



# Canadian School of Natural Nutrition

TEACHING THE MEDICINE OF THE FUTURE™





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Learn to Change Lives by achieving optimal health and a lasting career.



# CSNN Beginnings



In 1994, founding director Danielle Perrault, R.H.N./C.H.N., was facilitating a successful series of workshops on Nutritional Symptomatology when students, who were impressed by the knowledge they acquired, started to ask about further education in this field.

It was the expression of interest and enthusiasm from students that led Ms. Perrault on a journey of discovery that resulted in the creation of a formal education program in Natural Nutrition. Research with students revealed the desire for a quality program focused on empowerment—not persuasion or confusion—a program that would encourage individuality and enable students to make a difference in their own lives and in the lives of others. With that understanding, the Canadian School of Natural Nutrition (CSNN) was created.

# Our Mission

CSNN is passionate about providing a visionary approach to health care through natural nutrition. We believe there is an inescapable link between food, its source and the healthy consumer, and that our physical body needs more than wholesome nutrition—mind and consciousness play a significant role in our well-being.

Regardless of developments in medicine and health sciences, wholesome food remains one of the most essential elements of health and wellness. CSNN’s current science-based curriculum is aligned with unbiased research, and our graduates are qualified to provide individualized holistic recommendations of quality whole foods, lifestyle changes, and supplements on an as-needed basis.

*Through the education of individuals;  
 Through teaching of the holistic philosophy of health care;  
 Through the simplicity of wholesome foods;  
 Through respect for ourselves and others;  
 Through respect for our planet...  
 We will heal ourselves;  
 Heal others; Heal our planet; and...  
 Ultimately, advance the evolution of mankind.*

We are committed to professional and practical programs that provide the tools and confidence our graduates need to continue with a career and future growth in the field. We are dedicated to providing strong support networks and student services. It is our hope that every health care professional will one day work in conjunction with a Holistic Nutrition professional towards a common goal: proactive health care through good nutrition.



## What is a Holistic Nutritional Consultant?

A CSNN graduate is a professional trained in Natural Nutrition and complementary therapies, whose principal function is to educate individuals and groups about the benefits and health impact of optimal nutrition. CSNN has prominent designations and titles that are exclusive to graduates of our Natural Nutrition Program 🌱 (visit [csnn.ca/careers/role-of-csnn-grads/](https://csnn.ca/careers/role-of-csnn-grads/) for provincial designations and professional titles).

Mainstream medicine does not emphasize the significance of poor nutrition as a major cause of a wide range of health disorders. Although most people are aware of the benefits of sound nutrition, the range of conflicting information available to the consumer is often confusing. CSNN Graduates, as Holistic Nutritional Consultants, guide their clients through the maze of information from books, magazines, supplements, and diets on the market. They work with one-on-one with clients to identify and help improve nutritional deficiencies. Many CSNN graduates also contribute to the health and well-being of Canadians by writing books and articles for prominent health care magazines and websites.

CSNN Graduates are respected in the holistic nutrition field, and are sought out by employers.

## Employment Opportunities

Holistic Nutrition professionals work in private practice or with other health care professionals to institute proactive health care programs. CSNN Graduates have found career opportunities in a variety of sectors, including:

- Food Industry
- Fitness/Training Centres
- Writing Books and Articles
- Teaching/ Education
- Natural Health Centres and Spas
- Medical & Wellness Clinics
- Health Food Stores
- Conference and Retreat Centres
- Seniors' and Retirement Homes
- Consulting Services
- Supplement Industry

*Career opportunity information is available at each CSNN location. Graduates have access to a job board on CSNN's website.*

## CSNN Alumni Profiles

CSNN has over 12,000+ graduates worldwide! Discover the range of knowledge of select graduates, and how they are making an impact in the health care industry and beyond: [csnn.ca/alumni-profiles/](https://csnn.ca/alumni-profiles/).

## Books Written by CSNN Graduates

We love promoting the success of our graduates, some of which are authors, too. View our growing list of books written or co-authored by CSNN graduates at [csnn.ca/graduates/books-by-csnn-graduates/](https://csnn.ca/graduates/books-by-csnn-graduates/) on an array of topics and specialties.

## News & Events Bulletin

Each month at CSNN, we feature topic-focused articles, blog posts, seasonal recipes, resources, and more, from a holistic nutrition perspective. Visit [csnn.ca/bulletin/](https://csnn.ca/bulletin/) to view submissions from our graduates on this month's topic.

## Faculty

CSNN instructors possess a diversity of experience and knowledge, which many also share through publications and authored books (some of which are exclusive to CSNN). All instructors are qualified, trained professionals in their respective fields, and receive specialized training in effective teaching techniques and a clear understanding of the CSNN philosophy. This enables CSNN schools nationwide to maintain consistent quality presentation. For detailed branch instructor qualifications, visit [csnn.ca/locations](https://csnn.ca/locations) and select your desired location.





# Natural Nutrition Program Outline\*

## MODULE 1

### NN101A Fundamentals of Nutrition (Part 1) | 21 hours

This course offers a foundational overview of natural nutrition. This course explains the role of macronutrients, micronutrients, and the importance of water to overall health. It introduces the importance of proper digestion, absorption, and elimination to one's health, and how certain dietary habits undermine the digestive process. It looks at the nutrient-nutrient interactions and the nutrient-drug interactions. This course also includes one of the main root issues in the development of disease – inflammation and the specific nutrients to help reduce a chronic inflammatory process.

### NN101B Fundamentals of Nutrition (Part 2) | 15 hours

With a quality, whole foods diet, consumed during each phase of our lifecycle, overall health can be supported. This course identifies specific components of various diets that support health and discusses the changing nutritional needs of various age groups during growth and development. Students also learn about specific health imbalances such as cardiovascular disorders, neurodegenerative disorders, digestive disorders, metabolic disorders, and bone and joint health, and the nutrition to help these health disorders. Students will also learn about the exposure of environmental and nutritional toxins, the related health risks, and the basic guidelines and benefits of detoxification.

### NN102 Anatomy & Physiology | 30 hours

Anatomy and Physiology gives a general overview of the twelve 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 these body systems operate. Students learn the unique structure and function of the five senses plus learn about the microbiome and how microbes connect to the other body systems, even acting as an endocrine organ.

### NN103A Nutritional Symptomatology | 30 hours

Nutritional Symptomatology is a valuable science used to assess nutritional deficiencies and imbalances. This course will address nutritional imbalances as they affect the body systems. Students 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 client case study reports in a professional manner.

CSNN's Natural Nutrition Diploma program leads the way with comprehensive curriculum and industry-recognized designations.

*\* Courses may not be offered in the order shown.*

## MODULE 2

### NN103B Motivational Interview Skills | 10.5 hours

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. Students will receive resources and practice opportunities for integrating MI into the practice of holistic nutrition.

### NN104A Hormone Health | 18 hours

The stress of modern-day life has led to an epidemic of hormonal imbalances resulting in low energy, mood issues and carrying extra weight. This course explains the connection between the body's different hormones, certain health issues and the steps needed to reset the body's hormones to get back to feeling vibrant and joyful.

### NN105A Body-Mind-Spirit – The Mind Connection | 18 hours

This course provides comprehensive evidence that nutrition plays an important role in maintaining optimal mental health and is a major component to address many common mental health problems. This course introduces key factors that influence mental health such as chrononutrition, blood sugar, food sensitivities, inflammation, and methylation. Students also learn the relationship between 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 | 15 hours

This course teaches about the connections between physical disease and emotional, psychological and/or spiritual themes. Through the lens of quantum physics, and a re-interpretation of alternative medicine, the heart of all illness and recovery is consciousness. Students learn how to integrate these themes into a nutritional practice and how to evolve their own personal spiritual journey.

### NN106 Fundamentals of Business | 12 hours

This course provides 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 this industry.

## MODULE 3

### NN107A Biochemistry & Epigenetics | 21 hours

This course teaches the basic understanding of chemical processes that underlie biological functions, starting with atomic structure, chemical symbols, and the periodic table, and culminating in genetics and epigenetics. It explores the chemistry of living things; the metabolism of carbohydrates, lipids and proteins, the biochemical processes of various functions of the human body, including radicals, antioxidants, mitochondrial dysfunction, cellular replication, and the new science of epigenetics that shows how lifestyle and diet can change genetic expression.

### NN109 Pathology & Nutrition | 27 hours

The Pathology and Nutrition course presents common pathological disorders and conditions that systematically stress their body systems, discuss underlying causes, and recommend nutritional strategies where appropriate. Students are able to describe the categories of pathologies and their effects on the major organ systems. They can translate pathological terms into common language and recognize specific pathologies from case histories and make nutritional recommendations based on their assessment.

### NN110A Lifecycle Nutrition - Pediatric | 12 hours

The 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. Children's nutritional needs and challenges differ from adults and require a unique approach. Students learn dietary, supplementation, and lifestyle recommendations from pre-conception, through pregnancy, birth, and breastfeeding to raising healthy school-age children. This course also discusses ways to naturally manage allergies and food sensitivities, to establishing a healthy intestinal microbiome, healthy weight, the picky eater, the GAPS protocol and much more.

### NN110B Lifecycle Nutrition - Sports | 12 hours

This course provides scientifically based 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 plant-based, younger, and master athletes to the competitive athlete. Students also learn how gut health impacts performance and the importance of nutrition for recovery.

### NN110C Lifecycle Nutrition - Perspectives on Aging | 9 hours

This course presents well researched information emphasizing three 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. This course also provides key factors related to cognitive decline as we age and specific nutrition to support cognitive function.

## MODULE 4

### NN111 Eco-Nutrition | 12 hours

This course provides insight into the environmental effects of the current profit-driven, corporate, industrial system of food production. Understand the links between corporate industrial agriculture, traditional mixed farming, the microbiome of the soil, and health. This course discusses topics such as food security, GMOs, hidden costs of producing cheap food and sustainability with our food chain when feeding the world's population. Students also learn the impact of having a carbon footprint and how Regenerative Agriculture and carbon sinks can reduce this footprint.

### NN112 Allergies | 15 hours

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 | 10.5 hours

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 | 14 hours

This general interest course is designed to (1) introduce the properties of commonly used plants and herbs in the kitchen; (2) discuss common culinary herbs for general use and health issues, and how herbs can be incorporated for prevention of health disorders; (3) learn about harvesting, herbal making techniques, and the importance of sustainable practices for the health of our planet; (4) explain how to prepare teas and infusions for common use.

## Enhanced/Intensive Program Offerings

For those who are looking for even more of what the flagship Natural Nutrition Program has to offer, there is an Enhanced/Intensive version available with additional supervised clinical hours. This is delivered in an accelerated study format with approximately 20 hours of instruction per week which allows for more time and support with the instructor. The Enhanced/Intensive Program also provides additional business tools and hands-on culinary training.

Please visit [csnn.ca/enhanced-clinical-studies](https://csnn.ca/enhanced-clinical-studies) and contact your preferred branch to find out more details about registration, schedules, and student funding.



## Practicals

*Note: Some branches may use different terminology to refer to practicals, for example, practicums, workshops, and corequisites.*

In addition to regular classroom instruction in natural nutrition, each student completes a minimum of 50 hours of mandatory practicals, out of approximately 100 hours offered to students. The main focus of the practicals is case study work, including follow-up case studies. Visit [csnn.ca/program/practicals](https://csnn.ca/program/practicals) for a list of potential topics that may be covered in Practical.

Practical work is completed under the supervision of a qualified Holistic Nutrition professional, through the presentation of case studies, role-playing, group studies and lectures by guest speakers. In these sessions, students have the opportunity to develop assessment and interviewing skills essential to success in the field of holistic nutrition.

## Case Studies

CSNN students trade classroom hours for real-life case studies, using comprehensive intake forms to examine all internal and external factors affecting a person's nutritional health and wellbeing. After a student has completed Nutritional Symptomatology (NN103A), s/he is required to hand in 10 case studies in order to complete the Program, as outlined in CSNN's Student Handbook.

Each case study involves completing a nutritional assessment for a practice 'client' – solicited by the student. For each assessment, the student will conduct a detailed questionnaire and then identify nutritional imbalances revealed by the symptoms affecting the 'client'. Through this practical approach, students learn to recommend appropriate dietary and lifestyle changes to improve their clients' health.


## Our Graduates Say...

"I chose CSNN to study holistic nutrition due to the positive feedback I got from past alumni. As I was new to the natural wellness space, I wanted a community to support and uplift me. CSNN was exactly that." – Katie McKersie, Class of 2021

"I always had an interest in health and wellness and it continued to grow as I was dealing with some personal health issues. I chose this school because I found the course hours flexible and I really enjoyed the course lineup. I loved my year at CSNN and I gained a deeper understanding about the power of nutrition and how the body is interconnected. My passion for nutrition blossomed and I wanted to make a career of helping others. The courses were packed with knowledge and all of the teachers were amazing. I couldn't have asked for a better experience." – Delia Mota, Class of 2018

Read more Graduate testimonials at [csnn.ca/about/testimonials](https://csnn.ca/about/testimonials).

## Admission Requirements

CSNN's Natural Nutrition Program  attracts professionals from around the world and all walks of life: doctors and health care practitioners, complementary health care practitioners, fitness trainers, chefs, writers, and educators. Though many CSNN students have degrees and diplomas from other post-secondary institutions, the minimum entrance requirement is a Secondary School Diploma or equivalent.


Applicants 19 years of age or older who do not have a Secondary School diploma or equivalent may be admitted as mature students\*, but will need to contact the branch they are interested in, as some provincial ministries require a qualifying test be written by those without a Secondary School Diploma or equivalent.

*\* High school graduation or other equivalency requirements are compulsory at some branches that do not recognize mature student status.*


## Flexible Study Formats

CSNN has added 100% virtual interactive classroom and hybrid study options to its existing in-classroom format. Self-study online format is offered with the distance education branch. These new formats not only apply to CSNN's Natural Nutrition program, but also to its introductory certificates such as Healthy Eating & Lifestyle, Culinary, and Introduction to Natural Nutrition, and its Continuing Education & Advanced Holistic Nutrition certificates and workshops. Check out the branch you are interested in to find out the study formats they offer. CSNN's mission is to provide valuable education in a format that works for you and that follows public health guidelines.

## Length of Programs

The Natural Nutrition Program  takes approximately 1,200 hours to complete, including 352 hours of formal classroom instruction (some branches may vary), 250 hours of off-site independent work on case studies (clinical hours), and approximately 600 hours of self-study and prep time.

- 1-year program has classes 2 times per week plus scheduled practicals
- 2 year program has 1 class per week plus scheduled practicals
- Some branches may offer accelerated program options

We have taken our popular and successful Natural Nutrition Program  and added even more. The Enhanced/Intensive Programs are available with additional supervised clinical hours for those who feel they require additional support and guidance with both their studies and the business aspect of the holistic nutrition practice. For more details on available schedules, please visit <https://csnn.ca/enhanced-clinical-studies> to find a branch.

## Requirements for Diploma, Professional Designation, and Title

Students must maintain an average of 80% or higher to remain in good standing. Upon successful completion of the 18 courses, practicals/co-requisites, 10 case studies and final board exam, graduates earn a diploma, professional designation and title. Their training qualifies them to provide personalized holistic recommendations to clients at all ages and stages of their life and health.

## Prior Learning Assessment and Advanced Standing

- Prior Learning Assessment and Advanced Standing are only considered prior to start of program
- Official transcript plus a non-refundable assessment fee of \$50+taxes per course required
- Only up to 25% of program eligible for Advanced Standing
- All decisions are final
- Courses completed more than 5 years ago are ineligible for Advanced Standing (exception may apply if person works with subject matter).

## Certifications and Industry Affiliations

The Canadian School of Natural Nutrition is a Federal Corporation (3393291 Canada Inc.), certified by Employment and Social Development Canada, that provides training for a diploma in Natural Nutrition.

CSNN is a private, vocational school designated with the Private Training Institutions Branch of B.C. (PTIB) in British Columbia, and a Private Career College legislated under the New Brunswick Private Occupational Training Act in New Brunswick. CSNN's Natural Nutrition Program 🌱 is licensed under the Private Vocational Training Act (Alberta), and is approved as a vocational program under the Ontario Career College Act, 2005, in Ontario.



With flexible learning formats and multiple branches coast-to-coast plus Distance Education, CSNN accommodates students' lifestyles and geographical locations across Canada.



## Canadian Affiliations

Graduates of CSNN's Natural Nutrition Program 🌱 have the opportunity to become professional members of the Canadian Association of Natural Nutritional Practitioners (CANNP) and the Canadian Association of Holistic Nutritional Professionals (CAHN-Pro). Both professional organizations provide support and networking opportunities for holistic nutrition professionals. For more information, including membership benefits, go to [cannp.ca](http://cannp.ca) and [cahnpro.org](http://cahnpro.org), respectively.

## U.S. Affiliation

Graduates of CSNN's Natural Nutrition Program 🌱 who want to practice in the United States qualify to become professional members of the U.S. organization, National Association of Nutrition Professionals (NANP). They also qualify to write NANP's board certification exam. For further information regarding NANP, go to [nanp.org](http://nanp.org).

## CSNN Alumni Association (CSNNAA)

The CSNN Alumni Association (CSNNAA) is an incorporated, not-for-profit organization that is the starting point for CSNN graduates. Through community, information and partnership, the Alumni Association endeavors to support, encourage and guide all CSNN graduates to achieve success in their chosen path within the industry.

The governing body of the CSNNAA – the Board of Directors – is comprised of passionate CSNN graduates with diverse backgrounds and experience. The Board is responsible for managing the affairs of the CSNNAA according to by-laws and a Code of Ethics approved through voting by the membership. The Alumni Association also holds the Registry for CSNN's professional designations.

The CSNNAA provides the tools you need to start your business successfully. Experience business mentorship, confident client sessions, social media tips, strategies, as well as free monthly Masterclass webinars, networking and mentorship opportunities, and access to the exclusive job board. Attend our annual Canadian Holistic Nutrition Conference, the only one of its kind in Canada, and discover the many discounted tools that are essential for starting your business on the member's portal. Members also receive a 10% discount on CSNN's Advanced Holistic Nutrition and Holistic Culinary Workshops and Certificate Packages.

For more information about the CSNNAA, please go to [csnnalumni.org](http://csnnalumni.org).





## Scope of Practice for CSNN Graduates

The services offered by a CSNN graduate are grounded in the following principles:

1. Acknowledgement that each person is biochemically distinct and has unique nutritional needs;
2. Awareness of the meaning of holistic nutrition; the interrelationship of mind, body and spirit; and the importance of addressing these interactive factors which are unique to each individual;
3. Promotion of whole, locally grown and organic foods; sustainable farming practices; and the necessity of living in a non-toxic environment;
4. The principles of prevention and self-responsibility are fundamental to any successful health care program. However, it is important that graduates do not make claims by using words such as prevent, treat, cure, and heal.
5. Recognition that supplementation is not a substitute for wholesome, nutritious foods but that it may be helpful. Only supplements with an NPN number should be recommended to clients, and the formulation and labelling of supplements should be independent of the graduate and their practice. Dosage is the recommended dosage on the label.
6. Respect for clients and for their wellness goals, personal tastes, morals, social, and life values;
7. Acceptance of the unique contribution of other health care providers, and the need to work co-operatively with them regardless whether they are of holistic or allopathic background.
8. The main services provided by a CSNN graduate include the following:
  - (a) Document client's goals, needs, and plans;
  - (b) Evaluate client's food selection, preparation and intake;
  - (c) Evaluate client's lifestyle and overall feeling of well-being;
  - (d) Evaluate client's use of dietary supplements;
  - (e) Identify client's nutritional imbalance(s) and lifestyle habits without directly ordering lab tests, as this activity is reserved for licensed health care practitioners.
  - (f) Work with other health care professionals, if applicable, in order to determine all nutritional and lifestyle-changing needs of the client, including referring client to other health care professionals as deemed appropriate;
  - (g) Support the progress of the client's health goals by creating an individualized wellness program, which will include the use of whole, nutrient-dense foods; menu plans; natural source and high-quality supplements; and lifestyle modifications - including the use of non-toxic, environmentally friendly household/personal products;
  - (h) Provide further guidance to the client, if necessary, by explaining food labels, and by offering food preparation techniques and shopping tips;
  - (i) Guide the client in the implementation of a long term personal health plan, provide education when necessary, and offer ongoing assessments; Document and chart all meetings with client and recommendations made;
  - (j) Monitor the client's personal health plan in order to reinforce participation in the achievement of the health goals;
  - (k) Act as a community educator to the public and to other health care professionals, developing curriculum, preparing manuals, writing articles, publishing books, and teaching;
  - (l) Promote health discussions in schools, workplaces, and community agencies;
  - (m) Bring holistic nutrition knowledge, principles, and philosophy to other professions.

## Code of Ethics for CSNN Graduates

BY-LAWS OF THE CANADIAN SCHOOL OF NATURAL NUTRITION  
3393291 CANADA INC.

The Canadian School of Natural Nutrition has as its mission the education of the individual in the principles of holistic health care and the principles of natural nutrition, to further the well-being of people and the healing of planet Earth. To this end, a graduate of CSNN agrees to:

1. Maintain an interest in the well-being of all human beings, regardless of colour, creed or nationality, and in the care of planet Earth.
2. Respect the right of their client\* as an individual in all respects, as to personal tastes, morals, and social values.
3. Be non-judgmental as to the life values and experience of the client\*.
4. Treat the client\* under all circumstances with due concern for the dignity of the individual.
5. Respect the confidential nature of their relationship with the client and protect the confidentiality of assessments and recorded documents.
6. Guide and counsel their client\* in the best way to achieve optimal health through natural nutrition, but always respect the right and need for the client\* to make the final decision in all wellness plans.
7. Teach the client\* to accept responsibility for their own health choices and actions.
8. Accept full responsibility for the consequences of one's own acts.
9. Provide professional services only in those areas in which one has competence and training.
10. Recognize the need to work co-operatively with other disciplines, holistic or allopathic, to best serve the client's\* need, respecting the unique contribution of each discipline.
11. Respect differences of opinion and exercise tact and diplomacy in interpersonal relations.
12. Resolve to improve and maintain one's professional competence in the field of natural nutrition and holistic health care.
13. Accurately identify oneself using one of the approved CSNN designations and/or titles to avoid misleading the public about one's role as a holistic nutrition professional.

*\*Client includes all individuals you are educating via one-on-one consultations, webinars, blogs, articles, books, or other.*

Dedicated to quality, CSNN is a forerunner in holistic nutrition education with professional staff, science-based and people-focused curriculum, and unmatched student support services.



## Interest Workshops & Certificates

### Healthy Eating & Lifestyle Certificate

Get a taste of holistic nutrition! A series of fun workshops that gives you a sneak peek into the world of holistic nutrition and provides you with some holistic nutrition tips for you and your family. No prior knowledge of holistic nutrition is needed. You will receive basic foundational knowledge about healthy fats, good digestion, gut health, and much more.

After completion of all workshops, receive a Certificate of Attendance. For those looking to receive the Certificate of Achievement and Continuing Education Credits (CEUs), students will need to complete all workshops and take 1 test (passing mark is 75%).

#### Course Outline:

- Proper Digestion & Gut Health
- Good Carbs/Bad Carbs
- Demystifying Fats
- All About the Protein
- Vitamin & Mineral Essentials
- Phytonutrients
- Immunity with Whole Foods
- Detox What?
- Basics of a Whole Food Pantry
- Stress & Mindset



Available at select branches. For more information, visit [csnn.ca/helc/](https://csnn.ca/helc/). We also recommend you reach out to your preferred branch for schedule and registration details.



### Holistic Culinary Certificate

Cook your way to better health. These culinary workshops are designed to enrich kitchen skills and confidence. Students are introduced to an array of whole foods, diverse methods of food preparation, and how certain techniques can enhance the restorative qualities of food. Workshops include:

- Kitchen Culture & Knife Skills
- Ancient Grains & Legumes
- Raw Food Fundamentals
- Probiotic Foods and Beverages
- Meal Planning & Food Preparation for Busy Lives
- Cooking for Kids
- Eating for Sports and Performance
- Alternative Baking & Raw Sweets
- International Cuisines
- Restorative Broths & Teas
- Eating Plants from Land, Lake, and Sea

Many of these cooking workshops are taught by professional chefs and Holistic Nutrition professionals specializing in cooking. Students who successfully complete the entire workshop series will be awarded a Holistic Culinary Certificate.

Available at select branches. For more information on workshops, visit [csnn.ca/program/hcc](https://csnn.ca/program/hcc). We also recommend you reach out to your preferred branch for schedule and registration details.

### Introduction to Natural Nutrition Certificate

The Introduction to Natural Nutrition Certificate is for anyone looking to kick start their holistic nutritional journey by learning the fundamental ideas behind healthy holistic nutrition. Students will learn some basic holistic nutrition principles and gain insight into the study of holistic nutrition and how it is connected to health. Students will gain an appreciation of how gaining control of one's own health is very empowering. It provides a general understanding to the links and connections between health and nutrition. Successful completion of the certificate may be used to transfer to the full program, provided the student meets the program's admission policy.

You can find out more by visiting [csnn.ca/intro-certificate](https://csnn.ca/intro-certificate).

This introduction certificate, along with other general interest introductory workshops, are available at select CSNN branches. For more details, please contact your desired branch.

## Practitioner Workshops & Certificates

### Continuing Education at CSNN

CSNN is committed to supporting the growth of our students and graduates. Natural Nutrition Upgrade Courses are available to CSNN graduates and other healthcare practitioners. They may earn Continuing Education Credits (CEUs) and association upgrade hours. Upon achieving a minimum grade of 80%, students will receive both a credit log indicating the number of credits and CEUs earned as well as a completion certificate.

Here are the courses available:

- Motivational Interview Skills
- Hormone Health
- Biochemistry & Epigenetics
- Lifecycle Nutrition - Pediatric
- Introduction to the Practical Use of Herbs

You can find out more by visiting [csnn.ca/program/continuing-education/](https://csnn.ca/program/continuing-education/). Please reach out to your desired branch for schedule and registration details.

### Advanced Holistic Nutrition (AHN) Workshops and Certificate Packages

Focus and upgrade with individual Advanced Holistic Nutrition (AHN) workshops or be certified with CSNN's AHN certificate packages. Interested graduates and healthcare practitioners may take workshops via select CSNN branches, distance education studies, or a combination of both flexible formats.

Workshops topics include: Nutrition & Mental Health, Detoxification, Laboratory Diagnosis & Tests, and Safe and Effective Supplementation. CSNN's specialty certificate packages – Immune Support, Cognitive Support, and Advanced Pediatric – consist of a series of relevant and multifaceted AHN workshops, providing a rounded and focused approach to each specialty.

For more information, visit [csnn.ca/program/ahn/](https://csnn.ca/program/ahn/).



## Why CSNN

As the recognized leader in Natural Nutrition, CSNN enlightens students with awareness of, and self-responsibility for, the Body-Mind-Spirit connection, in order for them to help themselves and guide others to achieve optimal health, wellbeing, happiness, and balance.

### ACCESSIBLE

Canada's leading holistic nutrition school with multiple branches coast-to-coast, plus Distance Education. Classrooms offer live online classes, in-classroom, and hybrid options. Distance Education offers self-study online format.

### PRACTICAL

Hands-on training with a practical application of knowledge and skills in real life case studies.

### POST-GRAD SUPPORT

Employment, networking, and promotional opportunities for our 12,000+ graduates; guidance from the CSNN Alumni Association and access to other industry associations.

### CREDIBLE

Classroom branches are licensed by the provincial education ministries that regulate private career colleges.

### DIPLOMA / PROFESSIONAL DESIGNATION

Science-based and people-focused curriculum leading to diploma, professional designation and title.

### CONTINUING EDUCATION

Advanced Holistic Nutrition workshops and certificate packages; Holistic Culinary Certificate workshops.



# CSNN Locations

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