)
- 2. HOLISTIC NUTRITION  
(Combine A, E and F)

I.A.H.M. Diploma holders also qualify for membership of the Irish Association of Holistic Medicine.

These courses are based on the material and philosophy of Tony Quinn.