

HEALTH & ALTERNATIVE NUTRITION THERAPY



Tuesday: 6.00 – 7.30 PM

Duration: 10 Weeks

Topics, Discussions & Hand-outs

1. **Class Round (C' RD.)** Personal Assessment, body and facial diagnostic.
Written notes on diet – old, recent, now and to-do.
Hand-outs Eating Plan, Therapy, Facial Diagnosis and Grains.
2. **C'RD.** on diet notes. Teach from H'O'S lecture 1 – food and illness as therapy balance
H.O.S. Cravings, Tired, Meridians and 9 stars, Books
3. **C'RD.** on diet notes .of H'O'S of lecture 2
5 Elements, Ying/Yang Carbohydrates, Amino Acids for Protein (A.A.)
H'O'S Essential Fatty Acids (EFA)
4. **TEACH** E.F.A. Vitamins & Mineral. (H'O'S lec.3)
Review H'O Eating Plan
H'O'S Calcium Connection & Foods, Boning –Up
5. **Teach** H'O'S lecture 4 – Calcium
C'RD. Now diet & cooking whole grains
H'O'S Bowels, Fasting, Companion, Candida.
6. **TEACH** H'O'S lecture 5 – Food as Therapy
C'RD. Healing of symptoms with Diet Now.
H'O'S Why Cancer, Menopause.
7. **TEACH** H'O'S Food Therapy for specific illnesses.
C'RD. Personal assessment with diet notes
H'O'S Macrobiotics, The Five Phases of Foods.
8. **TEACH** H'O'S lecture 7
C'RD. Personal 9 star assessment
H'O'S Phytochemicals.
9. **TEACH** H'O'S lecture 8. The 7 Levels of Eating & Health
C'RD. Discussion of Now and To Do diet.
10. **Class Exam.** Quiz-matching 2 columns.
Review of course. Questions