



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

NATURAL NUTRITION DIPLOMA PROGRAM

Monday/Wednesday Day Group– VAN0320D-1YR (M/W)

9:30 a.m. to 1 p.m. – Room 101

March 2, 2020 to March 19, 2021

SPECIAL FIRST DAY ADMINISTRATION TALK: March 2 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
Module 1	Fundamentals of Nutrition (Part 1)	March 2 (2-5:30 pm) 4, 9 (DD) 11 [SPRING BREAK] 23, 25
	Fundamentals of Nutrition (Part 2)	March 30; April 1, 6, 8, 13
	Anatomy & Physiology	April 15, 20, 22, 27, 29; May 4, 6, 11, 13
Module 2	Nutritional Symptomatology	May 20, 25, 27; June 1, 3, 8, 10, 15, 17
	Nutritional Literature Research	June 22, 24, 29
	Motivational Interview Skills	July 6, 8, 13
	Hormone Health	July 15, 20, 22, 27, 29 [SUMMER BREAK]
	Body-Mind-Spirit: The Mind Connection	August 31; September 2, 9, 14, 16
Module 3	Body-Mind-Spirit: The Spirit Connection	September 21, 23, 28, 30; October 5 (DD)
	Allergies	October 5 (2-5:30 pm) 7, 14, 19, 21 (DD)
	Eco-Nutrition	October 21 (2-5:30 pm) 26, 28; November 2 (DD)
	Biochemistry & Epigenetics	November 2 (2-5:30 pm) 4, 9, 16, 18, 23
	Pathology & Nutrition	November 25, 30; December 2, 7, 9, 14, 16 [WINTER BREAK]
Module 4	Lifecycle Nutrition: Pediatrics	January 4, 6, 11, 13
	Lifecycle Nutrition: Sports	January 18, 20, 25 (DD) – all classes 9 a.m. to 1 p.m.
	Lifecycle Nutrition: Perspectives on Aging	January 25 (2-5:30 pm) 27; February 1 (DD)
	Fundamentals of Business	February 1 (2-5:30 pm) 3, 8, 10 (DD)
	Introduction to the Practical Use of Herbs	February 10 (2-5:30 pm) 17, 22, 24 [STUDY BREAK]

SPECIAL DATES – see also Corequisite Schedule

Interim Transcript provided following each module

Checkpoint Meeting	TBA
Case Study 2 Due	June 24, 2020
Case Study 3 & 4 Due	September 21, 2020
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than February 24, 2021
Case Study 5 & 6 Due	November 25, 2020
Case Study 7 & 8 Due	February 24, 2021
Final Written Exam	Friday, March 19, 2021



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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	Mon. March 2 (10 a.m. to 1 p.m.)	2020
Cooking Class: Kitchen Culture & Knife Skills	Wed. March 25	
Cooking Class: Ancient Grains & Legumes	Mon. April 13	
Supplements	Mon. April 27	
Ayurveda I	Wed. May 13	
Ayurveda II	Wed. May 20	
Cooking Class: Probiotic Foods & Beverages	Wed. June 3	
Case Study: Lifestyle Assessment Form	Wed. June 17	
Cooking Class: Eating Plants from Land, Lake & Sea	Wed. June 24	
Disordered Eating	Mon. June 29	
Cooking Class: Raw Food Fundamentals	Mon. July 6	
Case Study: Nutri-Systems Profile/Links & Connections	Wed. July 15	
Case Study: Meal Planning	Wed. July 22	
Weight Loss, Detoxification & Cleansing	Wed. July 29	
Case Study: Session Demonstration	Wed. September 2	
Urban Garden Field Trip	Wed. September 9	
Cooking Class: Practical Food Preparation for Busy Lives	Mon. September 14	
Therapeutic Diets	Wed. September 23	
Body~Mind~Spirit Integration	Wed. September 30	
Cooking Class: Alternative Baking & Raw Sweets	Wed. October 7	
Autoimmunity	Wed. October 14	
Case Study: Follow-Up Visit/Facilitated Study Session	Wed. October 26	
Cooking Class: Healthy Broths	Wed. November 4	
Lowering Toxic Load	Mon. November 9	
Fats	Wed. November 18	
TBA	Wed. December 2	
Cooking Class: Global Cuisines	Wed. December 16	
Case Study: Facilitated Study Session	Mon. January 11	2021
Cooking Class: Eating for Growth & Performance	Wed. January 27	
Business Marketing	Mon. February 8	
Final Exam Prep	Mon. February 22	