



**NCCH WORKSHOPS  
TWO WEEKENDS ON NUTRITION  
FOR COLON HYDROTHERAPISTS**

**Sat & Sun 1/2 October and Sat & Sun 5/6 November, 2011**

**Venue: The Chapel, Enmore, Nr Bridgwater, Somerset TA5 2AN**



*Repeated by popular demand*

*There is no better knowledge to go alongside colon hydrotherapy than that of diet; it affects both short and long-term bowel health as well as general wellbeing – whether physical, emotional or mental. This is the ideal opportunity to gather an overview and apply it to your practice.*

**WEEKEND 1**

**Saturday:**

**Introduction:** Food & Evolution, farming practices, cultural, emotional & psychological factors.

**Food and disease:** Fibre, calories, cholesterol, fast food, allergies, etc.,

**Food groups:** Carbohydrates, Proteins and Fats. Sources, structure and functions.

Energy values, preparation, cooking, raw food. Refining, food pollutants, natural toxins and xenobiotics.

**Sunday:**

**Water and fluids:** Regulatory function, water balance, dehydration, electrolytes.

**Digestion:** how food is broken down, the products of digestion.

**Micronutrients:** vitamins, minerals, adjuncts. Brief overview, significance re. health, metabolism. Enzymes. Supplementation.

**WEEKEND 2**

**Saturday:**

**Metabolism :** Carbohydrate metabolism, glycolysis and Krebs cycle. Weight control.

**Absorption:** route and means of absorption; problems and solutions.

**Blood sugar regulation:** Diabetes and hypoglycaemia. Mechanics, hormonal regulation, dietary treatment.

**Antinutrients:** Food Vitality; drugs, caffeine. Drug/herb/dietary interactions.

**Sunday:**

**Diets:** Understanding Atkins, Cambridge/Lighterlife, eat right for your type, restricted diets, food combining, etc.

**Fibre:** Types, sources, tailored recommendations.

**Bowel Flora:** Brief overview, significance,

**Bowel health:** Superfoods, supplements, brassicas, pre-biotics, synbiotics.

**Fermentation and putrefaction:** significance, treatment, diet.

**manipulating diet:** putting it all together!

**Labelled conditions:** IBS, constipation, IBD, diverticulosis, haemorrhoids, parasites, coeliac, food allergies.

**Workshop leader: Roger Groos, B.Sc., D.H.M., MACH, RT** has a degree in biology, and further trained in Holistic Medicine, graduating in 1988. He has worked as naturopath incorporating colon hydrotherapy, nutrition, herbs, lifestyle and lymphatic work for the last 24 years.

He has taught nutrition at both basic and practitioner level and is a keen advocate of using nutrition naturopathically rather than medically to promote healing. He has been nutrition adviser to Cancer Backup and the North Devon Hospice.

**Course cost: £300.00 covering tuition, handouts, light lunch and a.m. & p.m. refreshments (£80.00 non-returnable booking fee + balance of £220.00 payable one month before course date)**

**Accommodation: A list of suitable nearby B&B's will be sent upon confirmation of your booking.**

**Booking: Please use the separate booking form enclosed, and return with your deposit to:**

Roger Groos, Peggies, Beach Road, Woolacombe, Devon EX34 7AE  
tel 01271-870436 email rogerwj@ncch.co.uk

## NCCH POSTGRAD COURSE BOOKING FORM

**Please book my place on the Nutrition workshops on 1/2<sup>nd</sup> October & 5/6<sup>th</sup> November, 2011**

(n.b. if you wish to book for one weekend only, please 'phone)

Name:

Address:

Tel.

Fax.

e-mail

Please complete the following (certificates not required):

Study centre of your colonic qualification and date studied:

Other professional qualifications (i.e. nursing, MD, therapies)

Membership of professional bodies:

I enclose a booking fee (non-refundable) of £80.00.

I will pay the balance of £220.00 one month before the first workshop date

**PLEASE MAKE CHEQUES PAYABLE TO "NCCH"**

We often meet up on the Friday beforehand for a communal dinner - please indicate if you are coming.

Do you have any restrictive dietary preferences? Is, please indicate:

I certify the information given above is correct

Signed

**Please return to: Roger Groos, Peggies, Beach Road, Woolacombe, Devon EX34 7AE**