

**NN 101 - Fundamentals of Nutrition  
Module 1 – Subject 1**



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**Lesson One**

**Introduction**

***Purpose:***

- To study and understand the link between nutrition and preventative medicine.

***Objectives:***

- Describe the three basic metabolic functions: building, cleansing, and maintenance.

**Note:**

The symbol \* means: take a few moments to reflect and answer the question asked.

**Please read the Introduction now.**

**\*Q1.** How does the author explain the terms “Scientific Nutrition” and “Integrated Medicine”?

As a **Registered Holistic Nutritionist**, your mission will be to “guide and counsel your clients in the best way to achieve optimal health through ***natural nutrition***, but always respecting the right and need for the client to make the final decision in all wellness plans.” We also encourage the policy to “recognize the need to work co-operatively with other disciplines, holistic and allopathic, to best

serve the client’s need, respecting the unique contribution of each discipline.”

**\*Q2.** Explain why the nutritional practice of dietitians and doctors is very limited.

**Research Question:** (from any source)

It is common practice for dietitians to recommend treating ulcers with dairy products. Briefly explain why this is not a very good solution and offer alternative suggestions.

**\*Q3.** Explain the author’s theory - that the body has three basic metabolic functions.

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“Feeding yourself well, naturally, wholesomely, and in balance, will provide all the \_\_\_\_\_ that you need to nourish your multi-dimensional self and the vital unfoldment of your path.”

**Part One - The Building Blocks**

**Water**

**Chapter One**

***Purpose:***

- To gain an understanding of the role water has in the diet and the relationship of quality, insufficiency and excess to your state of health.

***Objectives:***

- Explain the importance of water and why it is an essential part of our basic needs.
- Explain the reasons why city tap water has come to be considered a processed, unnatural substance.
- Address the various sources of water available to us.
- List the factors that may influence the amount of water we need individually.

**Please read Chapter 1 now.**

**\*Q4.** What is the primary component of blood, lymph, digestive juices, urine, tears and sweat?

**\*Q5.** List some of the bodily functions with which water is involved.

***“The art of medicine consists of amusing the patient while nature cures the disease.”***  
**Voltaire**

**\*Q6.** Explain the three important points the author makes to explain what is happening to our water.

“What is happening to our water is simple:”

“The brain uses electrical energy that is generated by the water drive of the energy-generating pumps. With dehydration, the level of energy generation in the brain is decreased. Many functions of the brain that depend on this type of energy become inefficient. We recognize this inadequacy of function and call it *depression*. This “depressive state” caused by dehydration can lead to *chronic fatigue syndrome*.”

**From:** *Your Body's Many Cries for Water*  
by F. Batmanghelidj, M.D.

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**\*Q7.** Outline the reasons why city tap water is considered to be an unnatural, processed substance.

**\*Q8.** Explain how the following pollutants appear in our drinking water and list the effects they have on the body.

Lead:

Radon:

Nitrates:

**\*Q9.** List the three ideal characteristics of drinking water:

**\*Q10.** What does the filtration, or purification of water involve?

**\*Q11.** How does cooking with demineralized water affect the nutritional value of the food being cooked?

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There is confusion when supplying the body with adequate amounts of fluids. Yes, all beverages are basically water; however the ingredients that are also present in tea, coffee, sodas and alcohol contribute to further dehydration from their diuretic effects. The water does not stay in the body long enough therefore the thirst signal is never satisfied. To ward off dehydration and its side effects, it is best to supply good quality drinking water.

**\*Q12.** List the factors that may influence the amount of water we need individually.

**Notes:**