

# NTA ADVANCED TRAINING: RWS

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## Restorative Wellness Solutions – Level 1 Mastering the Art and Science of Gastrointestinal Healing

Mastering the Art and Science of Gastrointestinal Healing is our hallmark course that teaches the use of advanced clinical tools such as lab testing, results interpretation, and customised protocol development to resolve even the most complicated gastrointestinal issues.

- How to connect with and keep clients for life: from practice optimization to essential client relationship-building skills
- Restore GI function and integrity through testing and interpretation of comprehensive stool analysis, GI-MAP, H. pylori and SIBO testing
- Understand the various testing methods for food reactions and master the exclusive RWS approach to healing food sensitivities once and for all
- When and how to use healing foods, supplements, and specific healing diets such as GAPS, low-FODMAPS, ketogenic, intermittent fasting, anti-microbial and others
- Understand bio-individuality and its practical application to nutrient balancing
- The missing link: Assess and address the emotional components that impact cellular health and behavior

### Module 1: Introduction and Welcome (6 hours)

Our mission, passion and purpose

The RWS Approach:

- Understand and honor the healing priorities of the body
- The discovery process: identifying imbalances and blocking factors to health via lab testing and effective client interviewing skills
- Develop a customized healing protocol that honors the healing priorities of the body and addresses the imbalances we found in the discovery process, and uses the tools of our trade as nutrition professionals – diet, supplements and lifestyle – to restore balance and health
- How to work safely with testing as unlicensed practitioners

### Module 2: Digestion Anatomy and Physiology (6.25 hours)

- Learn the anatomy and physiology of the gastrointestinal system
- Understand optimal digestion function
- Explore the many kinds of digestive dysfunction, from GERD and SIBO to parasite infections and beyond

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## Module 3: The GI-MAP (6.75 hours)

- Learn who is a good candidate for this test, how the test is performed, and how to accurately interpret it
- Learn what makes the GI-MAP test unique and the RWS preferred stool test
- Understand the individual markers on the GI-MAP and their clinical significance
- Articulate the implications of imbalanced markers

## Module 4: CDSA and SIBO Testing (5.5 hours)

- Learn about an additional stool testing option: the Comprehensive Stool Analysis with Parasitology and how the test technology differs from the GI-MAP
- Understand when to use this test and how to interpret it
- Learn about the testing options for Small Intestine Bacterial Overgrowth
- Understand when to use these tests and how to interpret them

## Module 5: Healing Solutions and Case Studies (6.5 hours)

Learn how to structure a therapeutic gastrointestinal healing protocol that includes:

- Support for optimal digestive function
- Pathogen eradication
- Gut healing
- Microbiome strengthening
- The remove of dietary stressors

Along with several case studies to see these tools applied in clinical practice.

## Module 6: Adverse Food Reactions (5.75 hours)

Understand the mechanisms of different types of adverse reactions to food:

- Food allergy
- Food sensitivity
- Food intolerance

Along with testing options for adverse food reactions and the benefit and downsides of each option.

## Module 7: The RWS Approach to Adverse Food Reactions (6 hours)

Learn the unique RWS approach to gut healing

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- The specific combination of tests that provide the most helpful information
- How to use the information gleaned from these tests to sculpt the most effective healing protocol
- How to heal the root cause of food sensitivities

Along with several case studies to see these tools applied in clinical practice.

## Module 8: Nutrients, Food and Special Diets (7.75 hours)

Learn the unique RWS approach to gut healing

- Macronutrients: a review
- Macronutrient balancing based on biochemical individuality
- The role of healing foods in therapeutic protocols
- When and how to work with special diets

## Module 9: Supplements and Lifestyle (7.5 hours)

- Learn how to effectively work with supplements including how to assess quality, dosing considerations, how to manage ordering and shipping logistics, and the RWS preferred brands.
- The missing link: understanding the impact of our lifestyle and emotions on our health and wellbeing
- How to properly and thoroughly assess and interpret a food journal
- How to conduct an effective initial interview that builds trust, gathers detailed clinical information and initiates a strong relationship with your client.

## Module 10: Putting it All Together (6 hours)

- The RWS business methodology: how to structure your practice for optimal results
- Client enrollment and retention: how to inspire, engage, and enlist your clients in their healing journey

Weekly Live Webinars 10 hours

Total course hours: 74 hours

Tuition: \$2725 AUD

[For more details on Restorative Wellness Solutions click here](#)

[For the NTP Registration Packet click here](#)