



Canadian School of Natural Nutrition

TEACHING THE MEDICINE OF THE FUTURE™

Distance Education - Self Study Diploma Brochure



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Learn to Change Lives by achieving optimal health and a lasting career.

CSNN Beginnings



In 1994, founding director Danielle Perrault, R.H.N./C.H.N., was facilitating a successful series of workshops on Nutritional Symptomatology when students, who were impressed by the knowledge they acquired, started to ask about further education in this field.

It was the expression of interest and enthusiasm from students that led Ms. Perrault on a journey of discovery that resulted in the creation of a formal education program in Natural Nutrition. Research with students revealed the desire for a quality program focused on empowerment—not persuasion or confusion—a program that would encourage individuality and enable students to make a difference in their own lives and in the lives of others. With that understanding, the Canadian School of Natural Nutrition (CSNN) was created.

Our Mission

CSNN is passionate about providing a visionary approach to health care through natural nutrition. We believe there is an inescapable link between food, its source and the healthy consumer, and that our physical body needs more than wholesome nutrition—mind and consciousness play a significant role in our well-being.

Regardless of developments in medicine and health sciences, wholesome food remains one of the most essential elements of health and wellness. CSNN's current science-based curriculum is aligned with unbiased research, and our graduates are qualified to provide individualized holistic recommendations of quality whole foods, lifestyle changes, and supplements on an as-needed basis.

We are committed to professional and practical programs that provide the tools and confidence our graduates need to continue with a career and future growth in the field. We are dedicated to

providing strong support networks and student services. It is our hope that every health care professional will one day work in conjunction with a Holistic Nutrition professional towards a common goal: proactive health care through good nutrition.

*Through the education of individuals;
Through teaching of the holistic philosophy of health care;
Through the simplicity of wholesome foods;
Through respect for ourselves and others;
Through respect for our planet...
We will heal ourselves;
Heal others; Heal our planet; and...
Ultimately, advance the evolution of mankind.*

What is a Holistic Nutritional Consultant?

A CSNN graduate is a professional trained in Natural Nutrition and complementary therapies, whose principal function is to educate individuals and groups about the benefits and health impact of optimal nutrition. CSNN has prominent designations and titles that are exclusive to graduates of our Natural Nutrition Program 🌱 (visit csnn.ca/careers/role-of-csnn-grads/ for provincial designations and professional titles).

Mainstream medicine does not emphasize the significance of poor nutrition as a major cause of a wide range of health disorders. Although most people are aware of the benefits of sound nutrition, the range of conflicting information available to the consumer is often confusing. CSNN Graduates, as Holistic Nutritional Consultants, guide their clients through the maze of information from books, magazines, supplements, and diets on the market. They work with one-on-one with clients to identify and help improve nutritional deficiencies. Many CSNN graduates also contribute to the health and well-being of Canadians by writing books and articles for prominent health care magazines and websites.

CSNN Graduates are respected in the holistic nutrition field, and are sought out by employers.

Employment Opportunities

Holistic Nutrition professionals work in private practice or with other health care professionals to institute proactive health care programs. CSNN Graduates have found career opportunities in a variety of sectors, including:

- Food Industry
- Fitness/Training Centres
- Writing Books and Articles
- Teaching/ Education
- Natural Health Centres and Spas
- Medical & Wellness Clinics
- Health Food Stores
- Conference and Retreat Centres
- Seniors' and Retirement Homes
- Consulting Services
- Supplement Industry

*Career opportunity information is available at each CSNN location.
Graduates have access to a job board on CSNN's website.*

CSNN Alumni Profiles

CSNN has over 12,000+ graduates worldwide!
Discover the range of knowledge of select graduates, and how they are making an impact in the health care industry and beyond: csnn.ca/alumni-profiles/.

Books Written by CSNN Graduates

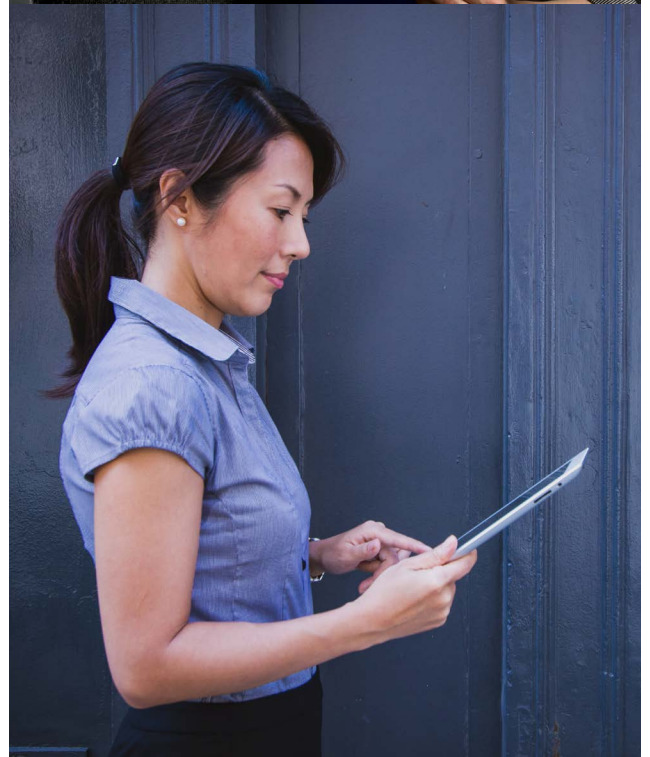
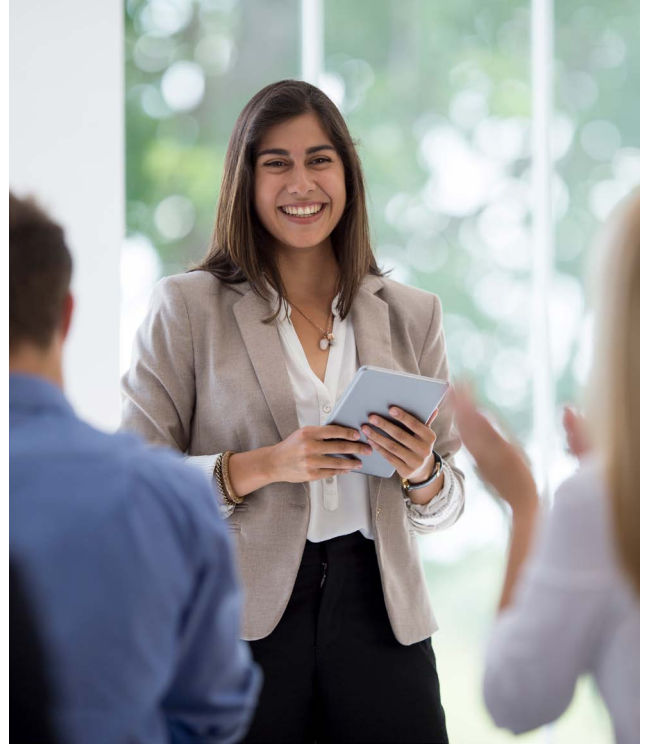
We love promoting the success of our graduates, some of which are authors, too. View our growing list of books written or co-authored by CSNN graduates at csnn.ca/graduates/books-by-csnn-graduates/ on an array of topics and specialties.

News & Events Bulletin

Each month at CSNN, we feature topic-focused articles, blog posts, seasonal recipes, resources, and more, from a holistic nutrition perspective. Visit csnn.ca/bulletin/ to view submissions from our graduates on this month's topic.

Faculty

CSNN instructors possess a diversity of experience and knowledge, which many also share through publications and authored books (some of which are exclusive to CSNN). All instructors are qualified, trained professionals in their respective fields, and receive specialized training in effective teaching techniques and a clear understanding of the CSNN philosophy. This enables CSNN schools nationwide to maintain consistent quality presentation. For detailed instructor qualifications, visit csnn.ca/distance-education/distance-education-faculty/.



Natural Nutrition Program Outline*

MODULE 1

NN101A Fundamentals of Nutrition (Part 1) | 3-weeks

This course offers a foundational overview of natural nutrition. This course explains the role of macronutrients, micronutrients, and the importance of water to overall health. It introduces the importance of proper digestion, absorption, and elimination to one's health, and how certain dietary habits undermine the digestive process. It looks at the nutrient-nutrient interactions and the nutrient-drug interactions. This course also includes one of the main root issues in the development of disease – inflammation and the specific nutrients to help reduce a chronic inflammatory process.

NN101B Fundamentals of Nutrition (Part 2) | 2.7-weeks

With a quality, whole foods diet, consumed during each phase of our lifecycle, overall health can be supported. This course identifies specific components of various diets that support health and discusses the changing nutritional needs of various age groups during growth and development. Students also learn about specific health imbalances such as cardiovascular disorders, neurodegenerative disorders, digestive disorders, metabolic disorders, and bone and joint health, and the nutrition to help these health disorders. Students will also learn about the exposure of environmental and nutritional toxins, the related health risks, and the basic guidelines and benefits of detoxification.

NN102 Anatomy & Physiology | 4.2-weeks

Anatomy and Physiology gives a general overview of the twelve body systems, explaining the structure and shape of the body and its parts as well as the relationship among them. This course covers the physiological processes by which these body systems operate. Students learn the unique structure and function of the five senses plus learn about the microbiome and how microbes connect to the other body systems, even acting as an endocrine organ.

NN103A Nutritional Symptomatology | 9.7-weeks

Nutritional Symptomatology is a simple, yet valuable science used for the assessment of nutritional deficiencies and imbalances. This course will address nutritional imbalances as they affect different body systems. The student will be introduced to the effective use of assessment tools to identify nutritional imbalances, explore the nutritional measures recommended to rebalance the body and help reduce the risk of illness, and write the client case study report in a professional manner.

CSNN's Natural Nutrition Diploma program leads the way with comprehensive curriculum and industry-recognized designations.

** Courses may not be offered in the order shown.*

MODULE 2

NN103B Motivational Interview Skills | 2.3-weeks

This course introduces students to Motivational Interviewing (MI)—an approach to support clients in achieving positive behaviour change when addressing their health challenges. This course presents the background philosophy and components of Motivational Interviewing and outlines techniques to apply the principles when conducting holistic nutritional consultations. The student will be provided with resources and practice opportunities for integrating MI into the practice of holistic nutrition.

Case Study Lab 2 & 3 | 10.6-weeks

The Nutritional Symptomatology Course (NN103A) introduced the student to the basic requirements of the self case study report. This Case Study Instruction Lab offers the student additional support when writing the second and third case study reports. This Lab includes different resources to access – including an Instructional Lab Webinar, as well as links to related CSNN Webinars that provide the student the opportunity to review the correct format and content of the Case Study Reports. Common mistakes students make are covered, as are Frequently Asked Questions, so the student can feel more secure and confident in their abilities to move into this next phase of the Nutritional Symptomatology Course. This lab also provides an opportunity to connect with other students and get support from case study instructors.

NN104A Hormone Health | 3-weeks

The stress of modern-day life has led to an epidemic of hormonal imbalance resulting in crash diets, sleeping pills, and anxiety medication. This course explains why it is not normal to feel fatigued, anxious, fat, and irritable, and the steps needed to reset your hormones to get back to feeling vibrant and joyful.

NN105A Body-Mind-Spirit – The Mind Connection | 2.7-weeks

This course provides comprehensive evidence that nutrition plays an important role in maintaining optimal mental health and is a major component to address many common mental health problems. This course introduces key factors that influence mental health such as chrononutrition, blood sugar, food sensitivities, inflammation, and methylation. Students also learn the relationship between the microbiome-gut-brain axis and the critical role it plays in brain development, behavior, and mental health throughout life.

NN105B Body-Mind-Spirit – The Spirit Connection | 3.4-weeks

This course teaches about the connections between physical disease and emotional, psychological and/or spiritual themes. Through the lens of quantum physics, and a re-interpretation of alternative medicine, the heart of all illness and recovery is consciousness. Students learn how to integrate these themes into a nutritional practice and how to evolve their own personal spiritual journey.

NN106 Fundamentals of Business | 2.5-weeks

The Fundamentals of Business course provides holistic nutrition students with the information necessary to seek gainful employment or to legally set up, market and conduct a thriving private practice. It helps them identify personal and career goals and to understand the laws, regulations and codes that govern nutritional consultancy.

MODULE 3

NN107A Biochemistry & Epigenetics | 2.8-weeks

This course helps the student to understand the chemical processes that underlie critical biological functions, starting with atomic structure, working through chemical symbols and the periodic table of the elements, and culminating in genetics and epigenetics. It explores the chemistry of living things; the metabolism of carbohydrates, lipids and proteins; and, the biochemical processes of various functions of the human body, including cellular replication, genetic pre-disposition, methylation, and the new science of epigenetics that shows how lifestyle and diet can change genetic expression.

NN109 Pathology & Nutrition | 3.8-weeks

The Pathology and Nutrition course presents common pathological disorders systematically, stressing their systems and underlying causes, and recommending a nutritional strategy where appropriate. Upon completion of this course, students are able to describe the categories of pathologies and their effects on the major organ systems. They are able to translate pathological terms into common language. In this course, students will learn to recognize specific pathologies from case histories and make nutritional recommendations based on their assessment.

Case Study Lab 4-8 | 24.2-weeks

This Instructional Lab continues where the second and third case study Lab left off. At this point, the students have received Instructor's feedback on two marked case studies. Additional resources are offered in this Lab, including an Instructional Lab Webinar (Part 2), and a Video Tutorial on Client Interviews, from the implementation and technique, to the appropriate timing of these one-on-one consultations. The student is given tips on how to improve on critical thinking skills, and how to refine their client recommendations. Access to support resources, and information to help them complete their third submission of the case study reports will also be given. This lab also provides an opportunity to connect with other students and get support from case study instructors.

NN110A Lifecycle Nutrition - Pediatric | 1.8-weeks

The Pediatric course presents information on how to conceive and raise a healthy child in today's world - a world in which our children's health is declining at an alarming rate. Children's nutritional needs and challenges differ from adults and require a unique approach. Students learn dietary, supplementation, and lifestyle recommendations from pre-conception, through pregnancy, birth, and breastfeeding to raising healthy school-age children. This course also discusses ways to naturally manage allergies and food sensitivities, to establishing a healthy intestinal microbiome, healthy weight, the picky eater, the GAPS protocol and much more.

NN110B Lifecycle Nutrition - Sports | 2.3-weeks

This course provides scientifically-based, well-researched information on the relationship between nutrition and sports performance. It covers topics such as how food is used for energy, the importance of each macronutrient (carbohydrates, protein, and fat) in fueling an athlete, proper hydration, sports supplements, and ergogenic aids, as well as how to calculate optimal caloric and macronutrient requirements specific to individual athletes and their goals. In addition, recommendations for vegetarian, female, younger, older, and competitive athletes, respectively, will be discussed.

NN110C Lifecycle Nutrition - Perspectives on Aging | 2.1-weeks

This course presents well researched information emphasizing three tools known to promote longevity and health: (1) a simple, wholesome diet, (2) a daily exercise routine, and (3) the cultivation of strong, loving personal relationships. This course also provides key factors related to cognitive decline as we age and specific nutrition to support cognitive function.

MODULE 4

NN111 Eco-Nutrition | 1.8-weeks

This course provides insight into the environmental effects of the current profit-driven, corporate, industrial system of food production. Understand the links between corporate industrial agriculture, traditional mixed farming, the microbiome of the soil, and health. This course discusses topics such as food security, GMOs, hidden costs of producing cheap food and sustainability with our food chain when feeding the world's population. Students also learn the impact of having a carbon footprint and how Regenerative Agriculture and carbon sinks can reduce this footprint.

Followup Case Study Lab | 10.6-weeks

This third and final Case Study Lab provides instructions on writing the Follow up Case Study reports. Student support includes a Webinar outlining the steps to writing a complete follow up report, starting with the assessment tools to identify changes in the client's nutritional imbalances, to evaluating client compliance, and ultimately determining the Dietary, Supplement, and Lifestyle recommendations in order to continue supporting the client's health journey. Strategies to address compliance, ambivalence, and clients' stress levels will also be shared to give the student further support in the consultation process. A Video Tutorial on Follow Up Client Interviews will also be included, as well as links to additional resources. This lab also provides an opportunity to connect with other students and get support from case study instructors.

NN112 Allergies | 2.7-weeks

Globally, allergies are greatly on the increase. This course will present 'the allergy epidemic' as our bodies' response to living in a polluted environment and a world full of processed fast food; and provide tools to strengthen the body's immune and digestive systems in order to reduce the risk of developing allergies, and transform health.

NN114 Nutritional Literature Research | 2.7-weeks

This course teaches students (1) the importance of being evidence-based and science-driven, (2) how to find research, (3) how to read, critique, and ultimately understand research and (4) how to apply research and communicate it to clients and the public in a credible and approachable way.

NN115 Introduction to the Practical Use of Herbs | 2.7-weeks

This general interest course is designed to (1) introduce the therapeutic use of plant medicine; (2) discuss common local medicinal and kitchen, culinary herbs for common health issues, and how herbal medicine can be considered preventative medicine; (3) learn about harvesting, and herbal medicine-making techniques, and the importance of sustainable practices for the health of our planet; (4) explain how to prepare teas and some topical applications for common use.

Approximate number of study hours is 2033.5, including reading and assignments in addition to instructional time. Part time study consists of a minimum of 20 hours per week.



CSNN's knowledgeable instructors provide hands-on training with a practical application of knowledge and expertise in real case studies.

Practicals

Distance Education students do not attend practical sessions as the in-class students do. Some branches may use different terminology to refer to practicals, for example, practicums, workshops, and corequisites.

These sessions are held in a classroom setting and provide an opportunity for students to present the findings of their case studies and receive feedback from the instructor and from the other students. Distance ed students have an instructor to call upon should they require help with these, or any other, assignments.

They will complete a number of case studies. Several of these will be selected for thorough reading and marking. Instructor will provide feedback on these ones. The rest will be checked for format and to ensure that forms have been used correctly.

There are a few practicums in which mandatory information, that does not involve case studies, is included. This information is provided to distance students in the online learning management system.

Case Studies

CSNN students trade classroom hours for real-life case studies, using comprehensive intake forms to examine all internal and external factors affecting a person's nutritional health and wellbeing. After a student has completed Nutritional Symptomatology (NN103A), s/he is required to hand in 10 case studies in order to complete the Program, as outlined in CSNN's Student Handbook.

Each case study involves completing a nutritional assessment for a practice 'client' – solicited by the student. For each assessment, the student will conduct a detailed questionnaire and then identify nutritional imbalances revealed by the symptoms affecting the 'client'. Through this practical approach, students learn to recommend appropriate dietary and lifestyle changes to improve their clients' health.

Our Graduates Say...


"My years of study at CSNN were life-changing. They made my learning experience one that was filled with support, an abundance resources and knowledge but more importantly, the staff was very helpful especially Chelsea. My journey was enlightening and I feel inspired and encouraged to begin my business. I would strongly encourage this course for any person who loves health and is passionate about helping others."
ANTONIETTA C. Graduate, March 2021

"The distance education program offered through CSNN gave so much flexibility which matched perfectly for my current lifestyle. I started the program optimistic and excited – the faculty only validated those feelings as they were reachable, kind, knowledgeable and understanding. The courses offered were interesting and valuable – I truly felt that I was gaining so much creditable and useful information & knowledge. I enjoyed being able to work at my own pace but also having certain deadlines and suggested time frames to keep me on track. Overall, I felt that the distance education program was well thought out and offered a great delivery. The addition of this holistic nutrition program to my life & career has only been positive! Thank you CSNN!"
ALICIA C. Graduate, March 2021

Read more Distance Education Graduate testimonials at

<https://csnn.ca/distance-education/testimonials/>

Admission Requirements

CSNN's Natural Nutrition Program  attracts professionals from around the world and all walks of life: doctors and health care practitioners, complementary health care practitioners, fitness trainers, chefs, writers, and educators. Though many CSNN students have degrees and diplomas from other post-secondary institutions, the minimum entrance requirement is a Secondary School Diploma or equivalent.

Applicants 19 years of age or older who do not have a Secondary School diploma or equivalent may be admitted as mature students*, but will need to contact the branch they are interested in, as some provincial ministries require a qualifying test be written by those without a Secondary School Diploma or equivalent.

**High school graduation or other equivalency requirements are compulsory at some branches that do not recognize mature student status.*

Registration/General Information

Our fee structures can be found Online here: <https://csnn.ca/distance-education/tuition-fees/>. Fees are non-transferable between sessions, branches and/or participants.

T2202 forms for tuition, not including shipping charges, will be issued for the tax year during which completed work is submitted. For those filing Quebec provincial tax returns may request a tax receipt for that purpose.

Length of Program

The Distance Education program consists of approximately 2033.5 study hours. All coursework must be completed within 3 years of the registration date. An additional 2 months is allowed in which to prepare for and complete the final exam. Students must maintain an average mark of 80% or higher to remain in good standing.

A student can begin the program at any time and progress at their own pace within the 3-year time frame. This approach to independent study enables a self-motivated student to acquire knowledge far beyond that which is presently available in traditional approaches to nutritional training. Students have the opportunity to develop an understanding that is second to none.

For those interested in the Natural Nutrition diploma and designation a final proctored board exam is required.

Requirements for Diploma, Professional Designation, and Title

Students must maintain an average of 80% or higher to remain in good standing. Upon successful completion of the 18 courses, 10 case studies and final board exam, graduates earn a diploma, professional designation and title. Their training qualifies them to provide personalized holistic recommendations to clients at all ages and stages of their life and health.

Prior Learning Assessment and Advanced Standing

PLA and AS will be considered, prior to registering, upon receipt of official transcripts along with an assessment fee. Granting exemptions is strictly at the discretion of the Director, and decisions are final. A minimum of 75% of total studies must be taken with the Canadian School of Natural Nutrition in order for students to be eligible for the Diploma in Natural Nutrition. Courses completed more than 5 years ago are ineligible for Advanced Standing (some exceptions may apply if you work with the subject matter).

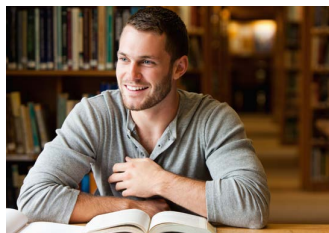
Online Support

Registered Distance Education students and graduates have the option of participating in our online forums where they will be able to interact with other students and faculty. Every course is assigned an instructor whom you can contact for academic support related to that particular course.

Certifications and Industry Affiliations

The Canadian School of Natural Nutrition is a Federal Corporation (3393291 Canada Inc.), certified by Employment and Social Development Canada, that provides training for a diploma in Natural Nutrition.

CSNN is a private, vocational school designated with the Private Training Institutions Branch of B.C. (PTIB) in British Columbia, and a Private Career College legislated under the New Brunswick Private Occupational Training Act in New Brunswick. CSNN's Natural Nutrition Program 🌱 is licensed under the Private Vocational Training Act (Alberta), and is approved as a vocational program under the Ontario Career Colleges Act, 2005. CSNN Distance Education is accredited by the province of Quebec, with accreditation number 24-04-4331



With flexible learning formats and multiple branches coast-to-coast plus Distance Education, CSNN accommodates students' lifestyles and geographical locations across Canada.



Canadian Affiliations

Graduates of CSNN's Natural Nutrition Program 🌱 have the opportunity to become professional members of the Canadian Association of Natural Nutritional Practitioners (CANNP) and the Canadian Association of Holistic Nutritional Professionals (CAHN-Pro). Both professional organizations provide support and networking opportunities for holistic nutrition professionals. For more information, including membership benefits, go to cannp.ca and cahnpro.org, respectively.

U.S. Affiliation

Graduates of CSNN's Natural Nutrition Program 🌱, who practice in the United States qualify to become professional members of the U.S. organization, National Association of Nutrition Professionals (NANP). They also qualify to write NANP's board certification exam. For further information regarding the NANP go to nanp.org.

CSNN Alumni Association (CSNNAA)

The CSNN Alumni Association (CSNNAA) is an incorporated, not-for-profit organization that is the starting point for CSNN graduates. Through community, information and partnership, the Alumni Association endeavors to support, encourage and guide all CSNN graduates to achieve success in their chosen path within the industry.

The governing body of the CSNNAA – the Board of Directors – is comprised of passionate CSNN graduates with diverse backgrounds and experience. The Board is responsible for managing the affairs of the CSNNAA according to by-laws and a Code of Ethics approved through voting by the membership. The Alumni Association also holds the Registry for CSNN's professional designations.

The CSNNAA provides the tools you need to start your business successfully. Experience business mentorship, confident client sessions, social media tips, strategies, as well as free monthly Masterclass webinars, networking and mentorship opportunities, and access to the exclusive job board. Attend our annual Canadian Holistic Nutrition Conference, the only one of its kind in Canada, and discover the many discounted tools that are essential for starting your business on the member's portal. Members also receive a 10% discount on CSNN's Advanced Holistic Nutrition and Holistic Culinary Workshops and Certificate Packages.

For more information about the CSNNAA, please go to csnnalumni.org.



Scope of Practice for CSNN Graduates

The services offered by a CSNN graduate are grounded in the following principles:

1. Acknowledgement that each person is biochemically distinct and has unique nutritional needs;
2. Awareness of the meaning of holistic nutrition; the interrelationship of mind, body and spirit; and the importance of addressing these interactive factors which are unique to each individual;
3. Promotion of whole, locally grown and organic foods; sustainable farming practices; and the necessity of living in a non-toxic environment;
4. The principles of prevention and self-responsibility are fundamental to any successful health care program. However, it is important that graduates do not make claims by using words such as prevent, treat, cure, and heal.
5. Recognition that supplementation is not a substitute for wholesome, nutritious foods but that it may be helpful. Only supplements with an NPN number should be recommended to clients, and the formulation and labelling of supplements should be independent of the graduate and their practice. Dosage is the recommended dosage on the label.
6. Respect for clients and for their wellness goals, personal tastes, morals, social, and life values;
7. Acceptance of the unique contribution of other health care providers, and the need to work co-operatively with them regardless whether they are of holistic or allopathic background.
8. The main services provided by a CSNN graduate include the following:
 - (a) Document client's goals, needs, and plans;
 - (b) Evaluate client's food selection, preparation and intake;
 - (c) Evaluate client's lifestyle and overall feeling of well-being;
 - (d) Evaluate client's use of dietary supplements;
 - (e) Identify client's nutritional imbalance(s) and lifestyle habits without directly ordering lab tests, as this activity is reserved for licensed health care practitioners.
 - (f) Work with other health care professionals, if applicable, in order to determine all nutritional and lifestyle-changing needs of the client, including referring client to other health care professionals as deemed appropriate;
 - (g) Support the progress of the client's health goals by creating an individualized wellness program, which will include the use of whole, nutrient-dense foods; menu plans; natural source and high-quality supplements; and lifestyle modifications - including the use of non-toxic, environmentally friendly household/personal products;
 - (h) Provide further guidance to the client, if necessary, by explaining food labels, and by offering food preparation techniques and shopping tips;
 - (i) Guide the client in the implementation of a long term personal health plan, provide education when necessary, and offer ongoing assessments; Document and chart all meetings with client and recommendations made;
 - (j) Monitor the client's personal health plan in order to reinforce participation in the achievement of the health goals;
 - (k) Act as a community educator to the public and to other health care professionals, developing curriculum, preparing manuals, writing articles, publishing books, and teaching;
 - (l) Promote health discussions in schools, workplaces, and community agencies;
 - (m) Bring holistic nutrition knowledge, principles, and philosophy to other professions.

Code of Ethics for CSNN Graduates

BY-LAWS OF THE CANADIAN SCHOOL OF NATURAL NUTRITION
3393291 CANADA INC.

The Canadian School of Natural Nutrition has as its mission the education of the individual in the principles of holistic health care and the principles of natural nutrition, to further the well-being of people and the healing of planet Earth. To this end, a graduate of CSNN agrees to:

1. Maintain an interest in the well-being of all human beings, regardless of colour, creed or nationality, and in the care of planet Earth.
2. Respect the right of their client* as an individual in all respects, as to personal tastes, morals, and social values.
3. Be non-judgmental as to the life values and experience of the client*.
4. Treat the client* under all circumstances with due concern for the dignity of the individual.
5. Respect the confidential nature of their relationship with the client and protect the confidentiality of assessments and recorded documents.
6. Guide and counsel their client* in the best way to achieve optimal health through natural nutrition, but always respect the right and need for the client* to make the final decision in all wellness plans.
7. Teach the client* to accept responsibility for their own health choices and actions.
8. Accept full responsibility for the consequences of one's own acts.
9. Provide professional services only in those areas in which one has competence and training.
10. Recognize the need to work co-operatively with other disciplines, holistic or allopathic, to best serve the client's* need, respecting the unique contribution of each discipline.
11. Respect differences of opinion and exercise tact and diplomacy in interpersonal relations.
12. Resolve to improve and maintain one's professional competence in the field of natural nutrition and holistic health care.
13. Accurately identify oneself using one of the approved CSNN designations and/or titles to avoid misleading the public about one's role as a holistic nutrition professional.

**Client includes all individuals you are educating via one-on-one consultations, webinars, blogs, articles, books, or other.*

Dedicated to quality, CSNN is a forerunner in holistic nutrition education with professional staff, science-based and people-focused curriculum, and unmatched student support services.

Interest Workshops & Certificates

Healthy Eating & Lifestyle Certificate

Get a taste of holistic nutrition. A series of fun workshops that gives you a sneak peek into the world of holistic nutrition and provides you with some holistic nutrition tips for you and your family. No prior knowledge of holistic nutrition is needed. You will receive basic foundational knowledge about healthy fats, good digestion, gut health, and much more.

After completion of all workshops, students will receive a Certificate of Achievement. For those looking to receive the Certificate of Achievement and Continuing Education Credits (CEUs), students will need to complete all workshops and take 1 test (passing mark is 75%).

Course Outline:

- Proper Digestion & Gut Health
- Good Carbs/Bad Carbs
- Demystifying Fats
- All About the Protein
- Vitamin & Mineral Essentials
- Phytonutrients
- Immunity with Whole Foods
- Detox What?
- Basics of a Whole Food Pantry
- Stress & Mindset



Available at select branches. For more information, visit csnn.ca/helc/. We also recommend you reach out to your preferred branch for schedule and registration details.



Holistic Culinary Certificate

Cook your way to better health. These culinary workshops are designed to enrich kitchen skills and confidence. Students are introduced to an array of whole foods, diverse methods of food preparation, and how certain techniques can enhance the restorative qualities of food. Workshops include:

- Kitchen Culture & Knife Skills
- Ancient Grains & Legumes
- Raw Food Fundamentals
- Probiotic Foods and Beverages
- Meal Planning & Food Preparation for Busy Lives
- Cooking for Kids
- Eating for Sports and Performance
- Alternative Baking & Raw Sweets
- International Cuisines
- Restorative Broths & Teas
- Eating Plants from Land, Lake, and Sea

Many of these cooking workshops are taught by professional chefs and Holistic Nutrition professionals specializing in cooking. Students who successfully complete the entire workshop series will be awarded a Holistic Culinary Certificate.

Available at select branches. For more information on workshops, visit csnn.ca/program/hcc. We also recommend you reach out to your preferred branch for schedule and registration details.

Introduction to Natural Nutrition Certificate

The Introduction to Natural Nutrition Certificate is for anyone looking to kick start their holistic nutritional journey by learning the fundamental ideas behind healthy holistic nutrition. Students will learn some basic holistic nutrition principles and gain insight into the study of holistic nutrition and how it is connected to health. Students will gain an appreciation of how gaining control of one's own health is very empowering. It provides a general understanding to the links and connections between health and nutrition. Successful completion of the certificate may be used to transfer to the full program, provided the student meets the program's admission policy.

You can find out more by visiting csnn.ca/intro-certificate.

This introduction certificate, along with other general interest introductory workshops, are available 365 days of the year, through CSNN Distance Education and at select CSNN branches. For more details, please contact your desired branch.

Practitioner Workshops & Certificates

Continuing Education at CSNN

CSNN is committed to supporting the growth of our students and graduates. Natural Nutrition Upgrade Courses are available to CSNN graduates and other healthcare practitioners. They may earn Continuing Education Credits (CEUs) and association upgrade hours. Upon achieving a minimum grade of 80%, students will receive both a credit log indicating the number of credits and CEUs earned as well as a completion certificate.

Here are the courses available:

- Motivational Interview Skills
- Hormone Health
- Biochemistry & Epigenetics
- Lifecycle Nutrition - Pediatric
**Available to CSNN Graduates exclusively.*
- Introduction to the Practical Use of Herbs

You can find out more by visiting csnn.ca/program/continuing-education/.

Practitioner Workshops are open for enrollment through CSNN Distance Education 365 days of the year, please [Click Here](#) to register now!

If you wish to attend in-class sessions, please reach out to your desired branch for schedule and registration details.

Advanced Holistic Nutrition (AHN) Workshops and Certificate Packages

Focus and upgrade with individual Advanced Holistic Nutrition (AHN) workshops or be certified with CSNN's AHN certificate packages. Interested graduates and healthcare practitioners may take workshops via select CSNN branches, distance education studies, or a combination of both flexible formats.

Workshops topics include: Nutrition & Mental Health, Detoxification, Laboratory Diagnosis & Tests and Safe and Effective Supplementation. CSNN's specialty certificate packages – Immune Support, Cognitive Support and Advanced Pediatric – consist of a series of relevant and multifaceted AHN workshops, providing a rounded and focused approach to each specialty.

For more information, visit csnn.ca/program/ahn/.

CSNN Distance Education offers all AHN certificate workshops 365 days of the year. Please [Click Here](#) to register today!



Why CSNN

As the recognized leader in Natural Nutrition, CSNN enlightens students with awareness of, and self-responsibility for, the Body-Mind-Spirit connection, in order for them to help themselves and guide others to achieve optimal health, wellbeing, happiness, and balance.

ACCESSIBLE

Canada's leading holistic nutrition school with multiple classroom locations coast-to-coast, plus Online Distance Education worldwide.

PRACTICAL

Hands-on training with a practical application of knowledge and skills in real life case studies.

POST-GRAD SUPPORT

Employment, networking, and promotional opportunities for our 12,000+ graduates; guidance from the CSNN Alumni Association and access to other industry associations.

CREDIBLE

Classroom branches are licensed by the provincial education ministries that regulate private career colleges.

DIPLOMA / PROFESSIONAL DESIGNATION

Science-based and people-focused curriculum leading to diploma, professional designation and title.

CONTINUING EDUCATION

Advanced Holistic Nutrition workshops and certificate packages; Holistic Culinary Certificate workshops.

CSNN Locations

Calgary

Unit 220, 720 28th St NE,
Calgary, AB T2A 6R3
Tel: (403) 276-1551
info@csnnca.ca

Edmonton

9426 – 51 Avenue NW
Unit 201
Edmonton, Alberta T6E 5A6
Tel: (780) 437-3933
edmonton@csnn.ca

Metro Toronto

150 Eglinton Avenue East, Suite 302
Toronto, Ontario M4P 1E8
Tel: (416) 482-3772
toronto@csnn.ca

Mississauga

1107 Lorne Park Road, Suite 205
Mississauga, Ontario L5H 3A1 Tel:
(905) 891-0024
mississauga@csnn.ca

Moncton

1201 Mountain Road, Suite 205
Moncton, New Brunswick E1C 2T4
Tel: (506) 384-2700
moncton@csnn.ca

Vancouver Island

#201 – 612 View Street
Victoria, B.C. V8W 1J6 Tel:
(250) 888-4231 | victoria@csnn.ca

Distance Education Division

<https://csnn.ca/distance-education>
Tel: 1-800-328-0743
info@csnndistanceeducation.org



Canada's largest holistic
nutrition school

Connect with csnn.ca

