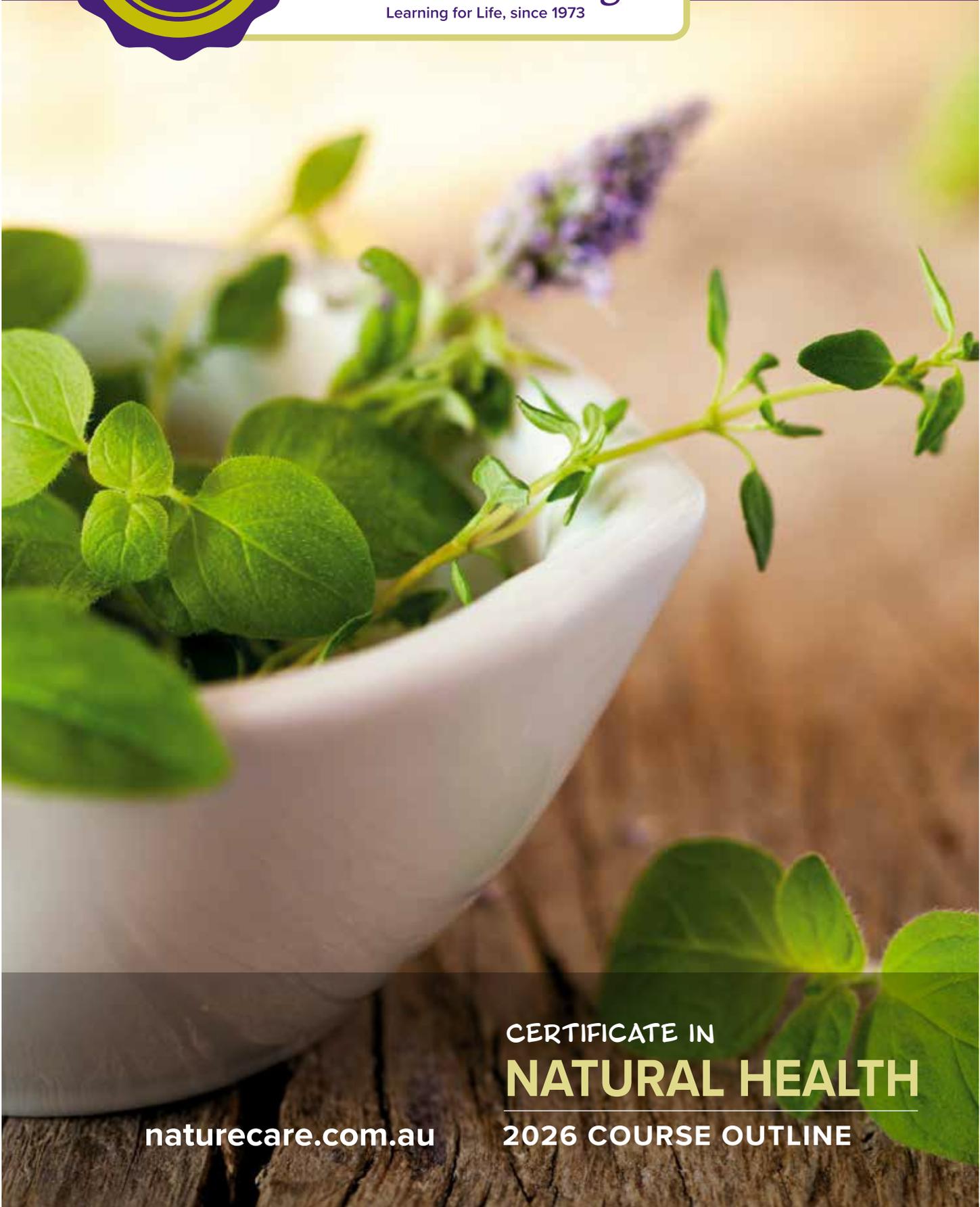




CELEBRATING
over 50 YEARS of
Nature Care College
Learning for Life, since 1973



CERTIFICATE IN
NATURAL HEALTH

naturecare.com.au

2026 COURSE OUTLINE

"NATURE ITSELF IS THE BEST PHYSICIAN"

- Hippocrates

Certificate in Natural Health

With the demands of modern day lifestyle, more and more people are turning to natural therapies in order to enhance vitality and live a happier, healthier and more balanced life.

The Certificate in Natural Health explores the fascinating modalities of Herbal Medicine, Holistic Nutrition and looks into the fundamental principle of applying a mind/body approach to health and healing.

Herbal Medicine is a plant-based medicine that has been used for thousands of years and is one of the oldest natural therapies. Herbal Medicine includes the use of all forms of plant life, including tree bark, roots, flowers, fungi and all other plant forms.

The food we put into our mouths has a huge effect on our health and wellbeing. Studies now highlight the important correlation between the food on our plates and disease. Changing the way we eat can delay ageing and improve our quality of life.

As the old saying goes, when it comes to our health prevention is much better than cure!



What you will learn

In this fascinating and comprehensive Certificate course, you will delve into three core natural therapy modalities - herbal medicine, nutrition and natural medicine approaches.

You will explore the basic concepts of established nutritional principles and practices, look at essential nutrients and what they do for you and why you need them, sort your facts from fiction when you examine super foods and nutritional trends, and learn how to develop dietary plans for specific needs - from weight loss to health issues.

You will receive foundational education in medicinal herbs, history, theory and philosophy and materia medica (the therapeutic properties of specific herbs) and how these are used in practice.

Overall, you will gain the knowledge to apply the philosophical & principles of health and healing to your own personal health and stress management practices to help you in everyday life.



Who is this course for?

The Certificate in Natural Health is a fascinating course for anyone with an interest in natural therapies who wants to learn how to apply a mind/body approach to health & healing.

It is also an inspiring course program for people who are looking for a starting point to pursue a career pathway as a Herbalist, Nutritionist or Naturopath at a later date.

Completion of this course will give you credit towards the Professional Certificate of Natural Remedies, Advanced Practitioner of Clinical Naturopathy and Advanced Practitioner of Clinical Western Herbal Medicine.

It is an inspiring & valuable course program for practitioners of other modalities to expand on their knowledge and client base.

Course Enrolment

You are welcome to enrol if you are 18 years and over. Nature Care's wide demographic of learners makes learning with likeminded people an enriching and fulfilling experience.

About Nature Care



We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".



Getting Started - Flexible Supportive Learning

At Nature Care, we understand that everyone learns differently and that life doesn't always follow a set schedule. That's why our courses are designed with flexibility in mind - so your study journey fits seamlessly around your lifestyle.

We offer two learning styles, so you can choose the one that best fits your schedule and learning preferences - or combine both approaches on a subject- by subject basis.

Self- Paced Online Learning - Learn at your own pace

Self-Paced Online Learning allows for you to complete subjects in a quicker or longer pace than the Term/Study Periods in the Lecturer-led delivery sessions.

Our self-paced online learning option is designed to fit your lifestyle whether you're juggling a busy life or just love the freedom to learn independently at your own pace. With access to online content and interactive resources, self-paced learning provides you with flexible timelines so you're in control.

*** How it works:**

- > You can start any time.
- > You'll have up to six months to complete each subject.
- > The online assessments can be submitted whenever you're ready, within the six-month timeframe.

Lecturer-Led Sessions - Optional Live Online and/or Watch the Class Recordings

Our optional live on line lecturer-led sessions connect you with expert trainers in a virtual classroom, offering structured lessons and interactive discussions to keep you engaged and progressing..

*** How it works:**

- > There are three terms a year commencing in March, June and September
- > For the duration of the subjects you will have fortnightly optional live online sessions with the Lecturer.
- > Attend live or watch the class recording in your own time – or do both, to consolidate your learning.
- > Assessments are due within the subject's 10-week duration.

** The College reserves the right to change the delivery mode from Lecturer-Led Sessions to Self-Paced Delivery as deemed necessary at the College's discretion.



STUDY PLAN OPTIONS

Subjects

- Introduction to Natural Medicine
- Introduction to Nutrition
- Herbal Medicine A - Materia Medica

There are 3 subjects in the course program. You can work through the course one or two subjects at a time or study all subjects simultaneously.

Your subjects

Introduction To Natural Medicine

This inspiring foundation subject will provide you with an understanding of the philosophy and fundamental beliefs of naturopathy and traditional herbal medicine, as well as natural healing principles and the basic principles of holistic health.



Introduction to Nutrition

This unit will enable you to develop an understanding of the basic concepts of established nutritional principles and practice and to overview current nutritional trends in order to identify basic dietary requirements and negotiate basic dietary change as appropriate to the individual.

Herbal Medicine A - Materia Medica

This unit of study introduces you to the wonderful world of herbal medicine. You will learn about the philosophy, history and science of herbal medicine, the different ways herbal medicines are prepared, the active constituents of herbal medicines and learn some materia medica of the bitter and hepatic herbs.

Certificate in Natural Health - Course Program Payment Options

We have outlined the course program tuition fees below allowing you to see exactly what the breakdown for each course delivery option is to help you plan.

You can combine both Course Delivery Options on a subject- by subject basis

Nature Care has a long history of making natural therapies education accessible to everyone and offers a range of payment options for you to choose from which are outlined below.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the subject course tuition fee in full upon enrolment to receive a 5% discount.

OPTION 2: PAYMENT PLAN

The benefit of a payment plan is that it allows you to pay for your studies in fortnightly instalments. This enables you to spread the cost of your course tuition fees over either 3 or 6 months.

To enrol an initial deposit of \$200 and the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in fortnightly instalments.

The instalment amounts are outlined below.

*A 10% payment plan surcharge is applied to the balance owing after the deposit is paid when accessing the payment plan option.

OPTION 3: PAY TERM BY TERM AS YOU GO (APPLICABLE FOR THE LECTURER LED DELIVERY MODE)

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95.

The balance of the terms course tuition fees is payable by the end of the first week of term

Certificate in Natural Health Course Tuition Fees

Course Program Enrolment Fee \$95

| Subjects | Self-Paced Mode | Lecturer Led Mode |
|------------------------------------|---------------------------------------|---------------------------------------|
| Introduction to Nutrition | \$530 or \$503.50 with 5% discount | \$610 or \$579.50 with 5% discount |
| Introduction to Natural Medicine | \$560 or \$532 with 5% discount | \$635 or \$603.25 with 5% discount |
| Herbal Medicine A – Materia Medica | \$625 or \$593.75 with 5% discount | \$725 or \$688.75 with 5% discount |



Payment Plan Instalments for Self-Paced Online Delivery Mode

Completing the course by the Self-Paced online learning is the most cost-effective way to complete the course program

You can start at any time and have up to six months to complete a subject.

You can secure your place by enrolling with a \$295 deposit. Being a one off \$95 Course Program Enrolment Fee and a \$200 deposit that is credited towards your first subject.

A 10% surcharge is applied to the balance after the \$200 deposit when accessing the payment plan option.

| Subjects | Payment Plan Duration | Frequency | Amount |
|---|-----------------------|----------------|---------|
| Introduction to Nutrition \$530 | 26 weeks (6 months) | 13 Fortnightly | \$27.92 |
| | 12 weeks (3 months) | 12 Weekly | \$30.25 |
| Introduction to Natural Medicine \$560 | 26 weeks (6 months) | 13 Fortnightly | \$30.46 |
| | 12 weeks (3 months) | 12 Weekly | \$33.00 |
| Herbal Medicine A \$625 | 26 weeks (6 months) | 13 Fortnightly | \$35.96 |
| | 12 weeks (3 months) | 12 Weekly | \$38.95 |

Payment Plan Instalments for Lecturer Led Online Delivery Mode

There are three terms (intakes) a year commencing in March, June and September.

You can secure your place by enrolling with a \$295 deposit. Being a one off \$95 Course Program Enrolment Fee and a \$200 deposit that is credited towards your first subject.

A 10% surcharge is applied to the balance after the \$200 deposit when accessing the payment plan option.

| Subjects | Payment Plan Duration | Frequency | Amount |
|---|-----------------------|----------------|---------|
| Introduction to Nutrition \$610 | 26 weeks (6 months) | 13 Fortnightly | \$34.69 |
| | 12 weeks (3 months) | 12 Weekly | \$37.58 |
| Introduction to Natural Medicine \$635 | 26 weeks (6 months) | 13 Fortnightly | \$36.80 |
| | 12 weeks (3 months) | 12 Weekly | \$39.87 |
| Herbal Medicine A \$725 | 26 weeks (6 months) | 13 Fortnightly | \$44.42 |
| | 12 weeks (3 months) | 12 Weekly | \$48.12 |

** The published course tuition fees are valid for the 2026 academic college year and may be subject to change.

Frequently Asked Questions

- To help you from the start

Is sitting the assessment compulsory?

If you are learning for personal interest, you may elect not to participate in the assessment.

How are subjects Assessed?

Assessment is an essential part of the learning process, helping to enhance motivation and support the achievement of goals. Across the course, subjects are evaluated in various ways - some include online open-book quizzes, others require assignments, and some use online open-book exams. This variety of assessment methods is designed to help you learn effectively, stay motivated, and achieve success.

Can I defer my studies or request and extension?

Nature Care has over 50-years' experience in supporting learners to achieve their goals. Our experienced and dedicated team are here to provide you with guidance, recommendations, and options. We offer extensions to help you complete your subjects if life has thrown you a curve ball and deferment for if you need to pause your studies.

If you elect the Self-Paced delivery mode of learning, you have six months to complete a single subject.



Recognition of Prior Learning (RPL)

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

www.naturecare.com.au



Natural Health study options and career paths

COURSE

OUTCOME

ADVANCED PRACTITIONER
OF CLINICAL NATUROPATHY

ADVANCED PRACTITIONER
OF CLINICAL NUTRITION

ADVANCED PRACTITIONER OF
CLINICAL WESTERN HERBAL MEDICINE

ADVANCED PRACTITIONER OF
HOMEOPATHIC THERAPEUTICS



PRACTICE AS A:
NATUROPATH

NUTRITIONIST

HERBALIST

HOMEOPATH

PROFESSIONAL CERTIFICATE
OF NATURAL REMEDIES

PROFESSIONAL CERTIFICATE OF
HOLISTIC WELLNESS COACHING



PRACTICE AS A:
NATURAL THERAPY CONSULTANT

HOLISTIC WELLNESS COACH;
LIFESTYLE CONSULTANT; HEALTH
& WELLNESS RETAIL & SALES

PROFESSIONAL CERTIFICATE
IN FOOD & NUTRITION
COACHING



PRACTICE AS A:
FOOD & NUTRITION COACH;
HEALTH & WELLNESS
RETAIL & SALES

CERTIFICATE IN
NATURAL HEALTH

CERTIFICATE IN NUTRITION

CERTIFICATE IN
WESTERN HERBAL REMEDIES

CERTIFICATE IN HOMEOPATHY



PERSONAL GROWTH
OR TASTE TEST FOR
A CAREER CHANGE;
ENRICHMENT COURSE
FOR PRACTITIONERS
& THERAPISTS

INTRODUCTION
TO NATURAL MEDICINE

INTRODUCTION
TO NUTRITION

HERBAL MEDICINE A



FOR
PERSONAL
GROWTH

Hear from our Learners

I totally recommend this course to anyone who is interested in natural remedies and health - *Athina*

I absolutely loved this course. Lis has most definitely inspired me to continue with my study and to change my career down the path of love and enjoyment. I really enjoyed all that I have learnt and loved listening to the endless knowledge that Lis brought to the course - *Belinda*

I loved Herbal Medicine A and have learned so many new things as well as better understanding the relationship we have to the natural world. - *Charmaine*

Introduction to Nutrition is a great intro course into nutrition and is taught so the information is not too heavy or overwhelming - *Jodi*

The perfect course to introduce the fascinating world of nutrition and build foundational knowledge. Fiona's expertise and passion in this area made the sessions both informative and enjoyable - *Anna*

The Certificate course was an excellent introduction to the world of naturopathic medicine. I'm looking forward to furthering my studies through Nature Care to become a practitioner & to help my own family - *Burcu*



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