



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

## NATURAL NUTRITION DIPLOMA PROGRAM

Tuesday/Thursday Day Group– VAN0320D-1YR (T/TH)

9:30 a.m. to 1 p.m. – Room 100

**March 3, 2020 to March 19, 2021**

**SPECIAL FIRST DAY ADMINISTRATION TALK:** March 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
Module 1	Fundamentals of Nutrition (Part 1)	March 3 (2-5:30 pm) 5, 10, 12 [SPRING BREAK] 24, 26, 31
	Fundamentals of Nutrition (Part 2)	April 2, 7, 9, 14, 16
	Anatomy & Physiology	April 21, 22, 28, 30; May 5, 7, 12, 14, 19
Module 2	Nutritional Symptomatology	May 21, 26, 28; June 2, 4, 9, 11, 16, 18
	Nutritional Literature Research	June 23, 25, 30
	Motivational Interview Skills	July 2, 7, 9
	Hormone Health	[July 14-see corequisite schedule] July 16, 21, 23, 28, 30 [SUMMER BREAK]
	Body-Mind-Spirit: The Mind Connection	September 1, 3, 8, 10, 15
Module 3	Body-Mind-Spirit: The Spirit Connection	September 17, 22, 24, 29; October 1
	Allergies	October 6, 8, 13, 15, 20
	Eco-Nutrition	October 22, 27, 29; November 3
	Biochemistry & Epigenetics	November 5, 10, 12, 17, 19, 24
	Pathology & Nutrition	November 26; December 1, 3, 8, 10, 15, 17 [WINTER BREAK]
Module 4	Lifecycle Nutrition: Pediatrics	January 5, 7, 12, 14
	Lifecycle Nutrition: Sports	January 19, 21, 26 – all classes 9 a.m. to 1 p.m.
	Lifecycle Nutrition: Perspectives on Aging	January 28; February 2, 4 (DD)
	Fundamentals of Business	February 4 (2-5:30 pm) 9, 11, 16 (DD)
	Introduction to the Practical Use of Herbs	February 16 (2-5:30 pm) 18, 23, 25 [STUDY BREAK]
<b>SPECIAL DATES – see also Corequisite Schedule</b>		
Interim Transcript provided following each module		
Checkpoint Meeting	TBA	
Case Study 2 Due	June 25, 2020	
Case Study 3 & 4 Due	September 17, 2020	
Body-Mind-Spirit Book Report Due	After the Spirit course, but no later than February 25, 2021	
Case Study 5 & 6 Due	November 26, 2020	
Case Study 7 & 8 Due	February 25, 2021	
Final Written Exam	Friday, March 19, 2021	



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

## COREQUISITE SCHEDULE

**Tuesday/Thursday Day Group - VAN0320D-1YR (T/TH)**

**All Classes from 2 p.m. to 5 p.m. – Room 100; Cooking Classes in Room 102**

Study Skills	Tue. March 3 (10 a.m. to 1 p.m.)	<b>2020</b>
Cooking Class: Kitchen Culture & Knife Skills	Tue. March 31	
Cooking Class: Ancient Grains & Legumes	Th. April 16	
Supplements	Th. April 30	
Ayurveda I	Tue. May 19	
Ayurveda II	Tue. May 26	
Cooking Class: Probiotic Foods & Beverages	Th. June 4	
Case Study: Lifestyle Assessment Form	Th. June 18	
Cooking Class: Eating Plants from Land, Lake & Sea	Th. June 25	
Disordered Eating	Th. July 2	
Case Study: Nutri-Systems Profile/Links & Connections	Th. July 16	
Cooking Class: Raw Food Fundamentals	Tue. July 14 (10 a.m. to 1 p.m.)	
Case Study: Meal Planning	Th. July 23	
Weight Loss, Detoxification & Cleansing	Th. July 30	
Case Study: Session Demonstration	Tue. September 3	
Urban Garden Field Trip	Th. September 10	
Cooking Class: Practical Food Preparation for Busy Lives	Tue. September 15	
Therapeutic Diets	Th. September 24	
Body~Mind~Spirit Integration	Th. October 1	
Cooking Class: Alternative Baking & Raw Sweets	Th. October 8	
Autoimmunity	Th. October 15	
Case Study: Follow-Up Visit/Facilitated Study Session	Tue. October 27	
Cooking Class: Healthy Broths	Tue. November 3	
Lowering Toxic Load	Tue. November 12	
Fats	Tue. November 19	
TBA	Th. December 3	
Cooking Class: Global Cuisines	Tue. December 15	
Case Study: Facilitated Study Session	Tue. January 12	<b>2021</b>
Cooking Class: Eating for Growth & Performance	Th. January 28	
Business Marketing	Th. February 11	
Final Exam Prep	Tue. February 23	