

# Hompes Method

## The Hompes Method Level I Programme Syllabus

Hompes Method Level I contains approximately twenty-four hours of the **highest quality Nutrition and Lifestyle training** for practitioners who want a simple, evidence-based and practical approach to improving their clients' wellbeing.

The programme teaches you how to quickly implement all the nutrition and lifestyle optimisation strategies I have tried, tested and implemented over the last decade, working with more than 2,000 clients around the world.

The principles taught in this programme help your clients and patients improve and optimise symptoms in the Seven Areas of Health, as well as helping them improve athletic performance.

In fact, I have used the principles to help a number of premiership and international football players overcome challenges, recover from injury and improve performance.

The teachings contained in this programme are based on "Big Bang" strategies that follow Pareto's Law, or the 80:20 rule - namely that 20 per cent of the strategies you implement with your clients will bring 80 per cent of the results you achieve.

Once you learn how to seamlessly implement Hompes Method recommendations with your clients and patients you will quickly see their level of health begin to rejuvenate and their lives transform.

The Hompes Method Level I programme is divided into **8 Core Training Modules** and **9 Adjunct Training Modules**.

It provides you with a whole gamut of Resource Guides and **editable and brand-friendly handouts** to use with your patients and clients.

The programme is delivered in a very simple fashion, with the goal being to offer maximum benefit in minimal time.

Please read on to learn about the Core and Adjunct modules, as well as the special bonus content contained within the programme.

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## Hompes Method Level I – Eight Core Modules



1. Why We Eat Food and an Introduction to Mindful Eating
2. Macronutrients – Protein, Fat and Carbohydrate [Including Water & Hydration]
3. Micronutrients – Vitamins, Minerals and Cofactors
4. Foods To Avoid – the Key “Big Bang” Foods That Tend to Cause Problems for Many People
5. Foods To Eat, Including the Hompes Method Eating Guidelines & Core Concepts for Breakfast, Lunch, Dinner & Snacks
6. Biochemical Individuality and How To Optimise Macronutrient Ratios
7. How To Optimise Blood Sugar Regulation
8. How To Use Food & Other Simple Strategies to Optimise Sleep

**Read on...**

## Hompes Method Level I – Nine Adjunct Modules

1. How to Assess A Client's Food Diary and Provide Helpful Feedback.
2. How to Effectively Acquire & Assess A Client's Health History and Symptoms to Determine an Appropriate Course of Action.
3. How Your Clients Can Inexpensively Assess Their Energy Production At Home Using Pulse and body Temperature.
4. How to Assess Your Client's Blood Sugar Levels & Identify Blood Sugar Balance Problems.
5. How To Implement Basic Pre- and Post-exercise Nutrition to Minimise Damage to Your Client's Metabolism From Physical Activity.
6. How to Optimise Your Clients' Oral and Dental Health Using Simple Home-Based Strategies.
7. How to Optimise Your Clients' Digestion & Detoxification Function Using Simple Strategies.
8. The Truth About Food Allergies and Sensitivities.
9. The Possible Role of Electromagnetic Fields and Radiation in Creating or Contributing to Symptoms, and How to Mitigate its Effects.



**Read on...**

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## Hompes Method Level I – Resources & Hand Outs

1. 1-3 Video Presentations per module
2. Downloadable MP3 Audio Files for each Presentation
3. Downloadable Fact Sheets for your reference and to help your clients and patients
4. Editable and “brandable” documents for you to use with your clients and patients
5. Additional Resources, Handouts and Reading Lists for each module/lesson
6. Hompes Method Food Diary Recording Template
7. Hompes Method “Basic”, “Advanced” and “Expert” Food Lists
8. 7 Simple Recipes each: Breakfast, Lunch, Dinner & Snacks (one for each day of the week)
9. FREE Copy of My Recipe & Cookbook, Co-Written with Steve and Fay Grant.

## Hompes Method Cheat Sheets to Accelerate Client Progress:

- ✓ How to use Broths, Gelatin and Collagen to provide anti-inflammatory protein in the diet.
- ✓ How to use the Detox Carrot Salad to improve gut function and enhance hormone balance.
- ✓ How to use a Sodium Bicarbonate Mouthwash and gargle to reduce oral yeast overgrowth.
- ✓ How to use Bitters and Apple Cider Vinegar to improve digestive function.
- ✓ How to use Oil Pulling for improved Dental and Oral Health.
- ✓ How to make Anti-microbial, Tooth-whitening and Breath-freshening toothpaste at home.
- ✓ How to use Orange Juice, Gelatin & Salt to restore Optimal Blood Sugar Levels.
- ✓ How to use Epson Salt and Bicarbonate of Soda Baths to Enhance.
- ✓ How to use Gelatin and Coconut Oil to enhance skin and nails.
- ✓ Vodka (yes vodka!) and Sodium Bicarbonate to enhance skin quality.



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## Hompes Method Level I –Bonus Discussions

In addition to the Level I Core and Adjunct Modules, I've included some Bonus Discussions to help you negotiate the confusing and misleading information that is currently circulating in the diet and nutrition industry.

In these Bonus Discussions I look at the relative pros and cons of the main nutrition and diet programmes pervading society – you know, the ones people are promoting heavily as if to say they're panaceas.

We'll discuss the following approaches, bust them open and shatter some myths, whilst at the same time praising various approaches for their benefits:

- ✓ Are Vegetarian and Vegan Diets really a healthy option?
- ✓ Is the "Paleo" approach really the optimal way for humans to be eating?
- ✓ Is a High Protein, Low Carbohydrate Diet effective over the long term?
- ✓ What is the FODMAP diet and when should it be considered?
- ✓ Is the GAPS diet effective, and in what context does it work best?
- ✓ Is a Juicing Diet or Juice Fasting really a good way to detoxify, or is it downright dangerous?
- ✓ Is there a truly Healthy or Beneficial way to Burn Fat in a short period of time – 14 days or less?

I won't just give my opinion on these approaches, I'll actually share with you my clinical experience of helping people either implement or avoid them! Trust me: I have some very interesting stories to tell in regard to some of these approaches!

## Add Functional Medicine to Your Portfolio and Achieve Better Results With Your Clients and Patients, in Less Time!

### **\*How to Enroll on the 2015 Hompes Method Training Programme\***

Functional medicine works! When delivered in an organised and systemised fashion, it's one of the most powerful healing systems you could possibly wish to deliver. I've put the system together for you, saves you enormous amounts of time and money. Just follow the processes I teach you and you'll begin seeing magnificent results in your clients and patients!

For the 2015 intake, I am including **both the Hompes Method Level I and Level II trainings in one single package**, meaning you get both certifications for the price of Level Two only. Spaces are limited, and the trainings begin on July 7<sup>th</sup>, so please act now to reserve your spot.

*[Click here now to reserve your seat!](#)*