

Course

Intermittent Living Coach Training Course

The use of ancestral challenges as a vaccine against the harmful effects of modern life. Visit the Intermittent Living website to find out more.



Duration
48 hours over
6 days

Language
English

Enrollment deadline
12-06-2022

Intermittent Living is a week-long health reset experience that puts the concepts of KPNI into action. Intermittent Living is based on the science behind the effects of hormone stimuli such as short-term extreme cold, therapeutic hypercapnia (CO2 therapy), medicinal hypoxia (low O2 therapy), sauna, intermittent fasting and intermittent water consumption. In addition, combinations of plant-secondary substances are used to make hormone stimuli work more optimally.

What are the benefits of becoming an Intermittent Living Coach?

1

You'll learn to safely use evolutionary stimuli to protect humans from the negative effects of modern life.

2

You'll develop an optimal model for restoring and maintaining health.

3

You'll have protocols available that can be converted individually or in groups.

Intermittent Living Coach Training Course



Duration: 48 hours spread over 6 days
Time: 8-10 hours per day with no fixed schedule
Distribution of days: 2 x 3 day or 1 x 6 days
Didactics: Presence, theory and practice
License: 1 year
License owner: The International Institute of Intermittent Living

Content

For 6 days you will be taken on an intermittent journey from intermittent fasting to intermittent sleep deprivation. Both theoretically and practically, you will become a true hormone specialist - what better therapy than what you have experienced yourself?

Learning objectives

You will:

- Become an Intermittent Living Coach who is able to use the correct hormone interventions without side effects.
- Use the interventions belonging to the Intermittent Living Coach model according to fixed protocols.
- Learn your limits and contraindications of using the IL concept.
- Apply the Intermittent Living concept to your own life and show the client/patient good examples.

Topic per part of the day

The curriculum cannot be divided by hours, as the days will always be different in terms of nutrition, rest, etc. That is why we indicate the number of lessons per day and the division into theory and practice. When possible (depending on location), an extra cooking session will be included.

Our Programm

Day

1

8 - 10 teaching hours

Blood collection. Measuring body weight, blood pressure, height, heart rate variability, abdominal size, filling out vitality questionnaires.

Theory. Hormesis; definition, application in animals, plants and humans. The role of nrf2. Positive and negative biofeedback mechanisms. Indications and contraindications.

Practice. A 'cold day'. Hypoxia, extreme cold baths, aerobic training, hormetic vegetables, food fasting, AMPkinase stimulating nutrients.

Day

2

8 - 10 teaching hours

Theory. Oxidants, electrophilic substances, fermentation and exercise as horticultural interventions.

Practical. A 'hot day'. Hypercapnia, sauna, high intensity training (playful), AMPkinase food.

Day

3

8 lessons

Theory. Cold, heat, pre-conditioning and post-conditioning. The therapeutic value of the IL concept.

Practice. Special interventions. Slow breathing hypoxia. Bikram Yoga. Sleep deprivation. Cognitive stimulation. Extremely cold bath (as a counterpart to heat and stress - keep hormone effects and nrf2

Day

4

8 teaching hours

Theory. Intermittent drinking and eating. Fermentation course. Good and bad fermentation. Indications and contraindications.

Practice. HIIT (with games), extreme cold baths, hyperventilation hypoxia, intermittent drinking, cold shower, cognitive games.

Day

5

8 teaching hours

Blood collection

Theory. Therapeutic hypoxia and hypercapnia; different protocols. pH training, protocol development. Negative and positive feedback of nrf2. Autoimmune disorders versus cancer.

Practical. Long duration aerobic training mixed with strength training. Hypoxia and hypocapnia exercises. Sauna. Hot shower. Nutrition with AMPkinase. Intermittent fasting.

Day

6

8 teaching hours

Theory; Special intermittent interventions. Sleep withdrawal for depression, water withdrawal for infertility, sleep withdrawal for chronic fatigue. Prolonged fasting period in certain chronic conditions.

Practice: A mixed day of protocol and special interventions. Cold on a hot day and heat on a cold day. Countermeasures in case of overstimulation.

Comments

- Morning glucose is measured every day.
- Morning and evening blood pressure is measured every day.
- Morning and evening heart rate is measured every day.
- Every day a rhythm of 12 hours of light and 12 hours of darkness is created.
- Electronics will be used as little as possible.
- Dinner times are varied.
- Every day, food is consumed based on unexpected time constraints.

Exam

At the end of the course there will be an exam of 20 multiple choice questions. If you pass (13 out of 20), you will receive the diploma "Intermittent Living Coach" and a license to use this title for 1 year. Each year, the license must be renewed by taking a 20-question exam and at least one day of refresher training or refresher training accredited by PNI Europe. The license makes the student a direct member of the International Institute for Intermittent Living.

Tools & skills

You will learn to use the various horticultural interventions as means of primary prevention (care) and secondary prevention (cure). You will also be able to recognize the limits of intermittent living interventions. In addition, you will use valid measurement tools to identify peripheral inflammation, central inflammation, metabolic disorders and cardiovascular problems. This will enable you to develop the ability to call for help from specialists in a timely manner, when necessary.

Cost

The price includes the following;

All blood tests
Other measures
Presentation

Supporting chapter
Scientific publications
Review

Overnight stays
Food and beverages

Training fees: depending on location*.