

Natural Nutrition Program with Enhanced Clinical Studies

Edmonton Campus



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



Our Mission

The Canadian School of Natural Nutrition (CSNN) is a leader in providing education that empowers. We are passionate about providing a visionary approach to healthcare through natural nutrition and believe wholesome food remains one of the most essential elements of health and wellness.

CSNN's curriculum is balanced between whole and natural foods nutrition, science and the body-mind-spirit connection. Our graduates are qualified to provide individualized holistic recommendations of quality whole foods, supplements and lifestyle changes.

We are committed to delivering professional and practical programs that provide the knowledge, tools and confidence graduates need. It is our hope that one day every healthcare professional will work in conjunction with a Holistic Nutrition professional towards a common goal: proactive healthcare through good nutrition.



CSNN Edmonton

CSNN Edmonton's Natural Nutrition Program with Enhanced Clinical Studies offers 550+ hours of live instruction!

If you are passionate about health and wellness and have a desire to care for and mentor others, your CSNN experience will take you on an evolutionary journey to discover your authentic life.

Experience the transformative power of holistic nutrition whether you are looking for an exciting career or a way to live healthier.

We've taken our popular and successful Natural Nutrition Program to the next level! At the heart of the Natural Nutrition Program with Enhanced Clinical Studies is all the course content respected by the industry and that students and graduates love—then we've added more!

- **MORE** instructor-led time on how to conduct client assessments and give nutritional recommendations
- **MORE** content and subject matter that enhances the curriculum courses
- **MORE** hands-on time with course assignments, projects and practical applications
- **MORE** instructional time to deepen and strengthen your understanding
- **MORE** time to connect and learn from holistic healthcare professionals
- **MORE** opportunities to meet and gain knowledge from successful graduates
- **MORE** practical food application with 30 hours of culinary training to earn a Holistic Culinary Certificate



CSNN Edmonton

Learning Formats:

Blended (online studies with in-person practical opportunities)

Program available in both a full-time and part-time study format.

CSNN Edmonton Campus

is a designated school for post secondary education licensed under the Private Vocational Training Act.

Natural Nutrition Program	VS	Natural Nutrition Program with Enhanced Clinical Studies	
18 Courses		18 Courses	
10 Case Studies		10 Case Studies	
Case Study Practicals*		Enhanced Case Study Practicals/Application	CLINICAL STUDIES
		Program Builder & Career Startup	
		Community Connections	
		Labs	
		Holistic Culinary Certificate Program	

*workshops to complement the curriculum





How Do You Know...

If Our Program is Right for You...

- Are you passionate about holistic health and want to help others?
- Are you on your own health journey?
- Do you want to work in the field of natural nutrition?
- Are you interested in local, live and natural food and how it affects your well-being?
- Are you currently working in healthcare and want to enhance your education & services?
- Do you want natural nutritional knowledge and practical kitchen skills?
- Do you want an extraordinary education that promotes & supports optimum health?

We recognize the continuing changes in our industry and the world and we are listening! With more content and practical application that offers a solid skillset for great job prospects – the Natural Nutrition Program with Enhanced Clinical Studies really delivers!

Graduates will enter the workforce with greater confidence in their abilities as a direct result of the enriched content and 550+ instructional hours. Students taking the program for personal growth and awareness can be certain they are receiving an exceptional and valuable education.

There are lots of ways to work in the field of natural nutrition. Some graduates decide to work as a consultant in private practice or as part of a medical and wellness clinic team while others concentrate in specific areas and niche markets. Teaching and education, writing and publishing, health food and natural health products, fitness and training, conferences and retreats are all areas where CSNN graduates successfully apply their training...and more!

Check out career paths at csnn.ca/careers



What We Teach

Let us teach you how to improve overall health and well-being naturally through whole food nutrition to support physical, mental and emotional well-being.

Our curriculum is balanced between whole and natural food nutrition respecting ancient wisdom and tradition, progressive science-based knowledge and the body-mind-spirit connection.

All CSNN programs instill the benefits of natural, alive and good quality food. We teach more than just 'what' to eat, we teach 'how' and 'why'. How our bodies work to digest and assimilate food, among its many other functions. And why we need wholesome nutrition for our mind and consciousness, which play a significant role in our well-being.

We believe a truly healthy future lies in a greater understanding of our health through education. Our graduates learn a practical holistic and individualized approach to benefit themselves and work with others to achieve their nutrition and health goals.

Our Instructors

Our instructors are qualified professionals from a variety of backgrounds and possess a diverse range of formal education and experience. They are passionate about sharing their knowledge to deliver classes that are empowering and life-changing. **Get to know our instructors at** csnn.ca/edmonton/faculty



A Day in the Life of Our Program....



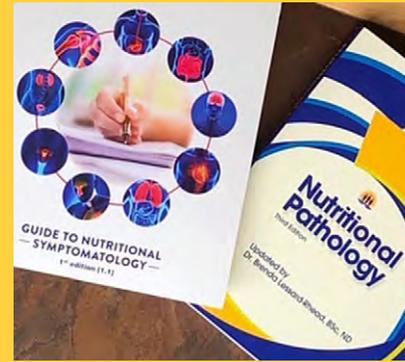
Attend instructor-led classes for an interactive learning environment with your classmates.



Make connections with industry professionals to explore a variety of topics including food security.



Gather live online for hands-on cooking classes in whole foods nutrition right in your very own kitchen! Cook along at home or watch the chef demonstrate and make later.



Informative textbooks & supplemental handouts for every course, including material written exclusively for CSNN.



Various teaching methods to best fit the material and for effective & efficient learning—including student involvement & engagement.



Experience workshops designed by holistic healthcare practitioners to complement a healthy lifestyle—including relaxation techniques.



What Does the Program Look Like?

Program Length (excluding breaks): Full-time Program = 27 weeks • Part-time Program = 49 weeks

Instruction Hours: 550+ hours (average of 20 instructional hours each week for full-time program)

Students can expect to spend a generous amount of time outside of the classroom on reading, self-study and test preparation plus assignments and case study work.

- 18 courses balanced between nutrition, science and the body-mind-spirit connection
- 10 case studies with volunteer clients
- Includes CSNN's Holistic Culinary Certificate Program – cooking classes in whole foods preparation
- Program Builder & Career Startup sessions to enhance learning outcomes
- Community Connection classes to learn about other holistic healthcare practices and CSNN graduate experiences
- Labs for additional support in course work
- Enhanced Case Study Practicals/Application workshops to learn how to identify health imbalances and provide effective recommendations in the areas of nutrition, supplements & lifestyle to give nutritional consultations
- Graduates earn a diploma and receive a designation and professional title

Diploma Requirements:

Achieve an average of 80% or higher with successful completion of all courses, clinical studies, case studies and a final board exam.





What Does the Program Look Like?

Curriculum Courses

Fundamentals of Nutrition Part 1 & 2, Anatomy & Physiology, Nutritional Symptomatology, Motivational Interview Skills, Hormone Health, Body-Mind-Spirit: The Mind Connection, Body-Mind-Spirit: The Spirit Connection, Fundamentals of Business, Biochemistry & Epigenetics, Pathology & Nutrition, Lifecycle Nutrition: Pediatrics-Sports-Perspectives on Aging, Eco-Nutrition, Allergies, Nutritional Literature Research, Introduction to the Practical Use of Herbs

Read detailed course descriptions in the CSNN Natural Nutrition Program brochure or at csnn.ca/edmonton/programs/course-descriptions

Holistic Culinary Certificate Program

This is a separate CSNN certificate program included as part of the Enhanced Natural Nutrition Program with Clinical Studies to ensure students have the necessary skills in meal planning and food preparation. This series of ten, 3-hour cooking classes provides hands-on learning in whole foods preparation. Each class focuses on an element of a whole foods diet with recipes, nutrition information, lecture and demonstration. Students will gain the practical skills to prepare healthy and nutritious food, including: essentials of food safety; proper temperatures for cooking, cooling, storing and reheating food; basic knife skills; optimal preparation of grains and legumes; soaking, sprouting, and fermenting beans, nuts, grains and seeds; incorporating probiotic and enzyme-rich foods and beverages into the diet; identify, prepare and cook a wide variety of plants; benefits of eating locally and seasonally; techniques for raw food preparation; healthy alternatives and substitutions for common allergenic and trigger foods; alternative baking to accommodate grain-free, gluten-free and vegan diets; preparation of healthy broths; cooking techniques using herbs and spices.

Note: Students who attend all classes will earn a Holistic Culinary Certificate.



What Does the Program Look Like?

Program Builder & Career Startup

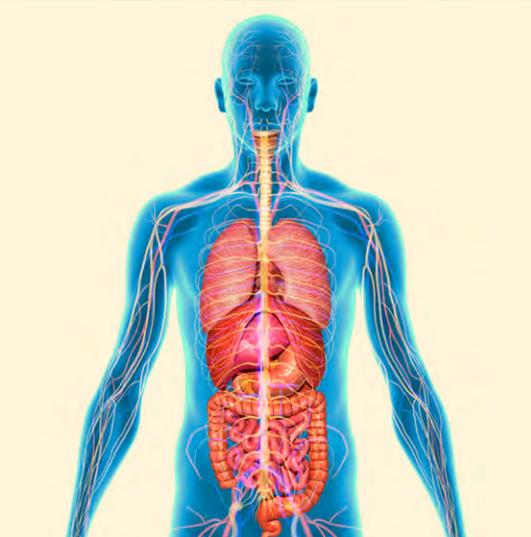
These sessions add and build to the learning outcomes of the curriculum courses. The skills and techniques taught in these workshops furnish students with additional tools and competencies to strengthen their abilities. Sessions vary and range from business marketing & social media to meditation and organic gardening. Whether enhancing business know-how or health wisdom, these classes are designed to strengthen your well-being. Apply the knowledge and skills gained to enhance your personal health and build your professional tool kit to help others.

More examples of session topics can include: stress & its effects; restorative diets; weight loss, detoxification & cleansing; and hands-on workshops on making natural products.

Community Connections

These classes allow students to meet and network with healthcare professionals while learning about their services and benefits. Some health imbalances may benefit from assorted therapies in addition to changes in nutrition, so it's important students are knowledgeable about a variety of available health services. Naturopaths and practitioners of Neuro-Linguistic Therapy, Reiki and Therapeutic Touch are just some examples of the healthcare professionals who offer training workshops and presentations.

Even more Community Connections take place when we invite our graduates to share their stories and experiences. Across the country CSNN graduates' work experiences are varied and specialized. Hear what graduates are doing locally, regionally and nationally. This is another opportunity to meet mentors, network and build relationships.



What Does the Program Look Like?

Labs

These sessions lend additional support and practical application to concepts taught in a variety of courses.

Improve study skills, review course material, benefit from additional exercises to understand concepts, work on assignments/projects/presentations, and get hands-on practise through role playing and group work.

Specific attention is given to learning outcomes from the science-based courses where further guidance and exercises are helpful to understand the role, function and interrelationship with nutrition.

Enhanced Case Study Practicals/Application

Case studies are the perfect opportunity to transfer the knowledge gained in the classroom and apply it to real people with real health concerns. Students will work with their own case study participants to complete a total of 10 case studies required for graduation.

Each class is dedicated to learning and understanding the case study process: from initial assessments, to understanding dietary links and connections, to recommendations. All sessions are designed to help students integrate their learning. Under instructor supervision students present their case study work to their classmates for group discussion, analysis and feedback; meanwhile gaining valuable practice in interviewing skills, public speaking, reviewing concepts, understanding terminology and the therapeutic value and consequences of their recommendations.

Time will be given for students to work on their case study reports with instructor supervision as well as additional facilitated case study practice.

Collectively, these sessions help improve nutritional understanding and the ability to conduct effective consultations and write comprehensive case study reports.



Study with us at CSNN Edmonton to start your transformative journey today!

Contact CSNN Edmonton or visit our website to apply and find details on admission requirements, tuition & schedules.

CSNN EDMONTON

Telephone 780.437.3933

Email edmonton@csnn.ca

Website csnn.ca/edmonton