



# The CNPA Program

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The CNPA program is a science-based educational program of the Canadian Health Food Association that lets you study at home, at your own pace. Upon completion of the course, you will be able to provide current and complete product information to your customers. This, in turn, will boost customer confidence in you, and ultimately, in the industry.

Designed and written by the Canadian College of Naturopathic Medicine, the course takes between six months to one year to complete. Upon graduation, the graduate and the store in which they work are eligible to use the CNPA designation. This designation does not permit the retailer to diagnose customers, or in any way qualify the retailer as a medical professional or a health care practitioner. The CNPA education program covers the following areas:

## **Chapter One**

### ***The Health Food Store Employee***

Providing information. Conversation in the health food store. The balance sheet. The legal ramifications revisited. Nutritional supplements as preventive and modulating agents.

## **Chapter Two**

### ***Basic Concepts in Organic and Biochemistry***

Basic Chemistry: The structure of matter. Organic chemistry and the elements. Chemical constituents of cells. Carbohydrates and lipids. Macromolecules and informational mediators. Enzymes and metabolic pathways.

## **Chapter Three**

### ***The Cell***

The cell-overview structure. The cell membrane. Producing energy-metabolism. Protein synthesis. Cell division and repair.

## **Chapter Four**

### ***Body Fluids and the Cardiovascular System***

A body of water. Blood. The vascular system. Disorders of the heart and vascular system. Self-medication and the patient with cardiovascular illness.

## **Chapter Five**

### ***Respiratory System***

The anatomy of the lung and airway. Lung and chest cavity: Thoracic mechanics. Ventilation and perfusion. Case study: Respiratory problems and the health food store retailer.

## **Chapter Six**

### ***Gastrointestinal System***

Upper gastrointestinal tract: Mouth, esophagus and stomach. Middle gastrointestinal tract: The pancreas, liver, and small intestine. Pancreatic secretions. Functions of bile and pancreatic enzymes. Absorption of food molecules. Absorption of monosaccharides. The Colon.

## **Chapter Seven**

### ***Neurosciences***

Basic concepts in neuroanatomy. Nerve cells and nerves. The brain.

## **Chapter Eight**

### ***Macronutrients***

Basic nutrition: Macronutrition-carbohydrates, proteins and lipids. Advanced nutritional concepts. The metabolic demands of the body. Special Diets. Food allergy and food intolerance.

## **Chapter Nine**

### ***Micronutrients***

Minerals, vitamins, trace elements and ultratrace elements. Ultratrace minerals. Vitamin A, retinoids and carotenoids. Additional natural health products. Antioxidants. Digestive enzymes. Essential fatty acids. Free radicals.

## **Chapter Ten**

### ***Introduction to Botanical Medicine***

Basic philosophies of herbal medicine. A brief history of herbal medicine. Plant classifications. Plant descriptions. Glossary of actions of herbal medicines. Plant constituents and their actions in the body. Herbal preparations.

## **Chapter Eleven**

### ***Herbal Directory***

Alternatives. The cardio-vascular system. The Genito-urinary tract. The Gastro-intestinal tract. Immunomodulators and antimicrobials. The Musculo-skeletal system. Nervines. The respiratory system. Skin. Tonics, adaptogens and restoratives.

## **Chapter Twelve**

### ***Self Assessment***

Self assessment questions for each of the preceding chapters.

## **Chapter Thirteen**

### ***Self Assessment Answer Key***

Answers for self assessment questions.

***Please note that the final exam is based on all 11 Chapters.***