New Earth College of Natural Healing Sciences



Professional Development Certificates (PDC)



Since its founding in 1986, New Earth College of Natural Healing Sciences has offered top-notch, timely, and diverse educational programs and opportunities for the intellectual, cultural, and personal development of all its members.

As an educational leader that embraces change and adapts to the varied demands of its students while maintaining its reputation as a Canadian quality institution, the College cherishes its role as a fervent patriotic defender of fundamental Canadian values.

Why are Professional Development Certificate Programs for you?

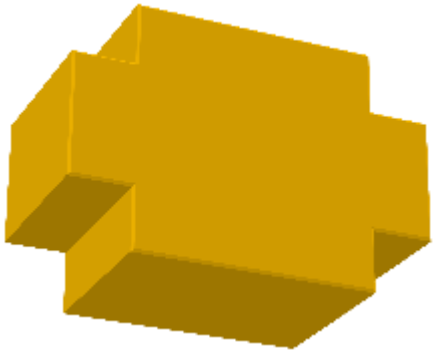
PDC programs align with a philosophy of healing that values the whole person—mind, body, and spirit—and empowers individuals to support their health naturally.

- **Passion for Holistic Health:** Committed to a holistic approach that treats the root causes of health issues, not just the symptoms.
- **Focus on Preventative Care**: Interested in helping people prevent illness through natural and lifestyle-focused interventions.
- **Interest in Traditional Healing Practices**: Fascinated by traditional medicine systems, such as herbalism, acupuncture, and energy healing.
- **Desire for a Patient-Centered Approach**: Attracted to a therapeutic model that respects the individual's unique needs and values.
- **Commitment to Integrative Medicine**: Strong belief in combining natural therapies with modern medical approaches for comprehensive care.
- **Scientific Curiosity**: Eager to understand the biochemical and physiological effects of natural therapies on the human body.
- **Career Flexibility**: Appreciates the versatility of a career in natural medicine, with opportunities in private practice, wellness coaching, and education.
- **Interest in Sustainable Healthcare**: Drawn to sustainable and environmentally friendly approaches to healthcare.
- **Commitment to Lifelong Learning**: Enthusiastic about continual education and adapting to new findings in the field of natural medicine.



Why study with New Earth College of Natural Healing Sciences?

- **Mission**: Provide quality, accessible, and affordable education, protect students from fraudulent practices, and support workforce and economic development.
- **Accessibility**: Offer safe, inclusive learning environments and transfer options for diploma programs.
- **Career Alignment**: Design programs to meet employer and student needs and foster personal growth and cultural awareness.
- **Global Preparedness**: Prepare students for success in a multicultural, global economy and promote world culture appreciation.
- **Diversity and Community**: Reflect community demographics and embrace diversity as a strength.
- **Accreditation**: Accredited by national and international bodies, ensuring rigorous, quality education.
- **Recognition**: Accredited programs align with standards from Canadian and international bodies, ensuring academic and professional value.





Professional Development Certificates



- Eastern Meditative Arts
- Health and Wellness
- Vitamin, Mineral and Trace Elements Therapies
- Botanical Nutritional Lifestyle Management Part 1, 2, & 3

TOPICS

Eastern Meditative Arts



When people hear the word meditation, they often imagine Buddhist monks sitting quietly, chanting with prayer beads, wearing yellow robes, and seeking enlightenment.

While this image is common, it is important to understand that meditation is not limited to this tradition or appearance.

Meditation is practiced in many religions around the world, including Christianity, but in different forms and meanings.

Each religion uses meditation in a way that aligns with its own beliefs and teachings. In this course we explore all the different types of Meditation practices.

Contents:

Course Duration - 25 - 30 hours

- **Christian Meditation: Knowing About Gods Word And Obeying It**
- **Anapana Meditation For Your Child**
- **Can 8-Minute Meditation Give You A Quiet Mind And Change Your Life Forever?**
- **Buddhism Meditation And The Search For Lifes Meaning**
- **Advent Meditation Can Be Done Through Prayers**
- **Yoga Meditation**
- **Using Meditation books and Music**
- **The importance of Meditation to Communion**
- **Rene Descartes Meditations**
- **Grief and Meditation**
- **Relaxation and Meditation exercises**
- **Chakra Meditation**
- **Meditations of Marcus Aurelius**
- **Meditation Techniques for a Beginner**
- **Meditation Retreats**
- **The Art of Meditation**
- **The Battle between Mindfulness an Active Meditation**
- **The Essence of Breathing in Zen Meditation**
- **The Philosophy and Benefits behind Meditation Practice**
- **Postures of Meditation**
- **Walking Meditation**
- **Jewish Meditation**
- **Scripture Meditation**
  Reading Materials: Meditative Arts, NEC

Health and Wellness

Most people want to live a long, happy, and healthy life. However, many individuals unknowingly damage their health through unhealthy habits and poor lifestyle choices. These habits may not only affect daily well-being but can also reduce overall life expectancy.

The good news is that even small positive changes can make a big difference. By improving your daily habits and making healthier decisions, you can increase your energy, strengthen your body, and support long-term wellness.

In this guide, we will explore some simple but effective ways to improve health.



Contents:

Course duration 25 - 30 hours

- **Ketogenic Lifestyle**
- **4 Natural Ways To Boost Energy Levels**
- **5 Activities That Boost Your Immune System**
- **How Can I Boost My Immune System Fast**
- **How Can I Make My Body Feel Healthy**
- **Living A Health Boosting Lifestyle**
- **Exercise For A Healthy Life**
- **Sleep Health**
- **Immune Boosting Foods**
- **Do Supplements Work?**
- **Gender Specific Supplements**
- **Reduce Stress, Boost Your Health**
- **What Causes A Weak Immune System**
- **Which Foods Boost Immune System?**
- **10 Signs Gluten Is Damaging Your Health**
- **Gluten Free Lifestyle Opener**

Reading Material: Health Boosting Lifestyle, NEC



Vitamin, Mineral
and
Trace Elements Therapies



Micro-nutrients are essential nutrients required in small quantities to support the body's normal growth, metabolism, immune function, and overall health.

Vitamins, minerals, and trace elements play critical roles in maintaining physiological balance, supporting energy production, promoting tissue repair, and preventing disease. Although they are needed in smaller amounts than macro-nutrients, micro-nutrients are vital for life and optimal well-being.

Micronutrient therapy is the therapeutic use of vitamins, minerals, and trace elements to prevent nutritional deficiencies, improve health outcomes, and support the body's natural healing processes. Modern research increasingly highlights the importance of adequate nutrient intake in disease prevention, immune support, mental health, and long-term wellness.

Contents:

Course Duration: 25 - 30 hours

- **Intro to Micro-nutrient therapy**
- **History and Principles of Nutritional therapy**
- **Micro-nutrient Deficiencies and Modern Health**
- **Fat-Soluble Vitamins Therapies**
- **Water-Soluble Vitamins Therapies**
- **Major Minerals Therapies**
- **Trace Elements Therapies**
- **Therapeutic Applications of Micro-nutrients**
- **Supplementation, Safety and Ethics**
- **Assessment, Case studies & practical applications**
- **Advanced Concepts in Micro-nutrient therapy and Integrative Nutrition**

Reading Material: Vitamin, Mineral and Trace Element Therapies, NEC



Botanical Nutritional Lifestyle Management

Part 1

Learning about vitamins can sometimes feel confusing, especially when trying to decide which supplements are necessary for good health. Many people are told that a balanced diet provides everything the body needs, but in reality, modern lifestyles often make it difficult to eat properly every day. Busy schedules, stress, and irregular meals mean that many people do not get all the essential nutrients from food alone. This is where vitamins and supplements can play an important supporting role.

Part 2

Nowadays, many medicines and pills are available in pharmacies to treat different health problems. While these medicines can be helpful, some may cause side effects or may not suit every person. Because of this, many people are becoming interested in alternative health supplements. These supplements are used to improve overall health naturally and help the body function properly. Alternative health supplements can provide important nutrients that the body properly. Alternative health supplements can may not get from food alone.

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Part 3

From ancient times, people have used natural herbs and tonics to support their health.

Today, nutritional supplements are available like tablets, capsules, powders, liquids, and herbal teas to help fill dietary gaps and promote overall well-being.

While a balanced diet is the best source of nutrients, some people, especially athletes with higher energy and nutrient needs, may benefit from dietary supplements to support performance, recovery, and overall health.

Part 1 Contents:

Course Duration 25 - 30 hours

Module 1: Vitamin and Vitamin Supplements

- Healthy hair
- Benefits and Deficiencies of Vitamins
- Choosing the right Vitamin Supplement
- A Parent's Guide to Children's Vitamins
- Good Food Healthy Vitamin Intake
- Lasting Vision and Healthy Eyes
- Greatest Vitamin Sources

Module 2: Mineral Vitamin Supplements

- Liquid Vitamin Supplements
- Benefits of Multivitamin Supplements
- Natural Vitamin Sources
- Prenatal Vitamin Supplements
- Pharmaceutical Grade Vitamins vs Regular Vitamins
- The importance of fat-soluble Vitamins A, E, D and K
- Vitamin Absorption into the body
- Vitamin D and Kidney Disease
- Vitamins and Interactions

Module 3: Glyconutrients

- Glyconutrients – The next generation of supplementation
- Joint pain relief
- Managing Anemia associated with Chemotherapy treatment
- The vital importance of Oxygen

Reading Material: Botanical Nutritional Lifestyle and Healing Level 1, NEC

Part 2 Contents:

Course Duration 25 - 30 hours

Module 1: Alternative Health Supplements

- 5000 year-old Medical Secret Unearthed
- 11 Fail proof habits for producing a floodgate of energy

Module 2: Natural Health Supplements

- Celedrin – the natural way to be free from pain
- Mangosteen can help fight free radicals in the body
- MSM combats seasonal allergies and hay fever
- Natural Health supplements for mental, physical and social health
- Natural Arthritis remedy to reduce inflammation
- Natural Cholesterol Control supplements
- Natural supplements for Women's Health: PMS and Menopause
- Natural Testosterone Supplements
- Natural Sexual Stimulant Ingredients
- Natural supplements for Women's Health: Cardiovascular Health
- Supplements and Nutrition
- Supplements that can help boost brain power
- The role of Antioxidants in good health and healthy living
- The green food supplement Alfalfa
- Colloidal Silver Immune support
- Exciting New Clinical research on Arthritis Supplement
- Discovering MSM
- The benefits of Acidophilus supplementation
- Antioxidant Supplementation

Module 3: Herbal Supplements

- A common herb proven to reduce excessive sweat
- Ginseng
- Herbal Supplements for Allergy Relief
- Herbal Dietary Supplements
- Heart Health with Herbal Cholesterol Supplements
- Herbal Supplements for Memory
- Herbal Skin Care
- Herbal Supplements for Anemia
- Losing Weight – Go Herbal
- How Echinacea helps the Immune System
- Moringa Leaf Powder – the world's greatest unknown supplement
- The many benefits of green tea extract
- The benefits of supplementing with St. John's Wort
- Bee Supplements for your health

Part 3 Contents:

Course Duration 25 - 30 hours

Module 1: Health Food Supplements

- Health Supplements, Antioxidants and the FDA
- Resveratrol Health benefits

Module 2: Nutritional Supplements

- Improve your mood with 5-HTP Supplements
- Green Tea: Nature's Miracle Health drink
- Nutritional Supplements: adding to your health
- What is Ambrotose
- Wheatgrass and Linseed and their healing powers

Module 3: Dietary Supplements and Weight Loss

- Benefits of Supplementing with Creatine
- Bone up on Calcium and Fiber knowledge
- Coral Calcium supplement information
- DMAE supplements
- Common Health Advantages of Colon Cleansing treatments
- What are HGH Supplements?
- Information about Chromium Supplements
- Information about Germanium Supplements
- Know your Bodybuilding Supplement – BCAA's
- Malic Acid – a good supplement
- Relieving Chemical Addictions with dietary supplements
- Probiotics and their use as a dietary supplement
- Should you be taking CoQ10
- Heart Supplements that may support statin users
- The polysaccharide supplement
- The truth about Omega-3 benefits
- What you need to know about Zinc Supplementation
- Wobenzym – Why use it?
- The right way to use Weight loss supplements
- Ephedra supplements
- Incorporating Vitamins and Nutritional supplements into healthy weight maintenance

Module 4: Fitness, Bodybuilding & Steroids

- About Women's Health supplements
- A full body detox
- Athlete dietary vitamin supplements
- Body Building supplements
- The role of exercise in fitness
- Know your bodybuilding supplement – L-Arginine
- Legal Steroids: Natural Bodybuilding
- Steroids: common errors, risks and misconceptions
- NO2: Nitric Oxide supplements for bodybuilding
- Top 10 Effective Bodybuilding Supplements

Reading Material: Botanical Nutritional Lifestyle and Healing Level 3, NEC

Admission Requirements

General Requirements:

- English language proficiency
- Secondary education (12 years or equivalent) or mature student/post-secondary transfer
- ***Minimum age:*** 16
- Applies to both domestic and online students

Admission Process:

- Same criteria for domestic and online applicants

Registration:

- Applicant must complete Global Online Academy Pre-Enrollment form
- Once form has been reviewed & approved, access will be granted to purchase the course

Application Steps:

- Email college at info@newearthcollege.org with any enquiries
- Complete the Global Online Academy Pre-Enrollment form
- Additional remedial courses may be required for non-healthcare/science backgrounds
- ***Potential prerequisites:*** notary-verified documents, academic interview if needed

https://www.newearthcollege.org/

