

Foundations of Healing

By Nutrition Therapy Association (<https://www.nutritionaltherapy.com/about>)

Module Overview

6 weeks to change your life!



WEEK 1 Nutrient-Dense Diet Pt. 1 52 min.

Learn how nutrient-dense, whole foods support your body's natural healing processes and start replacing common food myths with nourishing truth.

✓ **Bio-individuality:** stop using one-size-fits-all solutions and tap into your unique needs

✓ **Macronutrient Ratios:** discover the basics and find the perfect balance for you

✓ **Nutrient-Dense Diet Explained:** sift through the diet trends to find what works

✓ **Superfoods:** optimize your plate with brain boosting, gut healing, inflammation and reducing foods

✓ **Food and Mood Journal:** the first step in determining what foods make you **FEEL** good

✓ **Hydration:** the role of water and electrolytes in maintaining health + find your bio-individual hydration needs

✓ **Goal Setting:** turn your personal health concerns into clear, actionable goals



WEEK 2 Nutrient-Dense Diet Pt. 2 1 hr. 14 min.

Understand how your body responds to new foods and go deeper with meal planning, ingredient quality, soaking/sprouting/fermenting, and reading food labels with confidence.

✓ **Soaking, sprouting, fermenting:** The traditional preparation methods that boost nutrient availability, improve digestion, and enhance the flavor and texture of foods

✓ **Body feedback:** Tap into your body's feedback when trying new foods

✓ **Framing a Positive Food Mindset:** Cultivate a positive, flexible mindset by focusing on variety over restriction and using elimination protocols to discover what works for your body

✓ **Understanding Nutrition Labels:** Learn to read labels and ingredient lists to identify nutrient-dense, minimally processed foods and make informed choices

✓ **Meal Planning, Prepping, and Batch Cooking:** Set yourself up for a nutrient-packed week

✓ **Sourcing Nutrient-Dense Foods:** Make informed decisions on the foods you consume



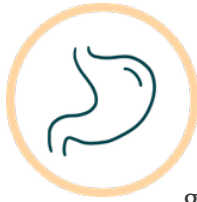
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WEEK 3

Digestion

1 hr. 24 min.

Understand how digestion works north-to-south, identify root causes of issues like bloating or heartburn, and learn how to support your gut daily.

✓ **Introduction to Digestion:** explore the north-to-south process, brain-gut connection, and common symptoms to help identify and support digestive imbalances

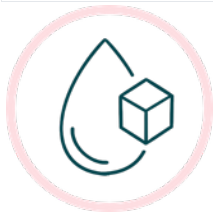
✓ **Importance of Bowel Movements:** Learn what your poo 🐛 is telling you

✓ **All About the Gut:** Gut healing, microbiome, probiotics, prebiotics

✓ **Food Sensitivities:** The immune systems role in reactions like bloating, skin issues, fatigue, and more

✓ **Therapeutic Diets and Reintroduction:** Identify trigger foods and therapeutic diets to support healing

✓ **Understanding Digestion:** Learn how to support digestion through each stage



WEEK 4

Blood Sugar Regulation

1 hr. 37 min.

Say goodbye to energy crashes and intense cravings. You'll learn how balanced blood sugar is key to mood, metabolism, and hormone balance.

✓ **Introduction of Blood Sugar Regulation:** Understand the function of blood sugar

Stress, Sleep, and Food: Blood sugar balance isn't just about reducing refined sugars

✓ **Glycemic Index and Load:** Intelligently choose your foods and pair them wisely

✓ **Blood Sugar Imbalances:** Lifestyle changes that can help reverse or prevent each stage

✓ **Contributing Factors and Common Conditions:** Explore factors that affect blood sugar, how imbalances contribute to common conditions such as PCOS, Alzheimer's, and heart disease

✓ **Practical Strategies and Simple Hacks:** Support blood sugar balance, reduce cravings, and boost long-term health

✓ **Hydration and Minerals:** Support blood sugar balance, insulin sensitivity, and sustained energy

✓ **Food Freedom and Control:** Shift from restriction to empowerment



WEEK 5

Sleep

57 min.

Deep, restorative sleep is a healing superpower. Discover how to support your natural rhythms and build better sleep habits.

✓ **Lifestyle and Sleep Hygiene:** Support sleep through routines and rhythms

✓ **Sleep Support for Sleepless Seasons:** Strategies to support recovery and resilience

✓ **Sleep Cycles and Hormones:** The ebb and flow of hormones in different stages of life

✓ **Understanding Blue Light:** Harness the power of the sun and block the blues



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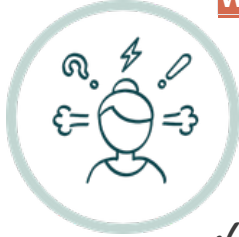
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✓ **Impact of Food on Sleep:** Food choices and meal timing and specific nutrients that support deep, restful sleep

WEEK 6

Stress

1 hr. 36 min.



Understand how stress affects your digestion, hormones, and energy—and learn techniques to reset your nervous system and build resilience.

✓ **Types of Stress:** Distinguish between different types of stress: acute, chronic, eustress, and distress

✓ **Stress Responses:** Fight, flight, freeze, and fawn - recognizing your default response

✓ **Impact of Chronic Stress:** The toll it takes on the body and every area of life

✓ **Strategies and Tools:** Explore nervous system calming techniques

✓ **Key Stress-Busting Foods:** Nutrition as a tool to nourish your nervous system

✓ **Building Resilience:** Create your personalized stress plan

Registration Link

https://ntaconnect.nutritionaltherapy.com/foundations?affiliate_code=ecd37d

I do receive a small commission, but your health is worth more to me than the commission

Thank you

Nancy



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