



CSNN

Program Options & Supporting Documents

Distance Education

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

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Distance Education Advantages

Distance education, also known as online learning or e-learning, has gained significant popularity due to its numerous advantages. Here are some of the key advantages of distance education:

Flexibility

One of the most significant advantages is the flexibility it offers. Students can access course materials and lectures at their convenience, allowing them to learn at their own pace. This is particularly beneficial for individuals who are working, have family commitments or have other time constraints. Students participate in an online learning environment and follow a self-directed program that is available online 24/7.

Accessibility

Distance education breaks down geographical barriers. People from around the world can enroll in our programs without the need to relocate. This increases access to education for individuals who might not otherwise have the opportunity.

Cost Savings

Distance education can be more cost-effective compared to traditional in-person education. Students can save on commuting expenses, housing costs, and sometimes even textbook fees. Additionally, many online courses have lower tuition fees compared to on-campus programs.

Diverse Learning Styles

Our online courses often incorporate various types of multimedia, such as videos, interactive quizzes, simulations, and discussion forums. This appeals to a wide range of learning styles, making it more engaging for different types of learners.

Self-Discipline and Time Management

Distance education requires students to be self-disciplined and manage their time effectively. This can help develop valuable skills that are transferable to the workplace and other areas of life.

Lifelong Learning

Distance education makes it easier for people to pursue continuous learning throughout their lives. Professionals can update their skills, learn about new technologies, or explore new fields without needing to take extended breaks from work.

Global Networking

CSNN students come from diverse backgrounds and locations. This enables students to interact and collaborate with peers from around the world, expanding their global network and perspectives. Interact with peers from all over the world via our online Student Forums and Private Facebook Group Page.

Reduced Commute Stress

Students don't have to deal with traffic, long commutes, or transportation-related stress, which can contribute to a more relaxed and focused learning environment.

Environmental Impact

Online learning reduces the need for physical infrastructure and transportation, leading to a lower carbon footprint compared to traditional education models.

Potential Careers

Holistic Nutritional Consultant professionals graduating from CSNN work in private practice or with other healthcare professionals to institute preventive healthcare programs. Graduates have found career opportunities in a variety of sectors, including but not limited to

- Food Industry
- Natural Health Centers and Spas
- Fitness Centers
- Sports Training Centers
- Chiropractic Clinics
- Health Food Stores
- Teaching and Education
- Wellness Centers
- Medical Clinics
- Martial Arts Services
- Administration
- Conference and Retreat Centers
- Consulting Services
- Seniors' and Retirement Homes
- Home Care Nursing
- Naturopathic Clinics

Eligibility for Enrollment

Students must be 19 years of age or older.

Students under the age of 19 can register provided they have earned a secondary school diploma or equivalent. Students over the age of 19 are not required to submit proof of education.

Since all of our learning materials (apart from textbooks) are online and fully accessible on any device 24/7. Study from your living room, your backyard, while travelling, or at the beach! Anywhere in the world where there is internet, you can work on our programs.

Program Options and Pricing

Natural Nutrition Program – 3-year part-time

All required textbooks and reading materials are included in the cost of tuition.

Upon payment of tuition fees, textbooks are shipped to the student based on the payment plan they choose and online access to corresponding lessons, assignments and tests is given.

The program comprises 18 courses grouped into four modules, totalling over 2100 hours of study and is required to complete 10 real-world case studies. All subjects must be completed within a maximum of three years of the date of registration. An additional two months are allotted for final exam preparation and completion.

Students will also have the option to access Practical Activities, which are designed to enrich and enhance the core curriculum providing students with the opportunity to develop skills essential to their success in the field of nutrition.

If you are enrolled in our Natural Nutrition Program as an Active Student, the Holistic Culinary Workshops are included with your tuition.

NOTE: Three years is the maximum time in which to complete the Natural Nutrition Program. Depending on how much time you invest, students can complete it in just over one year.

Each course guides students through the learning material provided utilizing a combination of online lessons, assignments, forums, multimedia, quizzes, and tests.

After successful completion of all subjects, each student must pass a final online proctored examination (fee applies) before the diploma will be awarded. Note: An overall grade average of 80% is required to receive the Natural Nutrition Diploma.

Students must obtain a final grade average of 80% to be awarded a Diploma of Natural Nutrition. The final mark will be determined as follows:

- 40% based on the final exam grade.
- 35% based on five marked case studies. (out of 10 submitted)
- 25% based on the average grade for all other completed courses.



“Completing the CSNN natural nutrition program was the BEST decision I could have made for me and my family. I was four months into my mat leave and decided I wanted a change. Almost a decade in the healthcare sector was wonderful, but I still felt like I needed to do more. I started the course thinking I knew all there was to nutrition- boy was I wrong! Each day as my children napped I got to open my mind more and more to the wonderful world I could not wait to be a part of. The program made it so easy for me to study whenever I had a spare chance. I was able to successfully complete the program in just over a year and will recommend the program to anyone interested in expanding their knowledge of holistic nutrition.”

Hannah, Graduate July 2020.

Payment Options

- 1 payment of \$6245.00 (best value)
- 2 Payments of \$3165.00 each, totalling \$6330.00 (1 current 1 post-dated; maximum of 18 months from the date of registration)
- 4 Payments of \$1600.00 each, totalling \$6400.00 (1 current 3 post-dated; maximum 9-month intervals)
- 6 Payments of \$1080.00 each, totalling \$6480.00 (1 current 5 post-dated; maximum 6-month intervals)
- 12 Payments of \$560.00 each, totalling \$6720.00 (1 current 11 post-dated; maximum 3-month intervals)
- Monthly payments of \$235.00 each for 33 months (the first payment is \$535.00, and the next 32 payments are \$235.00 each), totalling \$8055.00. *On average, students will be provided with additional course material every third payment.*

The online Final Board exam is currently \$239.27, which is paid after all course requirements have been completed and you are ready to write the final board exam. Note: This fee is subject to change without notice.

[Click Here to view Course Descriptions.](#)

[Click Here to Access the Registration Form and Terms and Conditions.](#)

[Register Here! Natural Nutrition Program](#)

See what our current students like about CSNN Distance Education!

“My years of study at CSNN were life-changing. They made my learning experience one that was filled with support, an abundance of 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

“I have enjoyed studying natural nutrition with CSNN and have learned so much. It has added so much value to my life and my professional life as a yoga teacher. I look forward to being able to help clients with nutritional help as well.”

Shandre K, Graduate, April 2021

Introductory Certificate Package

We invite you to embark on a journey to discover the rewarding field of Natural Nutrition. This learning option provides an opportunity for you to become familiar with the first two courses of the Natural Nutrition Diploma Program and the concept of distance learning.

The following subject areas are covered.

- NN101A – Fundamentals of Nutrition Part 1
- NN101B – Fundamentals of Nutrition Part 2
 - NN101B.1 – Food Subcourse

Students will have 6 months to complete the Introductory Certificate Package and receive a certificate of completion if they achieve an overall grade average of 80%. After which, they will be invited to register for the Natural Nutrition Program beginning with NN102, Anatomy and Physiology.

Cost

\$683.58 plus tax, including tuition for Fundamentals, Part 1, Fundamentals, Part 2 and relevant reading material.

* Canadian Residents add: 15% HST if in NL, NS or PE; 13% in ON or NB; 5% GST AND 9.975% QST in QC; 5% for other Canadian residents. No tax on materials being shipped out of Canada.

[Click Here to view Course Descriptions.](#)

[Click Here to Access the Registration Form and Terms and Conditions.](#)



Note:

- A certificate of completion is earned if a minimum overall grade average is 80%.
- If you prefer to source the textbook yourself, we will reduce the total cost by \$40.
- Textbook versions can change without notice. Please verify the textbook version before purchasing.
- *The Introductory Certificate Package qualifies for 4 hours of Continuing Education Credits with **canfitpro**.*

[Register Here! Introductory Certificate Package](#)

Natural Nutrition Program – Introductory Package to remaining Natural Nutrition Program **

Students who complete the Introductory Certificate Package and then register for the Natural Nutrition Program will receive an adjustment to their tuition costs and 3 years to complete the remaining courses in the program.

If you are enrolled in the remaining courses of our Natural Nutrition Program as an Active Student, the Holistic Culinary Workshops are included with your tuition.

Adjusted Payment Options

- 1 payment of \$5662.00 (best value)
- 2 Payments of \$2871.00 each, totalling \$5742.00 (1 current 1 post-dated; maximum of 18 months from the date of registration)
- 4 Payments of \$1456.00 each, totalling \$5824.00 (1 current 3 post-dated; maximum 9-month intervals)
- 6 Payments of \$984.00 each, totalling \$5904.00 (1 current 5 post-dated; maximum 6-month intervals)
- 12 Payments of \$512.00 each, totalling \$6144.00 (1 current 11 post-dated; maximum 3-month intervals)
- Monthly payments of \$218.00 each for 33 months (first payment is \$518.00 and next 32 payments are \$218.00 each.) totalling \$7494.00. *On average, students will be provided with additional course material every third payment.*

The online Final Board Exam currently costs \$239.27, payable once all course requirements are completed and you are ready to take the exam. Prices can change without notice.

[Click Here to view Course Descriptions.](#)

[Click Here to Access the Registration Form and Terms and Conditions.](#)

Note: When submitting your registration from the Introductory Certificate Package to the Full Natural Nutrition Diploma Program, please note your Student Number and "INTRO TO FULL" in the comments section of the registration form (just above the signature)

[Register Here! Natural Nutrition Program](#)

Individual Natural Nutrition Workshops**

Not ready for the full program? Start your journey into holistic nutrition with our individual courses.

Open to everyone over the age of 19, these courses require no specific educational background. If you have any questions, please feel free to contact us.

When you register for the full Natural Nutrition Diploma program, these courses will count toward your advanced standing, provided the workshop meets the current graduation requirements at the time of your registration.

Prices vary depending on the courses selected. Please refer to the registration form for details about Registration, Technology and Tuition Fees. [Click Here to access the Registration Form and Terms and Conditions](#)

[Register Here! Natural Nutrition Individual Workshops](#)

Holistic Culinary Certificate

This holistic food preparation and tasting workshop series teaches basic cooking skills and techniques. Learn to apply them to foods like grains, legumes, greens, bone broths, and fermented foods. These workshops have something to offer everyone, from beginners to more experienced chefs. Students walk away with an enriched skill set in holistic cooking and how it benefits overall health. CSNN Distance Education offers these workshops in a self-paced format delivered in pre-recorded video lectures. Instructors are available to communicate with as you progress through these workshops.

Students who complete all 10 courses will be asked to complete an HCC Certificate Application Form and you will earn a Holistic Culinary Certificate.

If you are enrolled in our Natural Nutrition Program as an Active Student, the Holistic Culinary Workshops are included with your tuition.

[Click Here for Workshop Descriptions](#)

Cost

\$475.00, tuition & fees

\$47.38, 9.975% QST (Provincial sales tax)

\$23.75, 5% GST (Goods and services tax)

\$546.13, total including tax CDN\$



- [Click Here to access the Registration Form and Terms and Conditions](#)
- *Individuals taking Advanced Workshops and Certificate Packages are not eligible to receive T2202A tuition receipts (used for Canadian tax return purposes)*
- *Note: The Holistic Culinary Certificate qualifies for 4 hours of Continuing Education Credits with **canfitpro**.*

[Register Here! Holistic Culinary Certificate](#)

Healthy Eating & Lifestyle Certificate

The Healthy Eating & Lifestyle Certificate consists of a series of fun workshops that give you a sneak peek into the world of holistic nutrition and provide you with some holistic nutrition tips for you and your family. No prior knowledge of holistic nutrition is needed.

Learn about a new way to look at nutrition and the role nutrition plays in your overall well-being. You will receive basic foundational knowledge about healthy fats, good digestion, gut health, and much more.

[Click Here for Workshop Descriptions](#)

Cost

\$200.00, tuition & fees**

\$ 19.95, 9.975% QST (provincial sales tax)

\$ 10.00, 5% GST (goods and services tax)

\$229.95, total including tax CDN\$



Note:

- [Click Here to access the Registration Forms and Terms and Conditions](#)
- *Individuals taking Advanced Workshops and Certificate Packages are not eligible to receive T2202A tuition receipts (used for Canadian tax return purposes)*
- *Note: The Healthy Eating and Lifestyle Certificate qualifies for 4 hours of Continuing Education Credits with **canfitpro**.*

[Register Here! Healthy Eating and Lifestyle Certificate](#)



Continuing Education

Upgrade Courses for CSNN Graduates

The CSNN curriculum for the Natural Nutrition Diploma Program is continually updated by our curriculum committee when new and improved information becomes available. CSNN graduates can now stay updated in the field of holistic nutrition and add to their expertise by taking the latest updated courses. Those who achieve 80% or higher in one of these courses will receive a certificate for that course.

The following courses have recently been updated.

- NN103A Nutritional Symptomatology
- NN103B Motivational Interviewing Skills
- NN104A Hormone Health
- NN105A Body- Mind -Spirit -The Mind Connection
- NN107A Biochemistry and Epigenetics
- NN110A Lifecycle Nutrition- Pediatrics
- NN112 Allergies
- NN115 Introduction to the Practical Use of Herbs

Note:

- *Please refer to the textbook list attached to the registration form to see if the course has changed.*
- *Prices vary depending on the courses selected. Please refer to the registration form for details about fees.*
- **[Click Here to Access the Registration Form and Terms and Conditions](#)**

Register Here! Natural Nutrition Individual Workshops



Advanced Workshops and Certificate Packages via Correspondence

The CSNN Distance Education Branch offers Advance Workshops and Certificate Packages as paper-based correspondence units. All materials and resources are shipped to the students via Canada Post. Tests and assignments are then returned to the school via post or email for grading.

Graduates of CSNN's Natural Nutrition Program automatically qualify for entry into all AHN workshops and certificates.

Graduates of other Nutrition Programs and/or other Health Care Professionals are welcome and will be required to provide proof of education.

Students who achieve 80% in a workshop will receive a certificate and a credit log to keep track of the workshops and certificate packages.

Workshops are available individually or as Certificate Packages.

- Earn a certificate to add to your portfolio.
- Explore new approaches to health.
- Gain tools to effectively work with other healthcare practitioners.
- Choose workshops that best complement your practice and your goals.

Students currently enrolled in the Natural Nutrition Program are not permitted to take advanced workshops until after they have graduated and received their graduate number.

Please contact us to request additional information about our Advanced Certificate Packages and Workshops.

Prices vary depending on the courses selected. Please refer to the registration form for details about the Fees

[Click Here for Workshop Descriptions](#)

Note: Individuals taking Advanced Workshops and Certificate Packages are not eligible to receive T2202A tuition receipts (used for Canadian tax return purposes)

[Click Here to Access the Registration Form and Terms and Conditions](#)

[Register Here! Advanced Holistic Nutrition Workshops](#)

Payment and Shipping

** Please note the following:

- *All costs are quoted in Canadian Dollars*
- *The cost of shipping is included in the tuition calculations for all shipments sent to a Canadian address. Shipping is an additional cost when materials are sent to destinations outside of Canada.*
- *CSNN is not responsible for duties, taxes or tariffs associated with the import of textbooks and materials to locations outside of Canada.*
- *Please note that tuition and fees for any of our courses are subject to change without notice.*
- *The following payment methods are accepted:*
 - *All major credit cards except Debit Mastercard.*
 - *Personal cheques, Money Orders and Bank Drafts are issued from Canadian Financial Institutions only.*
- *Shipments are held for 3 weeks after deposit when payment is made by personal cheque.*
- *Personal Cheques are made out for “CSNN or “Canadian School of Natural Nutrition”*

Financial Aid

In Canada, Students may be able to draw from their RESP (Registered Education Savings Plan) for funding for part-time studies. For eligibility, please contact your financial institution for details.

Typically, CSNN Distance Education does not qualify for provincial funding incentives such as OSAP and Student Aid. It is up to the student to inquire with their own local funding organizations for financial assistance.

Tuition Receipts

CSNN Distance Education is registered Federally to issue tuition receipts for Natural Nutrition Diploma Courses.

T2202A forms will be issued to all students by the end of each February. The amount shown reflects tuition paid for courses completed during the previous tax year.

CSNN Distance Education is accredited by the province of Quebec, with accreditation number 24-04-4331. Provincial tax receipts will be issued for funds paid during the current year upon written request.

Technical Requirements

The Natural Nutrition program is delivered in English via an online Learning Management System (Moodle). Students must have access to a computer that meets the following minimum technical requirements:

Operating System: Windows 8+, 10; Mac iOS 10.1.2 +, Apple OSX 10.4

Memory: 2GB

Storage Space: 1GB

CPU: Minimum quad-core 2.0GHz CPU

Other:

- High-speed Internet
- Adobe Reader XI or DC
- Microsoft Office 365 (Word, Excel and PowerPoint)
- Webcam and microphone
- 1024x600 screen resolution

Minimum Browser Requirements:

- Google Chrome version 11 (preferred)
- Firefox: Firefox 32
- Internet Explorer: Version 9 (version 10 for drag and drop of files)
- Microsoft Edge

Note: Issues using Safari have been reported



"I graduated from CSNN Distance Education in June of 2021. I've been very interested in nutrition for over 50 years and wanted to finally get professional training to give credibility and structure to my lifelong passion. I looked for years to find a highly respected program that would provide intensive training with a wide spectrum of courses and subjects about the field of nutrition. I finally settled on the CSNN program knowing it would bring me the in-depth value and experience I was looking for. The training was fun, thought-provoking, challenging and at times a lot of work, but thoroughly worth it! I now feel well prepared to move forward in my nutritionally-based career with pride and confidence. So glad I chose CSNN!" -Sharie W., Graduate June 2021

Advanced Standing/Exemptions/PLA

Applies to the Natural Nutrition Diploma Program Only

Anyone who has received equivalent or higher post-secondary education, i.e. Anatomy & Physiology, may request an exemption from one or more courses by completing an online PLA form (Prior Learning Assessment), providing payment, and uploading a copy of the original transcripts.

The PLA must be submitted, and approval received before the submission of the registration application.

The following conditions must be met to qualify to receive an exemption:

- Payment of \$229.95 CDN must be provided and the time of application submission.
- Education received on the subject must be obtained within the last 5 years or you must be currently practising in a related profession that directly utilizes the subject knowledge.
- Transcripts, Course outlines, Licenses and Diplomas must be provided to support the exemption request.
- CSNN Distance Education reserves the right to request additional information as needed.

Once the PLA application has been received, the information will be reviewed for consideration.

If approved, the courses will be removed from your course list, and tuition will be adjusted accordingly.

[Complete your PLA today!](#)

“CSNN changed my life for the better hands down! I contemplated for way too long whether or not to follow my passion for health and wellness and coming across CSNN changed that all for me. The ability to study online or at one of their campuses makes it accessible to everyone to achieve their goals! The accessibility of the professors, organization of content and formatting makes this course so enjoyable. If you have been thinking about taking this step, just do it and don’t look back. I promise you it will be for the better! I cannot wait to use this step and change my life and others for the better.”

@teagandixon

@eolmedispa

Teegan D, Graduate January 2021.

Required Textbook List - Natural Nutrition Program

Required Textbooks are included in Tuition. Textbook lists are subject to change without notice

MODULE #1

NN101A Fundamentals of Nutrition I

Evidence Informed Nutrition (Pts 1&2)

ISBN: 9781989392218

Fundamentals Booklet (e-book provided within the online course)

NN101B Fundamentals of Nutrition II

Evidence Informed Nutrition (Pts 1&2)

ISBN: 9781989392218

Prescription For Dietary Wellness

ISBN: 9781583331477

Fundamentals Booklet (e-book provided within the online course)

NN102 Anatomy and Physiology

Understanding Anatomy & Physiology, 3rd edition., by Gale Sloan Thompson RN (e-book provided within the online course).

ISBN: 978-0803676459

NN103 A Nutritional Symptomatology

Guide to Nutritional Symptomatology, 1st ed., Published by CSNN.

MODULE #2

NN103B Motivational Interviewing Skills

Motivational Interviewing in Nutrition and Fitness., by Dawn Clifford and Laura Curtis

ISBN: 978-1462524181

NN104A Hormone Health

The Hormone Cure., by Sara Gottfried M.D.

ISBN: 978-1-4516-6695-3

NN105A Body-Mind-Spirit - Part One

Nutrition Essentials for Mental Health., by Leslie Korn.

ISBN: 978-0-393-70994-00

NN105B Body-Mind-Spirit - Part Two

Cultivating Wholeness, 2nd ed., by Caroline Marie Dupont. Published by CSNN.

NN106 Fundamentals of Business

Business Mastery, 5th ed. Cherle Sohnen-Moe. **ISBN:** 978-1-188290-8-05-9

CSNN Legal Handbook, 9th edition (e-book provided within online course).

MODULE #3

NN107A Biochemistry & Epigenetics

Science Essentials: Biochemistry to Epigenetics, edition 3.2

(e-book provided within the online course).

NN109 Pathology & Nutrition

Nutritional Pathology, 3rd edition,

Updated by Brenda Lessard-Rhead, BSc, ND. Published by CSNN

NN110A Lifecycle - Pediatric Nutrition

Sprout Right Family Food., by Lianne Phillipson. **ISBN:** 978-0735236059

CSNN Pediatric Supplemental Handbook (e-book provided within the online course).

NN110B Lifecycle - Sports Nutrition

Complete Guide to Sports Nut'n, 8th ed., Anita Bean.

ISBN: 978-1-4729-2420-9

NN110C Lifecycle - Perspectives on Aging

Healthy at 100, John Robbins

ISBN: 978-0-345-49011-7

Aging Supplemental Booklet (e-book provided within online course).

MODULE #4

NN111 Eco-Nutrition

CSNN Eco-Nutrition Booklet 3rd edition (e-book provided within the online course)

NN112 Allergies

The Allergy Solution., by Leo Galland, M.D. **ISBN:** 978-1-4019-4941-9

NN114 Research

Nutritional Literature Research Handbook, 3rd edition. (e-book provided within the online course).

NN115 Intro to the Practical Use of Herbs

The Good Living Guide to Natural and Herbal Remedies., by Katolen Yardley MNIMH. **ISBN:** 978-1-68099-157-4

NOTE: Always verify the textbook version before purchasing.

Textbook Option: If you have any textbooks, we will reduce the tuition fee accordingly. Contact us for a quote or note the books in the Comments section of the registration form.

Recommended Textbook List - Natural Nutrition Program

CSNN Distance Education does not actively stock recommended resources, most material is available on Amazon or other sources.

NN101A Fundamentals of Nutrition – Part I

- Diet and Nutrition, Rudolph Ballentine
- Fats that Heal, Fats that Kill, Udo Erasmus
- The Encyclopedia of Healing Foods, Michael Murray N. D. #2371|ISBN 978-0-7434-8052-9 Health Management Books: 1-800-266-9555

NN101B Fundamentals of Nutrition - Part II

- Prescription for Nutritional Healing – 5th edition, Balch & Balch
- Encyclopedia of Nutritional Supplements, Michael Murray
- Encyclopedia of Natural Medicine – 3rd edition, Michael Murray
- Perspectives in Nutrition – 9th edition, Carol Byrd-Bredenner, Gaile Moe, Donna Beshgetoor

NN102 Anatomy & Physiology

- Essentials of Human Anatomy & Physiology - 12th edition **Colouring Workbook**, Elaine N. Marieb
- Essentials of Human Anatomy & Physiology **SET** (12th edition book, 12th edition Colouring workbook + CD together), Elaine N. Marieb
- Prescription for Nutritional Healing – 5th edition, Balch & Balch

NN103A Nutritional Symptomatology

A-Z Guide to Drug-Herb Vitamin Interactions – 2nd edition, Alan R. Gaby, Steve Austin (* **Highly Recommended**)

- Prescription for Dietary Wellness – 2nd edition, Phyllis A Balch

NN105A&B Body-Mind-Spirit

- Food and the Emotional Connection, Kristina Sisu
Order directly from Kristina: 1-250-588-8605 or kristinasisu@gmail.com (shipping extra)
- You Can Heal Your Life, Louise Hay
- Nutrition & Mental Illness, C. Pfeiffer
- Nourishing Wisdom, Marc David

NN106 Fundamentals of Business

- Feel the Fear and Do it Anyway, Susan Jeffers, PhD
- How to Win Customers and Keep Them for Life, Michael LeBoeuf
- A New Earth: Awakening to Your Life's Purpose, Eckhart Tolle
- Business Plan, Business Reality – 4th edition, James R. Skinner
- A Life at Work: The Joy of Discovering What You Were Born to Do, Thomas Moore
- How to Make it as a Nutritional Consultant, A Guide to Marketing and Growing Your Consulting Business (Electronic Book), Penny Ormsbee **Order by email: pormsbee@ns.sympatico.ca**

NN109 Pathology & Nutrition

- Health is Your Birth Right, Ellen Tart-Jensen
- The Nutritional Cost of Drugs – 2nd Edition, Ross Pelton and James B. Lavalley

NN110-A Lifecycle Nutrition - Pediatric Nutrition

- Superimmunity for Kids, Leo Galland
- Natural Baby, Healthy Child, Murray Clarke
- Feed Me I'm Hungry, Irene Swedak, Sunita Mohan and Christine Sachse **Order directly from Author: irene@wellnesswizards.net**
- Toxic Trespass (DVD) **Order online from <http://womenshealthyenvironments.ca/when-store/>**
- The Resourceful Mother's Secrets to Healthy Kids, Meredith Deasley **Order from the website: theresourcefulmother.com**
- Hidden Dangers In Kids Meals
Resource website: responsibletechnology.org
- Nourishing our children (DVD or digital file)
Order from the website: nourishingourchildren.org

NN110B Lifecycle Nutrition – Sports

- The Maffetone Method: The Holistic, Low Stress, No-Pain Way to Exceptional Fitness, Dr. Phillip Maffetone

NN110C Lifecycle Nutrition – Perspectives on Aging

- The China Study – 2nd edition, Colin Campbell
- Aging Well, George Vaillant

NN111 Eco-Nutrition

- Animal, Vegetable, Miracle, Barbara Kingsolver
- Toxic Trespass (DVD) **Order online from <http://womenshealthyenvironments.ca/when-store/>**
- Dirt! The Movie (DVD) **Order from the website: dirtthemovie.org**
- An Inconvenient Truth: A Global Warning (DVD Documentary: Guggenheim, D., 2006)
- Digging the City, Rhona McAdam

NN114 Nutritional Literature Research

- Making Sense of Research, 2nd edition, Martha Brown Menard (**E-book only**) **Order from Amazon.ca**

Other Resources

- Taber's Cyclopedic Medical Dictionary, 23rd edition, Donald Venes
- Free to Fly – 2nd Edition, Judit Rajhathy
- Diabetes and Hypoglycemia, Michael Murray
- Ayurveda: The Science of Self-Healing – 2nd edition, Dr. Vasant Lad
- Enlightened Eating Cookbook, Caroline Marie Dupont
- Enlightened Eating (DVD), Caroline Marie Dupont **Order from Amazon.ca**
- The Pantry Principle, Mira Dessy

Subject to change without notice.

The Holistic Nutrition Industry

In Canada, the field of holistic nutrition is generally self-regulated. Here is a link to the CSNN National Website where memberships and accreditations are discussed. <https://csnn.ca/holistic-nutrition-industry/>.

Industry Affiliations

In addition to being able to join CSNN's Alumni Association, graduates can join the following industry associations:

Professional Membership with CANNP

[CANNP, Canadian Association of Natural Nutritional Practitioners](#), is a well-established professional organization with a clear focus on business success, delivering outstanding benefits and empowering nutritional counsellors with a collective voice. CANNP also recognizes CSNN's workshops for upgrade hours.

Become Board Certified in Practical Holistic Nutrition with CAHN-Pro

Graduates of the Natural Nutrition Program have the opportunity to become professional members of the [Canadian Association of Holistic Nutrition Professionals \(CAHN-Pro\)](#) and write the board certification exam for industry recognition. CSNN's Advanced Holistic Nutrition workshops are recognized by CAHN-Pro as upgrade hours.

New! Recognition by canfitpro

[canfitpro](#) is the largest provider of education in the Canadian fitness industry. canfitpro delivers accessible, quality education, certifications, conferences, trade shows, and membership services. Students who complete our Introductory Certificate Package, Healthy Eating Certificate or the Holistic Culinary Certificate can claim a maximum of 4 hours toward canfitpro's Continuing Education Credits (CECs) requirement.

Recognition by the NANP – Beneficial for Graduates Interested in Practicing in the U.S.

Graduates of CSNN's Natural Nutrition Program who wish to practice in the United States meet the educational standards to become professional members of the [National Association of Nutrition Professionals \(NANP\)](#). They also qualify to write NANP's board certification exam.

Nutritional Advocacy Group – Beneficial for Graduates Interested in Practicing in the U.S.

It is important to note that each state has its own rules regarding the practice of Holistic Nutritionists. We recommend doing some research into the rules and restrictions in your state. You may wish to visit the [Nutritional Advocacy Group's website](#) for information.



Titles and Designations in Canada

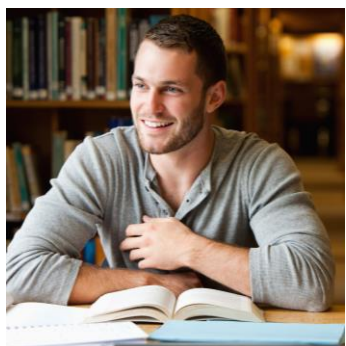
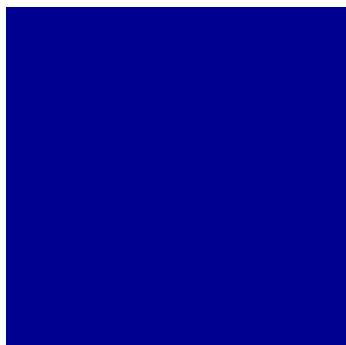
Students graduating from the Canadian School of Natural Nutrition are dedicated holistic nutrition professionals who educate individuals about the health benefits of natural nutrition.

CSNN's comprehensive science-based Natural Nutrition Program qualifies students to earn a professional designation and title upon graduation. The R.H.N. designation is the most widely used across most provinces in Canada.

Designations and titles are determined by the province where graduates offer their professional services (as provincial health acts dictate which of the designations and titles to use. However, all credentials hold an equivalent standard.

Please note that all designations are registered in a private registry.

[**Click Here to review titles and designations by province.**](#)



3-Year Study Plan – Natural Nutrition Program

Please note that this guide is based on an approximate number of study hours of 2033.5, including reading, assignments in addition to instructional time.

Course Number	Course Name	Clock Hours (Time on Task)	Approximate # of weeks 20-hour/week commitment	Approximate # of weeks 40-hour/week commitment
NN101A	Fundamentals of Nutrition (Part 1)	59	3 weeks	1.5 weeks
NN101B	Fundamentals of Nutrition (Part 2)	53	2.7 weeks	1.3 weeks
NN102	Anatomy & Physiology	84	4.2 weeks	2.1 weeks
NN103A	Nutritional Symptomatology	193	9.7 weeks	4.8 weeks
NN103B	Motivational Interviewing Skills	46	2.3 weeks	1.2 weeks
LAB	Case Study Lab 2 & 3	211	10.6 weeks	5.3 weeks
NN104A	Hormone Health	60	3 weeks	1.5 weeks
NN105A	Body-Mind-Spirit – The Mind Connection	54	2.7 weeks	1.4 weeks
NN105B	Body-Mind-Spirit – The Spirit Connection	68	3.4 weeks	1.7 weeks
NN106	Fundamentals of Business	50	2.5 weeks	1.3 weeks
NN107A	Biochemistry & Epigenetics	56	2.8 weeks	1.4 weeks
LAB	Case Study Lab 4-8	483	24.2 weeks	12.1 weeks
NN109	Pathology & Nutrition	76	3.8 weeks	1.9 weeks
NN110A	Lifecycle Nutrition – Pediatric	35	1.8 weeks	0.9 weeks
NN110B	Lifecycle Nutrition – Sports	45	2.3 weeks	1.1 weeks
NN110C	Lifecycle Nutrition – Perspectives on Aging	41	2.1 weeks	1 week
NN111	Eco-Nutrition	35	1.8 weeks	0.9 weeks
LAB	Follow-Up Case Study Lab	211	10.6 weeks	5.3 weeks
NN112	Allergies	54	2.7 weeks	1.4 weeks
NN114	Nutritional Literature Research	53	2.7 weeks	1.3 week
NN115	Introduction to the Practical Use of Herbs	54	2.7 weeks	1.4 weeks
FE101	Final Exam	12.5	0.6 weeks	0.3 weeks
HCC	Holistic Culinary Workshops (Optional)	30	1.5 weeks	0.75 weeks
Practical	Holistic Practical Hours (Optional)	47	2.35 weeks	1.2 weeks

Students have a maximum of 3-years to complete the program.

This guide is designed to help you set and customize your study schedule for the successful completion of our Natural Nutrition Program. It is feasible for you to complete in just over 1-year, provided you persevere and stick to your schedule.

Approximate total time investment with a 20-hour-per-week commitment.	Approximate total time investment with a 40-hour-per-week commitment.
102.2 weeks or 1.97 years	51.1 weeks or .98 years

CSNN Distance Education’s - Self-Paced Study Format, is designed with your busy lifestyle in mind. Students are provided with the tools to complete graduation requirements, at their own pace, within a 3-year maximum timeline. Students are not bound to class schedules, which allows them to study at any time.

Students who set a study schedule of at least 20 hours per week can expect to complete it in approximately 102.2 weeks (1.97 years), which allows optimal time to complete the program within a maximum 3-year timeline.

Students who set a study schedule of at least 40 hours per week can expect to complete it in approximately 51.1 weeks (0.98 years).

The actual time required for completion of any one course may vary with individual students. Many factors, such as reading speed, comprehension skills, work and/or family obligations and other life circumstances all have an impact on an individual’s time.

Withdrawal and Refund Policies

Natural Nutrition Program

Upon receipt of a written request to withdraw, students are entitled to refunds as follows:

- Students withdrawing within 1 week of the date of registration are entitled to a refund of 100% of unused tuition and fees, plus a refund for any texts returned in resalable condition (texts must be returned within 30 days). *
- Students withdrawing within 7.5 months of the date of registration are entitled to a refund of 50% of unused tuition fees, no refunds on textbooks or shipping/processing fees. *
- Students withdrawing between 7.5 months and 15 months of the date of registration are entitled to a refund of 25% of unused tuition fees, no refunds on textbooks or shipping/processing fees. *

*No refunds after 15 months past the date of registration or once a tax receipt has been issued.

*E-books and Handbooks that are provided within online courses are non-refundable once the respective course has been accessed.

*All refunds are subject to a \$375.00 deduction; this covers the cost of registration and the subscription to the online Student Information System.

Applies to transfers and withdrawals

Introductory Package

Refunds are available for unused tuition fees up to 3 months from the date of payment, subject to a \$200.00 administrative fee to cover registration costs and the student's subscription to the online learning systems. No refunds on textbooks, study materials or shipping charges. There are no refunds beyond 3 months from the date of payment or once a tax receipt has been issued. Fees that are no longer refundable are non-transferrable between sessions, branches and/or participants.

Individual Workshops or Advanced Workshops and Certificates

The refund policy applies to transfers as well as withdrawals. Refunds will be issued for unused tuition up to 3 months from the date of payment, subject to a 15% administration charge (minimum \$100.00) No refunds on textbooks or study materials. No refunds after 3 months or after-tax receipts have been issued.

Healthy Eating & Lifestyle and Holistic Culinary Workshops/Certificates

Upon official written request to withdraw, refunds will be issued for unused tuition up to 1-month from the date of payment, subject to a 25% administration charge to cover the cost of registration.

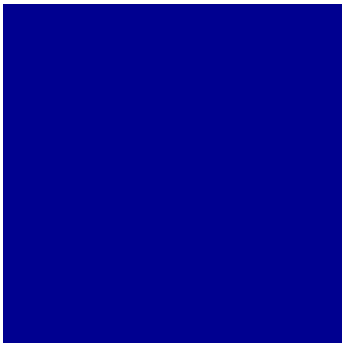
Scope of Practice and Code of Ethics for CSNN Graduates

[Click here to review the Scope of Practice and Code of Ethics](#)

Service Standards Statement for Distance Education (DE) Program

Students enrolled in the Natural Nutrition DE Program at CSNN can expect the following response times:

- An email query sent to the instructor regarding the course and academic needs – 2 business days
- Turnaround time for an assignment or assessable activity submitted electronically or in person – 15 business days
- Response time from CSNN with respect to technical issues associated with the learning system in use – 2 elapsed days
- Response time from the financial department with respect to email or telephone query with respect to student financial issues – 2 business days
- Response time from CSNN with respect to emails associated with assessment and grades – 2 business days



Expulsion Policy

Students may be subject to expulsion:

- If they violate CSNN's copyright and intellectual property of educational materials (legal action may additionally be taken against such violations)
- If they have cheated on a test or an assignment, or if they have allowed their work to be copied by another
- If they perform acts of discrimination or harassment to fellow students, instructors, or administrative staff
- If they physically threaten fellow students, instructors or administrative staff
- If they misrepresent themselves as a practitioner while they are still a student

1. Students who violate CSNN's Code of Conduct will be reported to the Distance Education Program General Manager for purposes of documentation.
2. If another student or instructor witnessed the violation, the General Manager will contact the student or instructor to discuss the incident and will ask for written statements to be documented in the student's file. (if the violation warrants immediate dismissal the student will be put on hold until the Branch Manager is able to look into all details)
3. After investigating all of the details surrounding the incident, the General Manager will do one of the following:
 - a. Determine the violation was not substantiated
 - b. Determine the violation was substantiated in whole or in part, and either:
 - i. Give the student a warning with details of the consequences should the student be found to violate again
 - ii. Set a probationary period with appropriate conditions; or
 - iii. Or determine that the student should be expelled
4. If the General Manager feels that a student should be expelled, she will first provide all documentation to the Registrar and discuss the situation with the Registrar before expelling the Student.
5. Should it be determined that a student should be expelled, the General Manager will prepare a written summary of the determination, the reasons for expulsion, and will include all written documentation of the incident to give to the Student and to be put in the Student's file. The Student's refund will be calculated according to CSNN's Refund Policy. If the student owes money these monies will be subject to collection.
6. If the student is given a warning or placed on probation the Branch Manager and the Student will both sign the written warning or the document outlining the probationary conditions. Copies of documents will be given to the Student and the original will be placed in the Student's file.

Student Complaint Procedure

Student concerns relating to school policies and procedures, or any issues other than the marking of tests and assignments must be made in writing to the Distance Education Program General Manager.

1. Once the complaint has been reviewed by the General Manager, the Manager will contact the student within 5 business days and set up a time with the student to discuss the complaint further. Students are allowed to have another person present (via telephone) while the complaint is being discussed, plus are allowed to have another person speak on their behalf as long as the student is either present or provides CSNN written permission for the other person to speak on their behalf.
2. The General Manager will collate and record all of the information discussed and will then either make the decision or involve CSNN's Executive Director in the decision-making process. Within 10 business days of when the complaint was discussed with either the student and/or their spokesperson, the General Manager will deliver to the student a copy of the complaint, a copy of any submissions, the decision and the reasons for the decision. The documented complaint, supporting information and decision will be kept on file for a minimum of 3 years. All decisions are final.

Complaints about the marking of tests and assignments are to be made in writing, by the student, to the attention of the General Manager and will be resolved in the following manner:

1. Once the complaint has been reviewed by the General Manager, the Manager will contact the student within 5 business days and set up a time with the student to discuss the complaint with the **academic advisor** who marked the test(s) and/or assignment(s). Students are allowed to have another person present (via telephone) while the complaint is being discussed, plus are allowed to have another person speak on their behalf as long as the student is either present or provides CSNN written permission for the other person to speak on their behalf. The student will be advised to resolve the issue directly with the academic advisor if possible. If a resolution is not arrived at, proceed to step 2.
2. The General Manager will collate and record all of the information discussed and will then either make the decision or involve CSNN's Executive Director in the decision making process. Within 10 business days of when the complaint was discussed with either the student and/or their spokesperson, the General Manager will deliver to the student a copy of the complaint, a copy of any submissions, the decision and the reasons for the decision. The documented complaint, supporting information and decision will be kept on file for a minimum of 3 years. All decisions are final.

Privacy Policy

As a student, your name, address and phone number are kept on file to serve as identification and contact information. Your birth date is documented for admission requirement purposes and a copy of proof of identification is kept on file (in some provinces). Your student number is kept on file as a reference. Your information is used to process invoices and receipts. Documentation pertaining to advanced standing is also kept on file. Grades are kept on file indefinitely, in both hard copy and electronic format.

These files are confidential and are available only to CSNN Branch Managers, CSNN administrative staff, the Director, the Registrar and the student. CSNN Instructors, Managers or administrative staff are not permitted, by law, to disclose grades, exams, attendance or any information to anyone except the student. Information may be transferred should a student move to another branch.

When you graduate, your student number, contact information, and graduation details are put on a database so that CSNN can mail you your transcript, and so that CSNN can keep you on the official graduates' list. Your information remains on the database (as per ministry regulations) so that CSNN can contact you. This information may be shared with the CSNN Alumni to confirm the information in the RHN registry held by them.

Job forms sent in by graduates are kept on file so that graduates can be informed of job opportunities. These files are kept open for at least six months.

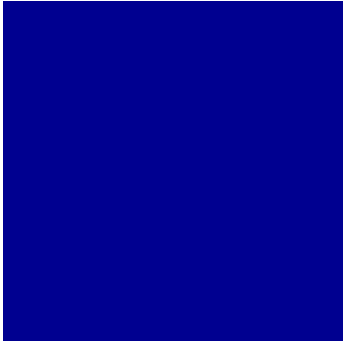
At times CSNN may conduct surveys. The purpose of these is to better serve the needs of students and to maintain the quality of the curriculum and the administration of the school. These surveys are kept on file for future reference.

There are rare instances where CSNN may collect, use or disclose, your personal information without your consent as required and permitted by law, for example, 1) to collect a debt owed to us; 2) to meet government tax reporting requirements, and 3) to comply with an order made by a court.

CSNN takes precautions to protect your personal information against unauthorized access. Also, if at any time you suspect that you are being asked for information that is not legitimate, please contact the Privacy Officer. (See below).

CSNN's website may have links to other internet sites owned and operated by third parties. Even though CSNN tries to link to sites that share our high respect for privacy, CSNN is not responsible for the content or the privacy practices of other organizations. We suggest you review the privacy policies of other organizations prior to providing any personal information. CSNN has the right to update this Privacy policy from time to time. Should you have any concerns regarding this please contact CSNN's Privacy Officer, Rose O'Leary at (905) 737-8729 or 1-800-569-9938.

Contact Us



Canadian School of Natural Nutrition

Distance Education

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Gatineau, QC J9H 6W7

info@csnndistanceeducation.org

Toll-free: 1-800-328-0743 (Canada or USA)

Local: 819-682-6066

Office Hours: Monday – Thursday 9:00 am - 4:00 pm EST

QUESTIONS?

Schedule a ZOOM Meeting (from anywhere) or Phone Call (Canada or USA)

[CLICK HERE TO SCHEDULE](#)