



# Natural Nutrition Program

## Course Descriptions

### MODULE 1

#### **NN101A Fundamentals of Nutrition (Part 1)**

The Fundamentals of Nutrition course offers a comprehensive overview of the field of nutrition, which leads to a study and understanding of the link between nutrition and preventive medicine. The course explains the role of macronutrients, vitamins and minerals, and the importance of water in the diet. It describes how certain dietary habits undermine our health and provides suggestions for overcoming these habits. It looks at the effect of pollution on our health and the health of our planet.

#### **NN101B Fundamentals of Nutrition (Part 2)**

Through a diet of high nutritional quality, we can support life at every stage. Fundamentals of Nutrition (Part 2) explains the ten key components of a healthy diet and discusses the changing nutritional needs of various age groups during growth and development. Students learn the health benefits of and basic guidelines for fasting and detoxification.

#### **NN102 Anatomy & Physiology**

Anatomy and Physiology gives a general overview of the eleven body systems, explaining the structure and shape of the body and its parts as well as the relationship among them. This course covers the physiological processes by which the eleven systems operate.

#### **NN103A Nutritional Symptomatology**

Nutritional Symptomatology is a simple, yet valuable science used for the assessment of nutritional deficiencies and imbalances. This course will address nutritional imbalances as they affect different body systems. The student will be introduced to the effective use of assessment tools to identify nutritional imbalances, explore the nutritional measures recommended to rebalance the body and help reduce the risk of illness, and write the client case study report in a professional manner.



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### MODULE 2

#### **NN103B Motivational Interview Skills**

This course introduces students to Motivational Interviewing (MI)—an approach to support clients in achieving positive behaviour change when addressing their health challenges. This course presents the background philosophy and components of Motivational Interviewing and outlines techniques to apply the principles when conducting holistic nutritional consultations. The student will be provided with resources and practice opportunities for integrating MI into the practice of holistic nutrition.

#### **NN104A Hormone Health**

The stress of modern-day life has led to an epidemic of hormonal imbalance resulting in crash diets, sleeping pills, and anxiety medication. This course explains why it is not normal to feel fatigued, anxious, fat, and irritable, and the steps needed to reset your hormones to get back to feeling vibrant and joyful.

#### **NN105A Body-Mind-Spirit – The Mind Connection**

This course provides comprehensive evidence that nutrition plays a most important role in maintaining optimal mental health and is a major part of the strategy addressing many common mental health problems. Special consideration will be given to the microbiome-gut-brain axis and the critical role it plays in brain development, behavior, and mental health throughout life.

#### **NN105B Body-Mind-Spirit – The Spirit Connection**

In this course, students will discover the connections between physical disease and emotional, psychological and/or spiritual themes, while learning how to integrate these themes into a holistic nutritional practice. This course will help students understand how patterns in our life can affect us, not only on an emotional level, but also a physical one, and how recognizing and healing those patterns can lead to better health.

#### **NN106 Fundamentals of Business**

The Fundamentals of Business course provides holistic nutrition students with the information necessary to seek gainful employment or to legally set up, market and conduct a thriving private practice. It helps them identify personal and career goals and to understand the laws, regulations and codes that govern nutritional consultancy.



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### MODULE 3

#### **NN107A Biochemistry & Epigenetics**

This course helps the student to understand the chemical processes that underlie critical biological functions, starting with atomic structure, working through chemical symbols and the periodic table of the elements, and culminating in genetics and epigenetics. It explores the chemistry of living things; the metabolism of carbohydrates, lipids and proteins; and, the biochemical processes of various functions of the human body, including cellular replication, genetic pre-disposition, and the new science of epigenetics that shows how lifestyle and diet can change genetic expression.

#### **NN109 Pathology & Nutrition**

The Pathology and Nutrition course presents common pathological disorders systematically, stressing their systems and underlying causes, and recommending a nutritional strategy where appropriate. Upon completion of this course, students are able to describe the categories of pathologies and their effects on the major organ systems. They are able to translate pathological terms into common language. In this course, students will learn to recognize specific pathologies from case histories and make nutritional recommendations based on their assessment.

#### **NN110A Lifecycle Nutrition - Pediatric**

The Lifecycle Nutrition – Pediatric course presents information on how to conceive and raise a healthy child in today's world - a world in which our children's health is declining at an alarming rate. It provides alternative health care recommendations (such as dietary, nutritional supplementation, and lifestyle changes) for the period from pre-conception to childhood. The controversial issue of vaccinations (amongst others) is discussed, along with ways to help prevent and naturally manage common childhood health conditions such as allergies, food sensitivities, obesity, autism, asthma, ear infections, colds and flu.

#### **NN110B Lifecycle Nutrition - Sports**

This course provides scientifically-based, well-researched information on the relationship between nutrition and sports performance. It covers topics such as how food is used for energy, the importance of each macronutrient (carbohydrates, protein, and fat) in fueling an athlete, proper hydration, sports supplements, and ergogenic aids, as well as how to calculate optimal caloric and macronutrient requirements specific to individual athletes and their goals. In addition, recommendations for vegetarian, female, younger, older, and competitive athletes, respectively, will be discussed.

#### **NN110C Lifecycle Nutrition - Perspectives on Aging**

This course presents well researched information designed to teach us how to live extended and fulfilling lives. Specifically, it emphasizes 3 tools known to promote longevity and health: (1) a simple, wholesome diet, (2) a daily exercise routine, and (3) the cultivation of strong, loving personal relationships.



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## Course Descriptions

### MODULE 4

#### **NN111 Eco-Nutrition**

Eco-Nutrition explores the facts about metal and other elements in food, air and water and their effect on our health. Students gain insight into both the major causes of pollution and the existing threats to both the Earth's and human immune systems. Students learn to make food choices that are wholesome and safe for everyone.

#### **NN112 Allergies**

Globally, allergies are greatly on the increase. This course will present 'the allergy epidemic' as our bodies' response to living in a polluted environment and a world full of processed fast food; and provide tools to strengthen the body's immune and digestive systems in order to reduce the risk of developing allergies, and transform health.

#### **NN114 Nutritional Literature Research**

This course teaches students (1) the importance of being evidence-based and science-driven, (2) how to find research, (3) how to read, critique, and ultimately understand research and (4) how to apply research and communicate it to clients and the public in a credible and approachable way.

#### **NN115 Introduction to the Practical Use of Herbs**

This general interest course is designed to (1) introduce the therapeutic use of plant medicine; (2) discuss common local medicinal and kitchen, culinary herbs for common health issues, and how herbal medicine can be considered preventative medicine; (3) learn about harvesting, and herbal medicine-making techniques, and the importance of sustainable practices for the health of our planet; (4) explain how to prepare teas and some topical applications for common use.