



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

NATURAL NUTRITION DIPLOMA PROGRAM

Fall 2021 Virtual 2-Year Thursday Night Group (VAN0921VN-2YR-TH)

6 p.m. to 9:30 p.m.

August 30, 2021 to August 18, 2023

*class from 6 p.m. to 9:30 p.m. on date indicated

Course Name		Course Dates
Module 1	Fundamentals of Nutrition (Part 1)	2021: September 2, 9, 16, 23, 27*; October 7, 14
	Fundamentals of Nutrition (Part 2)	October 18*, 21, 28; November 1*, 8*
	Biochemistry & Epigenetics	November 18, 25, 29*; December 2, 9, 16 [WINTER BREAK]
Module 2	Anatomy & Physiology	2022: January 6, 13, 20, 27; February 3, 10, 17, 24; March 3 [SPRING BREAK]
	Nutritional Symptomatology	March 24, 31; April 4*, 7, 14, 21, 28; May 5, 12
	Nutritional Literature Research	May 19, 26; June 2
	Motivational Interview Skills	June 9, 16, 23
	Hormone Health	June 30; July 7, 14, 21, 28 [SUMMER BREAK]
Module 3	Body-Mind-Spirit: The Mind Connection	September 1, 8, 15, 22, 29
	Body-Mind-Spirit: The Spirit Connection	October 6, 13, 20, 27; November 3
	Allergies	November 10, 17, 24; December 1, 8 [WINTER BREAK]
	Pathology & Nutrition	2023: January 5, 12, 19, 26; February 2, 9 16
	Fundamentals of Business	February 23, 27*; March 2, 9 [SPRING BREAK]
Module 4	Lifecycle Nutrition: Pediatrics	March 23, 30; April 6, 13
	Lifecycle Nutrition: Sports	April 20, 27; May 4 – all classes from 6-10 p.m.
	Lifecycle Nutrition: Perspectives on Aging	May 11, 18, 25
	Eco-Nutrition	June 1, 8, 15, 22 [June 29: see corequisite schedule]
	Introduction to the Practical Use of Herbs	July 6, 13, 20, 27 [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	May 30, 2022	
Case Study 3 & 4 Due	October 6, 2022	
Body-Mind-Spirit Book Report Due	After Spirit course but no later than July 27, 2023	
Case Study 5 & 6 Due	March 23, 2023	
Case Study 7 Video Clip Due	July 27, 2023	
Case Study 7 & 8 Due	Friday, August 4, 2023	
Final Written Exam	Friday, August 18, 2023	

Note: no Thursday night classes on: Sept 30/21; Nov 4/21; Nov 11/21; Mar 10/22; Dec 15/22



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COREQUISITE SCHEDULE

Fall 2021 Virtual 2-Year Thursday Night Group (VAN0921VN-2YR-TH)
All Classes from 6 p.m. to 9 p.m.

Orientation	Mon. August 30 from 6-9:30 p.m.	2021
Psychoneuroimmunology	Mon. December 13	
Ayurveda I	Mon. January 24	2022
Ayurveda II	Mon. February 7	
Supplements	Mon. March 7	
Case Study: Lifestyle Assessment Form	Mon. May 16	
Disordered Eating	Mon. June 6	
Weight Loss, Detoxification & Cleansing	Mon. June 27	
Case Study: Nutri-Systems Profile/Links & Connections	Mon. July 11	
Case Study: Meal Planning	Mon. July 25	
Case Study: Session Demonstration	Mon. September 12	
Restorative Diets	Mon. October 24	
Body-Mind-Spirit Integration	Mon. November 7	2023
Autoimmunity	Mon. December 12	
Case Study: Follow-Up Visit/Facilitated Study Session	Mon. January 9	
Business Marketing	Mon. March 20	
Case Study: Video Skills	Mon. April 17	
Urban Garden Field Trip (<i>in-person, if possible</i>)	Sat. June 24 from 2-5 p.m.	
Case Study: Facilitated Study Session	Th. June 29	
Lowering Toxic Load	Mon. July 10	
Final Exam Prep	Mon. July 24	

Cooking Classes (self-paced, in any order, but with some recommendations as noted)

Kitchen Culture & Knife Skills (take first!)
 Probiotic Foods & Beverages
 Ancient Grains & Legumes
 Eating Plants from Land, Lake & Sea
 Practical Food Preparation for Busy Lives (any time after *Case Study: Meal Planning* on July 25, 2022)
 Raw Foods & Nut Cheeses
 Alternative Baking & Raw Sweets
 Eating for Growth & Performance (any time after the *Pediatrics* course, which completes April 13, 2023)
 Healthy Broths
 Global Cuisines