

Advanced Holistic Nutrition Workshop – ONLINE

Metro Toronto Branch



AN102 – Nutrition and Mental Health (Part 1) – Mood Disorders

This workshop focuses on the intricate connection between nutritional deficiencies and mood disorders. Discover the link between mood and amino acids, endorphins, neurotransmitters, hypoglycemia, allergies, thyroid / adrenal function, and genetics. This insight enhances your practitioner skills by helping you identify suitable nutritional approaches to employ with clients suffering with depression, anxiety and bipolar disorder. Additionally, the workshop explains how to differentiate between false moods and true emotions, plus explores the types of disorders for which "Mood Cure" is and is not appropriate.

Learning outcomes:

- Distinguish between false moods and true emotions, and the causes of false moods. Create a nutritional master plan to help correct nutritional imbalances which are causing "false moods" by choosing the appropriate foods and supplements and by eliminating "bad mood foods".
- Understand the link between serotonin, tyrosine levels, stress, thyroid function, depression and exercise.
- Identify symptoms and causes of adrenal exhaustion and learn how to help restore balance.
- Pinpoint the root underlying nutritional deficiencies of imbalances, and help your client regain energy and motivation, plus re-invigorate yourself this winter!

Workshop dates: 2022

Tues May 24 6:00 -9:00 pm

Sat May 28 10:00am – 1:00 pm

Tues May 31 6:00 -9:00 pm

Tues June 7 6:00 -9:00 pm

Registration deadline: May 17, 2022

Fee:

Tuition: \$216.00 + HST = **\$244.08 OR** *\$194.40 + HST = **\$219.68** (*Alumni 10% discount)

Material fee: book purchase –to advise upon registration

Hand Out \$10.00 (Free if Register before deadline)

\$25.00 + HST Admin charge applies after May 17, 2022 deadline

CSNN Metro Toronto Branch (mail cheque payment to):

150 Eglinton Avenue East, Suite 302

Toronto, ON M4P 1E8

Tel: 416-482-3772

Or

Email transfer payment to: torontoinfo@csnn.ca

Download workshop registration form at: csnn.ca/toronto/programs → Workshops

Instructor: Corina Dinca, H.B.Sc., N.D.

Corina obtained her naturopathic medical degree from the Canadian College of Naturopathic Medicine. Corina attended the University of Toronto for four years where she attained her Honours BSc. specializing in Human Health and Diseases.

Having a general family practice allows Corina to further her insights in a wide spectrum of health issues affecting all ages. Her clinical practice has a special focus on digestive disorders, hormonal imbalances and autoimmune illnesses. Corina's goal is to empower patients with the knowledge and tools to effectively care for their health concerns as well as to increase longevity and decrease the onset and progression of chronic diseases through quality foods and lifestyle.

Outside of her clinical practice, Corina is a passionate teacher and lecturer. She has delivered numerous workshops and lectures pertaining to naturopathic medicine, diet and nutrition, stress management and detoxification to the general public and various corporations. Corina has served as Therapeutic Advisor for one of Canada's largest and renowned supplement & herb companies with a wide array of product lines and will be providing information objectively to help you through the maze of fads.