



healthcreation

## HEALTH CREATION TRAINING & CONTINUING PROFESSIONAL EDUCATION in HEALTH AND WELLBEING

BATH SPA  
UNIVERSITY

**Would you like to know the facts and scientific evidence to back up your healthy lifestyle or holistic practice?**

**Would you like a better understanding of the theory and scientific literature relating to positive health & wellbeing?**

**Do you find yourself being asked by clients or colleagues to explain the evidence base for integrative health care and self-help approaches?**



**Enrol now for 'The Principles & Evidence for Health & Wellbeing'**

**This exciting online Health Creation course written and presented by Dr Rosy Daniel will put the key scientific evidence at your fingertips, creating personal and professional confidence. Rosy shares with you her profound learning journey through a career of holistic healthcare.**

Whether for our own benefit or as healthcare practitioners we want to base our efforts and practices on solid scientific evidence, and to be fully informed about the effectiveness of many different healthcare approaches. The Principles & Evidence Base for health and Wellbeing provides a core academic resource at a professional level to inform and support your practice, and a solid evidence base from which to operate. This course will provide valuable Continuing Professional development hours for all healthcare professionals, orthodox or complementary.

The course is an **online home study module** through Health Creation and is open to everyone, whether or not you have taken other Health Creation training modules.

**The benefits of online home study include:**

**\* Starting at any time \* Working at your own pace \* Studying at your level**

**For further information contact  
sue.caden@healthcreation.co.uk or telephone 01225-745737  
Or visit [www.healthcreation.co.uk/training](http://www.healthcreation.co.uk/training)**

## **The Learning Aims for this Module are:**

### **1. Study of the need for and value of proactive self-help to improve health and wellbeing in terms of:**

- Role of Western lifestyle in the aetiology of major degenerative diseases such as cancer, heart disease, depression and anxiety, diabetes, obesity, digestive disorders, arthritis, asthma etc.
- Role of lifestyle change in reversal of lifestyle illnesses

### **2. Study of the principles and evidence relating to the use by individuals of:**

- Healthy nutrition and nutritional supplementation
- Exercise, rest and relaxation
- Detoxification from excessive dietary fat and sugar, drugs, cigarettes and alcohol
- Stress reduction and developing peace of mind
- Improvement of relationships and communication
- Development of emotional maturity and self-expression
- Development of personal authenticity, fulfillment, meaning and purpose
- Having high levels of energy and vitality
- Development of spiritual resources and a sustaining inner life
- Living and working in a positive personal environment
- Belonging within community, work and social networks
- Having an active relationship with nature
- Evidence based self-help approaches
- Uplifting psycho-spiritual support
- New information about Mind-Body Science
- New information about Epigenetics

The course can be taken at any time to fit your own schedule. It can be studied at speed by purely watching the 18 presentations or studied in depth by applying yourself to the Home Study tasks.

The 200 hours of in-depth study can be transferred into the Bath Spa University Professional Masters Programme.

**To enrol for this course go to the Health Creation website, training section or call our Helpline on 01225-745737**

**Price £600 stand alone or £500 when taken in conjunction with the Mentor Training.**

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**[www.healthcreation.co.uk](http://www.healthcreation.co.uk)**

