

**THE NEURONUTRIENT THERAPY INSTITUTE**  
*Training, Consultation, and Certification*  
Director, Julia Ross, MA, MFT, NNTS

**ADVANCED TRAINING AND CERTIFICATION:**

**OPTION TWO: TWELVE MONTHS OF LIVE, PRACTICE--BASED SEMINARS**

In 2009, a group of California acupuncturists requested that Julia Ross create a series of advanced local training seminars that would allow practitioners to develop an expertise and certification in NeuroNutrient Therapy. Other professionals also expressed interest. In response, in 2010, the Neuronutrient Therapy Institute, the educational arm of Ross' Recovery Systems Clinic, launched a certification program with a group seminar format, primarily for California practitioners. We have since trained groups that include Acupuncturists, Nutritionists, MD's, N.D.'s, Psychotherapists and other health professionals from throughout California and Nevada.

**THE TRAINING ELEMENTS:**

- Participants attend six bi-monthly, in-person seminars, alternating with six bi-monthly *teleseminars*.
- Certification Candidates also attend or listen to three trainings 1) on Core Issues In NeuroNutrient Therapy, 2) on the treatment of Chemical Carbohydrate and Dependency Addiction Treatment, and 3) on Alternatives to Antidepressants.
- Readings, case write-ups, and other assignments.
- Dialogues with N.N.T.I. staff via phone and email re specific issues.
- Formal, small, group format, case presentation sessions and two to three individual, in-person or phone/video conference, sessions with the instructor.

**APPLICANT QUALIFICATIONS AND THE APPLICATION PROCESS:**

Licensed or certified integrative health practitioners from a variety of specialties are welcome to apply for admission to the NNTI Option Two Program. They must already be in practice and able to readily implement the NNTI strategies into existing casework. They'll need to follow and document at least 20 clients for at least four sessions each and be able to write-up and submit a least eight (8) of these cases during the 12-months of the program.

**TO APPLY:**

- 1) Email a letter describing your background and interest in this advanced training process, Along with your C. V. to [recoversysclinic@gmail.com](mailto:recoversysclinic@gmail.com).
- 2) You will be called and an admissions interview set up by phone or skype. The admissions interview fee is \$100/hour.

## THE OPTION TWO PROGRAM

Six in-person seminars and six teleseminars on Advanced Issues in Neurotransmitter Restoration using amino acids and adjunctive therapies compose the basis of the Training and Certification Program. The live seminars are held bi-monthly. *The six teleseminars*, held during the months between the in-person seminars, focus largely on case-related discussion in light of the topics covered in the previous month's seminars.

### THE IN-PERSON SEMINARS:

#### TIME AND LOCATION:

10:00 AM to 4:30PM

All seminars are held on Sundays in Marin County, California.

#### THE FORMAT

1. A presentation and pertinent discussion of the scheduled topics.
2. Discussions of case examples presented by the attendees and the presenters
3. Practice assessing and giving trial doses of nutrients to volunteers

**Seminar One** – *Addressing Serotonin Deficits: Restoration of Serotonin, Our Inner Sun and Moon:* The adult and child dosing of 5HTP and/or L-tryptophan; alternatives to anti-depressant use; addressing Pyroluria; how sex hormone imbalances effect serotonin status; treating Type I Insomnia. Treating serotonin-deficiency addictions e.g. to refined carbohydrates, alcohol, and marijuana.

**Seminar Two** - *Addressing Deficits in the Catecholamines, our Natural Stimulants (Dopamine, Norepinephrine, and Epinephrine):* Dosing with L-Tyrosine, L-Phenylalanine, and other nutrients to treat fatigue and inattention; Treating addictions to stimulants (eg. chocolate, caffeine, meth, Ritalin.) Thyroid dysfunction will also be addressed.

**Seminar Three** - *Addressing deficits in GABA, our Natural Tranquilizer.*

Dosing with GABA and other nutrients for overstress & Types 2 & 3 Insomnia; Testing and treating Adrenal Cortisol Dysfunction; treating tranquilizer addictions (eg. To benzos, pot, or tobacco)

**Seminar Four** – *Addressing Endorphin Depletion*

Dosing with DLPA, DPA, and other amino acids for Pain Intolerance; Treating addiction to endorphin-stimulating substances and behaviors e.g., to chocolate and other comfort foods, pain killers, over exercise and other behaviors.

**Seminar Five** - *The Neurotransmitter-Fueling Diet*

Acquiring and assessing diet records; Issues re animal protein and saturated fat: blood sugar regulation; Eliminating all cravings for the new sugars, gluten, casein, and other toxic, post 1970 foods.

**Seminar Six** *Small group case presentations and discussions; assessing clinical strengths and limitations:*

**Teleseminar Contents:**

*Teleseminar One* - Evaluating symptoms, conducting in-office trials, dosing, setting up an effective course of treatment. What is your current practice and how can Amino Acid Therapy be integrated into it?

*Teleseminars Two through Seven* will follow up on the issues raised in the previous month's live seminar with emphasis on case-related discussion.

**Individual telemeetings with instructors:** At least three (3) one-hour meetings will be held to discuss submitted cases or other practice-related issues.

*Optional Clinic Shadowing:* Includes involvement in new and follow-up case sessions, staff case discussions, and individual meetings with assigned staff members.

**Special Emphasis Certification**

If candidates for certification would like to emphasize a category of specialization such as the treatment of eating disorders, or chemical dependency, adjustments in the curriculum may be made and additional assignments and consultation required.

**The COST OF OPTION TWO CERTIFICATION:**

- Each five-hour in-person seminar: \$200.00 each. The final 3-hour small group: \$150.
- Three Recorded or Live CD or DVD Trainings: \$400 – 600
- Teleseminars (6 at \$50/hour)
- Individual Phone Case Review Sessions (2-3 hours, as needed): \$150 / hour
- Cost for the instructors' time in reviewing and responding to submitted cases: \$200
- Optional Clinic Shadowing: \$125/day You may pay in advance or via installment payments (by check or credit card)

**POST-CERTIFICATION BENEFITS**

A list of Certified Practitioners will be posted on both dietcure.com and moodcure.com and at the Clinic's intake desk. Certified clinicians who would like to conduct their own clinical trainings can post promotional materials on the websites and they may become expert instructors.

## RECERTIFICATION REQUIREMENTS

For the first two years, two cases will be presented annually and discussed with Julia Ross or other Institute staff members. Staff suggestions must be followed up and implementation confirmed in order for a certified practitioner to retain certification and referral status the following year.

After two years, case write-ups will be required only at the discretion of the Institute staff. Attendance at occasional continuing education seminars (by phone or live) may also be required.

*Contact the NeuroNutrient Therapy Institute/Recovery Systems Clinic for information.*

*415-383-3611 ext. 2, recoverysysclinic@gmail.com*

### **HOW YOUR PRACTICE WOULD BENEFIT FROM ADVANCED TRAINING AND CERTIFICATION AS A NEURONUTRIENT THERAPIST:**

Mastering amino acid therapy and related techniques will dramatically improve your ability to help the 80% or more of your case load struggling with, compulsive carbohydrate consumption, negative moods, blood sugar disorders, fatigue, and insomnia.

- **Appetite Control:** “If only my patients would follow a healthy diet.” Unfortunately, willpower alone, even bolstered by the threat or reality of severe illness, often cannot withstand the overwhelming cravings for sugars and refined starches that afflict so many Americans. These cravings, typically generated by neurotransmitter deficiencies, make it impossible for many people, even the most health-conscious and well-intentioned, to stick to the wholesome foods they need (and would prefer to eat!) Amino Acid therapy can quickly eliminate their cravings for empty and toxic calories, giving them tremendous mental and physical health advantages and putting an end to unneeded weight gain and blood sugar instability. This applies most particularly to our epidemic of diabetes, but other epidemic killers such as heart disease and cancer are also closely associated with diets high in refined sugars and starches and other toxic foods.
- **Mood Enhancement:** “My patient is so depressed and discouraged that she’s hardly getting in to her appointments and I don’t know what to do anymore except send her for medication”. Many practitioners now find depression and anxiety to be the most common problem they’re presented with. Significant mood problems not only afflict at least 50% of the US population they are also risk factors for diabetes, heart disease, cancer and many other physical health disorders. Eliminating depression and anxiety without drugs, and calming the stress response using simple neurotransmitter restoration therapies will allow you to deliver treatment results otherwise impossible to attain.

By providing tools that can eliminate more than 20 negative emotional states within 24 hours, including depression, anxiety, apathy, overstress, and chronic sadness, you will improve your clients' quality of life enormously.

These negative moods can often be permanently eliminated in only a few months of nutrient therapy, since the aminos are typically only needed short-term. (assuming that adequate protein is regularly consumed in the diet)

- **Psychological Healing:** Being able to distinguish neurochemical deficits, or “false” moods, from genuine emotional distress is crucial to this effort. Where current or past unresolved trauma play a role, the resulting stress will continue to erode neurotransmitter function (which may have been already deficient genetically) and overall health and well-being. It is important to know how to assess and address emotional needs and refer for psychotherapeutic help when needed. This training process will give you guidance in this vital aspect of holistic care. (If you are a psychotherapist you will be able to help your clients determine when psychotherapy may not be needed!

- **Alternatives to Antidepressants:** Over 40 million Americans are now using antidepressant drugs (SSRI's and SNRIs). In 2009, they were the top selling drugs in the U.S. This despite the shocking reports exposing new, serious, and even fatal adverse effects steadily appearing since 2002. Unfortunately, most antidepressant-takers face daunting, sometimes insuperable, withdrawal symptoms and a return of often-unbearable mood problems when they try to stop taking these drugs. As a result of these withdrawal problems, effective advertising, and increasing rates of depression, the use of these drugs continues to increase. Neuronutrient therapy, in conjunction with a prescriber-monitored medication taper, typically removes all the discomfort of withdrawal, and restores optimal serotonin levels. This prevents the return of depression, anxiety, insomnia and the many other symptoms of serotonin deficiency. Permanently. And quickly!

- **Insomnia:** There are three types of insomnia that plague us in the “developing” world. Being able to identify and correct the particular brain/body/imbalance that cause them is an art you will master in this process.

- **Addiction Treatment:** Whether you know it or not, many of your clients are struggling to some degree with alcohol, drug, food, or behavioral addictions. Neurotransmitter deficiencies are at the root of all addiction whether it be to alcohol, marijuana, cocaine, Xanax, Oxycodone, tobacco or sex. The resulting negative moods and overpowering cravings continually drive addicts and alcoholics back to their neurotransmitter-altering substances. Amino acids and related therapies can eliminate even these notoriously treatment-resistant compulsions by helping to reprogram inherited deficits in neurotransmitter and blood sugar function. You will learn how to tactfully identify these problems and help create effective recovery strategies.

- **Chronic Fatigue:** Amino Acid Therapy can eliminate fatigue permanently and take effect in 15 minutes if the problem is one caused by deficiency of the stimulating catecholamine neurotransmitters. If additional causes of fatigue are related to diet, thyroid, or adrenal

dysfunction, metal toxicity, or chronic bacterial, viral, or parasitic infestation, the certification process can help you assess, test, and treat or refer more effectively.

**Chronic Pain Relief:** Pain medications are among the top selling and most addictive drugs in America. Chronic pain affects at least 50% of the general population and 75% of those seen by health care practitioners of all kinds. Pain tolerance is regulated largely by the neurotransmitters Endorphin, Gaba, and Serotonin. By restoring neurotransmitter function, pain levels may be dramatically and quickly reduced, while appropriate structural adjustments and/or other interventions are sought to remove any remaining causes of physical (or emotional) pain. The adjunctive use of Amino Acids to support acupuncture and other energy medicine methods, natural anti-inflammatories, and other techniques provides further powerful pain alleviation.

**Systemic Healing:** Most clients/patients are struggling with a variety of systemic imbalances, many of which are closely tied to dietary and/or neurotransmitter dysfunction. The most common are digestive, thyroid, adrenal, and sex hormone problems. The system of evaluation and treatment of these and other common problems developed at Julia Ross's clinic and made available in this certification process is extremely effective. Many well-established programs across the country have consulted with the Institute to adapt their intake, assessment, and treatment procedures to this comprehensive mode.