



Canadian School of Natural Nutrition  
TEACHING THE MEDICINE OF THE FUTURE™

## NATURAL NUTRITION DIPLOMA PROGRAM

Tuesday/Thursday Day Group– VAN0919D-1YR (T/TH)

9:30 a.m. to 1 p.m. – Room 101

**September 3, 2019 to August 21, 2020**

**SPECIAL FIRST DAY ADMINISTRATION TALK:** September 3 from 9:30 a.m. to 10 a.m. (corequisite immediately follows)

**Double-Day (DD):** class from 9:30 a.m. to 1 p.m. AND 2 p.m. to 5:30 p.m. on same day

Course Name	Course Dates
Fundamentals of Nutrition I	September 3 (2-5:30 pm), 5, 10 (DD), 12, 17, 19
Fundamentals of Nutrition II	September 24, 26; October 1, 3, 8
Anatomy & Physiology	October 10, 15, 17, 22, 24, 29, 31; November 5, 7
Nutritional Symptomatology	November 12, 14, 19, 21, 26, 28; December 3, 5, 10
Nutritional Literature Research	December 12, 27, 19 [WINTER BREAK]
Motivational Interview Skills	January 7, 9, 14
Hormone Health	January 16, 21, 23, 28, 30
Body-Mind-Spirit: Connection to the Mind	February 4, 6, 11, 13, 18
Body-Mind-Spirit: Connection to the Spirit	February 20, 25, 27; March 3, 5
Allergies	March 10, 12 [SPRING BREAK] 24, 26, 31
Eco-Nutrition	April 2, 7, 9, 14
Biochemistry, Genetics & Epigenetics	April 16, 21, 23, 28, 30; May 5
Pathology & Nutrition	May 7, 12, 14, 19, 21, 26, 28
Lifecycle Nutrition: Pediatrics	June 2, 4, 9, 11
Lifecycle Nutrition: Sports	June 16, 18, 23 – All classes 9 a.m. to 1 p.m.
Lifecycle Nutrition: Perspectives on Aging	June 25, 30; July 2
Fundamentals of Business	July 7, 9, 14, 16
Introduction to Home Use of Herbs	July 21, 23, 28, 30 [STUDY BREAK]
<b>SPECIAL DATES – see also Corequisite Schedule</b>	
Interim Transcript Provided: <i>To Be Announced</i>	
Case Study 2 Due	December 17, 2019
Case Study 3 & 4 Due	February 20, 2020
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than July 30, 2020
Case Study 5 & 6 Due	April 28, 2020
Oral Exam	Week of May 11, 2020
Case Study 7 & 8 Due	July 30, 2020
Final Written Exam	Friday, August 21, 2020



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## COREQUISITE SCHEDULE

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**All Classes from 2 p.m. to 5 p.m. – Room 101; Cooking Classes in Room 102**

Study Skills	Tue. September 3 (10 a.m. to 1 p.m.)	<b>2019</b>
Cooking Class: Kitchen Culture & Knife Skills	Th. September 19	
Cooking Class: Ancient Grains & Legumes	Tue. October 8	
Supplements	Tue. October 22	
Ayurveda I	Th. November 7	
Ayurveda II	Th. November 14	
Cooking Class: Probiotic Foods & Beverages	Tue. November 26	
Cooking Class: Eating Plants from Land, Lake & Sea	Tue. December 3	
Case Study: Lifestyle Assessment Form	Tue. December 10	
Disordered Eating	Th. December 19	
Cooking Class: Healthy Broths	Th. January 9	<b>2020</b>
Case Study: Nutri-Systems Profile/Links & Connections	Tue. January 14	
Case Study: Meal Planning	Th. January 23	
Weight Loss, Detoxification & Cleansing	Th. January 30	
Case Study: Session Demonstration	Th. February 6	
Cooking Class: Practical Food Preparation for Busy Lives	Tue. February 18	
Therapeutic Diets	Th. February 27	
Body~Mind~Spirit Integration	Th. March 5	
Cooking Class: Alternative Baking & Raw Sweets	Th. March 12	
Case Study: Follow-Up Visit/Facilitated Study Session	Th. March 26	
Autoimmunity	Tue. April 7	
Urban Garden Field Trip	Tue. April 14	
Lowering Toxic Load	Th. April 23	
Case Study: Oral Exam Prep	Tue. April 28	
Fats	Tue. May 5	
Cooking Class: Raw Food Fundamentals	Th. May 28	
Case Study: Facilitated Study Session	Th. June 11	
Cooking Class: Eating for Growth & Performance	Tue. June 30	
Cooking Class: Global Cuisines	Th. July 9	
Business Marketing	Th. July 16	
Final Exam Prep	Tue. July 28	