



Be a Coach

Intermittent Living Coach License

€9.95 per month

You may be wondering why the Intermittent Living (IL) coaching title has a license attached to it. IL is a .concept that needs to be constantly updated. The concept is strong and scientifically well founded, but it is not ready yet. It will only be ready when all the people who are trainers faithfully use the protocols. As a result, we get a lot of data (big data) that can ensure that the concept only gets better. Processing this data and updating it requires a lot of time and energy.

If we want to be strong as a discipline, we also need to make sure that there is some kind of control. Of course people don't like to be controlled, but it is necessary to protect a great project from scientific abuse.

The license guarantees the preservation of quality, continuous modernization and scientific review. The license is made for people who want to be IL coaches and also want to use it in daily practice. The costs are really minimal (€9.95 per month) and you get a lot in return.

Together, the license offers many advantages for you as an individual and certainly for the IL family of trainers. Together we can ensure that the modern human being stays healthy or regains health in a simple and feasible way without the need for many natural or conventional substances.

Let's make this project as big as we can together with as many IL trainers as possible. It is worth being a member of the International Institute of Intermittent Living under the auspices of the Pruimboom Institute.

It is a gift to be able to do so much with the help of nutrition, exercise, cold and other hormone stimuli, which in principle cost nothing more.

License Description

Licensee of

Title: Intermittent Living Coach®©.
Entity: PNI Europe - The Netherlands.

License Conditions

- Title of Intermittent Living Coach - registered and registered by PNI Europe.
- Member of the International Institute for Intermittent Living.

Annual renewal of the license

- 25 credits per year (1 day of IL updates or PNI Europe accredited events (upon request)).
- Completion of annual exam (20 test questions).
- Member of the International Institute for Intermittent Living.(IIFIL).
- Use of intermittent living protocols.

Cost per month

€9,95

Licensing rights

- Use of the Intermittent Living Coach title as a therapist, business consultant or other related activities with end users.
- NOT entitled to develop the Intermittent Living Coach course for healthcare professionals.
- Organization of Intermittent Living courses for end users (20 {short} or 40 {long} practical and theoretical lessons) always in collaboration with PNI Europe. Each course must be delivered with PNI Europe's End-User Presentation. Changes are only allowed after consultation with PNI Europe.

Intermittent Living International Institute Membership

- Open access to scientific updates on intermittent living interventions.
- Free access to scientific data regarding research on isolated interventions in the context of Intermittent Living (if permission has been granted).
- 25% discount on Intermittent Living update sessions organized by PNI Europe (with the exception of Intermittent Living Coach courses).
- Membership Certificate.
- Access to Intermittent Living related marketing material.
- Intermittent Living presentation for patients and other end-users.
- Anyone who currently is a member is welcome to use our intermittent living logo, all you need to do is contact us in order to receive it.

Frequently Asked Questions

What is the added value of my license?

You are now a member of IIFIL. This gives you the opportunity to call yourself an IL trainer and to develop courses for patients and clients. IIFIL supports you with presentations, updates and background information.

What license does it provide?

The license is provided by the Pruimboom Institute, which has registered the degree. The University of Salamanca is in the process of accreditation. The same applies to professional groups in the Netherlands.

What does this mean to be a member of the IIFIL?

You will receive continuous updates on intermittent living interventions. In addition, with the help of IIFIL, you can develop courses for end users.

Why do I have to renew my license every year?

IL is a big project that requires continuous updates. That's why we want to protect the title in such a way that all trainers are always up to date.