



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

NATURAL NUTRITION DIPLOMA PROGRAM
Fall 2021 Tuesday/Thursday Day Group (VAN0921D-T/TH)
9:30 a.m. to 1 p.m. – Room 100
August 31, 2021 to August 19, 2022

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)	August 31 (2-5:30 pm); September 2, 7, 9, 14, 16, 21
	Fundamentals of Nutrition (Part 2)	September 23, 28, 30; October 5, 7
	Biochemistry & Epigenetics	October 12, 14, 19, 21, 26, 28
Module 2	Anatomy & Physiology	Nov 2, 4, 9 [Remembrance Day: Nov 11] 16, 18, 23, 25, 30; Dec 2 (DD)
	Nutritional Symptomatology	December 2 (2-5:30 pm) 7, 9, 14, 16 [WINTER BREAK] January 4, 6, 11, 13
	Nutritional Literature Research	January 18, 20, 25
	Motivational Interview Skills	January 27; February 1, 3
	Hormone Health	February 8, 10, 15, 17, 22
Module 3	Body-Mind-Spirit: The Mind Connection	February 24; March 1, 3, 8, 10 [SPRING BREAK]
	Body-Mind-Spirit: The Spirit Connection	March 22, 24, 29, 31; April 5 (DD)
	Allergies	April 5 (2-5:30 pm) 7, 12, 14, 19
	Pathology & Nutrition	April 21, 26, 28; May 3, 5, 10, 12
	Fundamentals of Business	May 17, 19, 24, 26
Module 4	Lifecycle Nutrition: Pediatrics	May 31; June 2, 7, 9
	Lifecycle Nutrition: Sports	June 14, 16, 21 – all classes from 9 a.m. to 1 p.m.
	Lifecycle Nutrition: Perspectives on Aging	June 23, 28, 30
	Eco-Nutrition	July 5, 7, 12, 14
	Introduction to the Practical Use of Herbs	July 19, 21, 26, 28 [STUDY BREAK]
SPECIAL DATES – see also Corequisite Schedule		
Interim Transcript provided following each module		
Checkpoint Meeting	December 1, 2021-January 14, 2022 (approximately)	
Case Study 2 Due	January 20, 2022	
Case Study 3 & 4 Due	March 22, 2022	
Body-Mind-Spirit Book Report Due	After Spirit course but no later than July 28, 2022	
Case Study 5 & 6 Due	May 31, 2022	
Case Study 7 Video Clip Due	July 28, 2022	
Case Study 7 & 8 Due	Friday, August 5, 2022	
Final Written Exam	Friday, August 19, 2022	



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COREQUISITE SCHEDULE

Fall 2021 Tuesday/Thursday Day Group (VAN0921D-T/TH)

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

Orientation	Tue. August 31 <u>from 9:30 a.m. to 1 p.m.</u>	2021
Cooking Class: Kitchen Culture & Knife Skills	Tue. September 21	
Cooking Class: Probiotic Foods & Beverages	Th. October 7	
Cooking Class: Ancient Grains & Legumes	Tue. October 19	
Psychoneuroimmunology	Th. October 28	
Ayurveda I	Th. November 4	
Ayurveda II	Tue. November 9	
Cooking Class: Eating Plants from Land, Lake & Sea	Th. November 18	
Supplements	Th. November 25	
Cooking Class: Healthy Broths	Tue. December 14	
Case Study: Lifestyle Assessment Form	Th. January 13	
Disordered Eating	Tue. January 25	
Weight Loss, Detoxification & Cleansing	Tue. February 1	
Case Study: Nutri-Systems Profile/Links & Connections	Tue. February 8	
Case Study: Meal Planning	Tue. February 15	
Cooking Class: Practical Food Preparation for Busy Lives	Tue. February 22	
Case Study: Session Demonstration	Tue. March 1	
Cooking Class: Alternative Baking & Raw Sweets	Th. March 10	
Restorative Diets	Th. March 24	
Body-Mind-Spirit Integration	Th. March 31	
Autoimmunity	Tue. April 19	
Case Study: Follow-Up Visit/Facilitated Study Session	Th. April 28	
Cooking Class: Raw Foods & Nut Cheeses	Th. May 5	
Business Marketing	Th. May 26	
Case Study: Video Skills	Th. June 2	
Cooking Class: Global Cuisines	Th. June 9	
Cooking Class: Eating for Growth & Performance	Th. June 23	
Case Study: Facilitated Study Session	Th. July 7	
Urban Garden Field Trip	Th. July 14	
Lowering Toxic Load	Th. July 21	
Final Exam Prep	Tue. July 26	