



HEALTH COACH TRAINING COURSE

WELCOME TO THE DOCUMENTING HOPE HEALTH COACH TRAINING COURSE!

Thirty years ago, very few people had heard of diagnoses like ADHD or autism. Today, these are household words. These illnesses, and others like them, are just the earliest signs of an epidemic of historic proportions that is affecting our children. American children are being diagnosed with chronic illnesses (such as autism, asthma, allergies, diabetes, ADHD and many others) at a breathtaking rate, and even more undiagnosed children suffer silently.

This crisis stems from very specific and insidious environmental factors (beyond just “pollution”) that have been introduced slowly into our lives over the course of the past few decades. Our children are experiencing a “perfect storm” of environmental factors that are destroying their immune systems, affecting their growth and development, and preventing them from living a full life.

While there are no easy answers, we know that children can recover from chronic illnesses (even autism, asthma, and other illnesses once believed to be lifelong) because thousands of children across the country have done so. However, there is no one way to go about recovering a child. Parents who have recovered their children have used a variety of solutions including the use of nutritious and therapeutic diets, energy medicine, integrative and holistic therapies, specific biomedical protocols and many, many other modalities.

Documenting Hope is committed to helping parents and caregivers figure out their child’s individual needs so that every child can achieve wellness. Many parents and caregivers find themselves confused by the many available treatment options, overwhelmed by the daunting task of caring for a sick child, and frustrated by the lack of information or support available from traditional medical and educational practitioners. Parents and caregivers need a guide to help map out the steps in their journey. Documenting Hope has responded by developing this course to provide parents and health coaches with the information and tools needed to help children recover.

As a student in this course, you are a vital part of the solution to this epidemic. Together, we can create a better, safer, healthier, and more sustainable future for our children. You will be part of the movement that will lead to improved standards of treatment for childhood chronic illness. You will inspire others to seek out treatments that work. You will help us share a message of hope with the world: Children can get better, and illness can be prevented.

This course consists of 10 online lessons. You may take the lessons at your own pace but you may not take more than one lesson per week. This will provide you with enough time to get through all of the reading and viewing materials. We strongly recommend that you read/view all of the required materials before taking the quizzes. If you have any questions or experience any problems with the course, please contact our training administrator at healthcoaches@documentinghope.com.

Included in this welcome packet are your Course Syllabus, a complete list of required and recommended materials, and a table of contents for the Documenting Hope Forms Library, a database to which students will have access upon successful completion of the course.

Good luck!

CLASS 1: THE NEW CHILDHOOD EPIDEMICS

Instructor: Beth Lambert

CLASS 2: GUIDING A CHILD TO GOOD HEALTH

Instructor: Maria Rickert Hong

CLASS 3: UNDERLYING PHYSIOLOGICAL IMBALANCES

Instructor: Josie Nelson

CLASS 4: REDUCING THE TOTAL LOAD

Instructor: Patricia Lemer, M.Ed

CLASS 5: DIET AND NUTRITION FOR “THE NEW CHILDHOOD EPIDEMICS”

Instructor: Victoria Kobliner, RD, MS

CLASS 6: BIO-INDIVIDUALITY AND PATHWAYS TO RECOVERY

Instructor: Lauren Stone, PhD, HHP

CLASS 7: PRIORITIZING THERAPIES

Instructor: Patricia Lemer, M.Ed

CLASS 8: GUIDING PARENTS THROUGH LAB TESTS

Instructor: Josie Nelson

CLASS 9: RECOGNIZING THE MIND-BODY-SPIRIT CONNECTION

Instructor: Janine Burnham Ruth

CLASS 10: THE HEALING JOURNEY

Instructor: Beth Lambert

The following is a complete list of all required and supplementary materials that accompany the Documenting Hope Health Coach Training Course. All required materials will be provided to students in the lesson to which each corresponds. Links to all supplementary materials will be provided to students in the lesson to which each corresponds.

REQUIRED READING

[A Compromised Generation](#) by Beth Lambert

[Outsmarting Autism](#) by Patricia Lemer

"The Mother-Child Energy Connection" by Lisa Erickson

[Is This Your Child](#) by Doris Rapp, MD excerpt Chapter 3: "How to Recognize Unsuspected Allergies"

[Cure Your Child with Food](#) by Kelly Dorfman, MS, LDN, excerpt Chapter 4: "The E.A.T. Program"

"Autism: Is It All in the Head?" by Mark Hyman, MD

"Disturbance of the immune system by electromagnetic fields" by Olle Johansson, PhD

"Marilee's Full Story" by Marilee Nelson

"On Chemicals and EMF Exposures" by Marilee Nelson

"The Alkaline Way" by Russell Jaffe, MD, PhD

"Autism Diets: The First Step to Biomedical Intervention and Autism Recovery" by Julie Matthews

[Autism: Pathways to Recovery](#) by Amy Yasko Ph.D., CTN, NHD, AMD, HHP, FAAIM: Chapter 2, "Nutrigenomics and the Methylation Cycle"

[Kids Beyond Limits](#) by Anat Baniel, chapters 2 & 3

[Feel Good Biochemistry](#), by Amy Yasko, Ph.D., NHD, AMD, HHP, FAAIM chapter 4: "Metabolic Analysis Profile Test" and chapter 5: "Urine Amino Acids"

"Five Levels of Healing" by Dietrich Klinghardt

"An Interpretation of Dr. Klinghardt's Five Levels of Healing" by Patricia Lemer

"Your Body Glows with Light" by Joseph Mercola, MD

SUGGESTED READING

[Eat Naked](#) by Margaret Floyd, NTP

"Defying Determinism" by Martha Herbert, PhD, MD

[Autism Revolution](#) by Martha Herbert, PhD, MD

[Healthy Child, Healthy World](#) by Christopher Gavigan

[Only One Chance](#) by Philippe Granjean

[Zapped](#) by Ann Louise Gittleman

[Nourishing Hope](#) by Julie Matthews

[Nourishing Traditions](#) by Sally Fallon

[The Immune System Recovery Plan](#) by Susan Blum, MD

[Feel Good Nutrigenomics](#) by Amy Yasko, Ph.D., NHD, AMD, HHP, FAAIM

[How to Be a Good Health Coach](#) by Meg Jordan, PhD, RN, CWP

[Cure Your Child With Food](#) by Kelly Dorfman, MS, LDN

"TILT: A New Class of Diseases" by Claudia Miller
Healing the New Childhood Epidemics by Kenneth Bock, MD
Moody Cow Meditates by Kerry Lee MacLean
Movements that Heal by Harald Blomberg, MD
Feel Good Biochemistry by Amy Yasko, Ph.D., NHD, AMD, HHP, FAAIM
The Hidden Messages in Water by Masaru Emoto
The Biology of Belief by Bruce Lipton, PhD
The Body Electric by Robert O. Becker MD and Gary Selden
Mindfulness for Beginners by Jon Kabat-Zinn
Energy Medicine by Donna Eden
Active Consciousness by Amy Lansky, PhD
The Field by Lynne McTaggart
Health, Happiness, and Family Constellations by Michael Reddy
The Art of Healing by Bernie Seigel, MD
A Year of Miracles by Marianne Williamson

SUGGESTED VIEWING

Dr. Benjamin Lynch: "Folate and Methylation Defects and Metabolism in 2013: Clinical Breakthroughs and Updates", <https://www.youtube.com/watch?v=-lCQp0KkSB4>

Dr. Bruce Lipton: "Nature, Nurture, the Power of Love - Conscious Parenting", <https://www.youtube.com/watch?v=ScEN6ScMtZ8> and <https://www.youtube.com/watch?v=iP0U94xghec>

Bill Moyers with Jon Kabat-Zinn: "Healing and the Mind - Healing from Within", <https://vimeo.com/39767361>

Byron Katie: "Turn It Around", <https://vimeo.com/67826703>

Food, Inc. (Film), <http://www.amazon.com/Food-Inc-Robert-Kenner/dp/B002VRZEYM>

Mislead (Film), www.misleadmovie.com

Unacceptable Levels (Film), <http://www.unacceptablelevels.com>

ONLINE RESOURCES: GENERAL

Documenting Hope, www.documentinghope.com

The University of Pennsylvania Authentic Happiness Questionnaire Center, <https://www.authentichappiness.sas.upenn.edu/testcenter>

The Evergreen Center, The office of John A. Green III, MD, <http://www.childrenandautism.com/>

The Bioinitiative Report, <http://www.bioinitiative.org/table-of-contents/>

Environmental Working Group, <http://www.ewg.org/>

International Institute for Building-Biology and Ecology, <http://hbelc.org/>
23 and Me, <https://www.23andme.com/>

Genetic Genie, <http://geneticgenie.org/>

Masgutova Method, <http://masgutovamethod.com/>

Move Play Thrive: Brain Development Through Movement and Play, <http://moveplaythrive.com/>

Anat Baniel Method, <http://www.anatbanielmethod.com/>

Direct to Consumer Labs, <http://directlabs.com/>

Guided Mindfulness Meditation Practices with Jon Kabat-Zinn, <http://www.mindfulnesscds.com/>

The Work of Byron Katie, <http://thework.com/>

Dr. Bruce Lipton, <https://www.brucelipton.com/>

Carolyn Myss, <http://www.myss.com/>

Louise Hay, <http://www.louisehay.com/>

ONLINE RESOURCES: DIETARY PLANS

1. Gluten-free/Casein-free:
Gluten-Free/Casein-Free Diet, <http://www.gfcfdiet.com/>
Generation Rescue Nutrition Guide, <http://www.generationrescue.org/resources/nutrition-guide/>
2. Specific Carbohydrate:
SCD Lifestyle website, <http://scdlifestyle.com/about-the-scd-diet/>
Breaking the Vicious Cycle, <http://www.breakingtheviciouscycle.info/>
3. Weston Price:
Weston A Price dietary guidelines, <http://www.westonaprice.org/health-topics/abcs-of-nutrition/dietary-guidelines/>
Comparison: Weston A Price and Paleo diets, <http://www.westonaprice.org/health-topics/differences-between-the-weston-a-price-foundation-diet-and-the-paleo-diet/>
4. GAPS (Gut and Psychology Syndrome):
The GAPS diet overview, http://gapsdiet.com/INTRODUCTION_DIET.html
5. Body Ecology:
Body Ecology website, <http://bodyecology.com/body-ecology-overview>
About Body Ecology, <http://bodyecology.com/aboutbed.php>
6. Alkaline Way:
The Alkaline Way Guide, http://www.elisaact.com/pdfs/EAB_AlkalineWay.pdf
7. Bioindividual Nutrition:
Nourishing Hope, <http://www.nourishinghope.com/>



DOCUMENTING HOPE FORMS LIBRARY

The following is a list of documents that will be provided to students in conjunction with the course. These documents may be used by students only after successful completion of the Documenting Hope Health Coach Training Course, in accordance with the policies set forth in document #2, the "Documenting Hope Intellectual Property Policy." Links to the forms will be provided to students within the lessons to which each form corresponds. Upon successful completion of the course, students will have access to downloadable and usable versions of all forms in the Documenting Hope Forms Library.*

1. Health Coach Scope of Practice Statement
2. Documenting Hope Intellectual Property Policy
3. Documenting Hope Client Intake Form
4. Documenting Hope Goals Assessment Form
5. Signs of Leaky Gut
6. Healing Team Worksheet
7. Documenting Hope Food Journal
8. Traffic Light Foods Form
9. Tips for Getting Kids to Try New Foods
10. What I Ate Today: Worksheet for Kids
11. Home Environment Exposures Assessment
12. How to Find a Good Practitioner
13. Practitioner Referral and Database Template
14. SNP Guide
15. Guide to Common Supplements
16. Guide to Common Lab Tests
17. Guide to Integrative and Complementary Healing Modalities