



# Dhavindha Woddie Nomaan Suidhveld

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has completed our Professional Certificate training program  
in Holistic Health and Longevity Diet Coaching  
Graduates have been trained in the following:

Cooking and Healing with  
the Longevity Diet  
Food Energetics  
Doctrine of Signatures  
Acid and Alkaline Balance  
Five Elements Theory &  
Practice  
Traditional Chinese Medicine  
Tongue Diagnosis  
Health Assessment Techniques  
Whole Food Gourmet Cooking  
Five Flavors in Cooking  
Macrobiotics  
Food Combining  
Seasonal Menu Planning  
Cooking Knife Skills

Behavioral Impact of Food &  
Diet  
Ayurvedic Philosophy  
Healing Home Remedies  
Expansive & Contractive Foods  
Lacto-fermentation Techniques  
Dietary Therapy  
Conquering Cravings  
Probiotic Foods and Recipes  
Weight Loss Techniques  
Goal Setting & Visualization  
Do-In Exercise Program  
Meditation Techniques  
Treatment Compresses  
Qi Energy for Healing  
Basic Shiatsu Massage

Acupressure  
Supplements you Need  
The Body Landscape  
Origins of Disharmony  
Organ Pathology  
Super Foods  
Tonic Herbal Elixirs  
Cooking with Chinese Herbs  
Coaching Techniques  
Chakra Energy  
Yogic Breath  
Tibetan Tai Chi  
Weston A. Price Dietary  
Principles  
Chinese Herbal Tonics