



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

## NATURAL NUTRITION DIPLOMA PROGRAM

Fall 2021 Wednesday/Saturday Group (VAN0921M-W/S)

Wednesdays: 6 p.m. to 9:30 p.m. Virtual Delivery Only

Saturdays: 9:30 a.m. to 1 p.m. – Room 100 (virtual optional)

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



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

## COREQUISITE SCHEDULE

**Fall 2021 Wednesday/Saturday Group (VAN0921M-W/S) – all classes 2-5 p.m.  
Room 100 (virtual optional) EXCEPT Cooking Classes onsite in Room 102**

Orientation ( <u>virtual delivery only</u> )	Wed. September 1 from 6-9:30 p.m.	<b>2021</b>	
Cooking Class: Kitchen Culture & Knife Skills	Sat. September 25		
Cooking Class: Probiotic Foods & Beverages	Sat. October 2		
Cooking Class: Ancient Grains & Legumes	Sat. October 23		
Psychoneuroimmunology	Sat. October 30		
Ayurveda I	Sat. November 6		
Ayurveda II	Sat. November 13		
Cooking Class: Eating Plants from Land, Lake & Sea	Sat. November 20		
Supplements	Sat. November 27		
Cooking Class: Healthy Broths	Sat. December 11		
Case Study: Lifestyle Assessment Form	Sat. January 15		<b>2022</b>
Disordered Eating	Sat. January 29		
Weight Loss, Detoxification & Cleansing	Sat. February 5		
Case Study: Nutri-Systems Profile/Links & Connections	Sat. February 12		
Case Study: Meal Planning	Sat. February 26		
Case Study: Session Demonstration	Sat. March 5		
Cooking Class: Practical Food Preparation for Busy Lives	Sat. March 12		
Cooking Class: Alternative Baking & Raw Sweets	Sat. March 26		
Body-Mind-Spirit Integration	Sat. April 2		
Restorative Diets	Sat. April 9		
Case Study: Follow-Up Visit/Facilitated Study Session	Sat. April 30		
Autoimmunity	Sat. May 7		
Cooking Class: Raw Foods & Nut Cheeses	Sat. May 14		
Business Marketing	Sat. May 28		
Case Study: Video Skills	Sat. June 4		
Cooking Class: Global Cuisines	Sat. June 11		
Cooking Class: Eating for Growth & Performance	Sat. June 25		
Case Study: Facilitated Study Session	Sat. July 9		
Urban Garden Field Trip	Sat. July 16		
Final Exam Prep	Sat. July 23		
Lowering Toxic Load	Sat. July 30		