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## The Institute for Optimum Nutrition (ION)



Founded in 1984 by Patrick Holford, ION is the forerunner and largest nutritional therapy training school in England. It provides one of the most comprehensive nutritional therapy courses within Europe.

ION is widely respected as a leading edge organisation within its field by professionals and media alike and offers a range of nutrition-related services to the general public and health professionals.

For information on our courses and services [click here](#)

### ION Courses & Services

Nutritional Therapists Diploma/Foundation Degree (DipION/FdSc)  
<http://www.ion.ac.uk/education.htm>

Science Foundation Courses (SFC)  
<http://www.ion.ac.uk/science.htm>

Home Study Course (HSC)  
[http://www.ion.ac.uk/home\\_study.htm](http://www.ion.ac.uk/home_study.htm)

ION Clinics  
<http://www.ion.ac.uk/clinic.htm>

ION Membership  
<http://www.ion.ac.uk/membership.htm>

'Optimum Nutrition' magazine  
<http://www.ion.ac.uk/journal.htm>

'Optimum Nutrition' magazine Subscription  
<http://www.ion.ac.uk/subscription.htm>

Library & Information Services  
<http://www.ion.ac.uk/information.htm>