

Brief Course Description	Preventative Nutrition explores the influence that food has on health, studying foods that affect various conditions or disorders, foods that help fight health disorders, and the medicinal benefits of herbs.	
Course Prerequisites	<ul style="list-style-type: none"> • Pediatric Nutrition • Adult Nutrition • Geriatric Nutrition • Fundamentals of Holistic Nutrition 1 • Nutritional Symptomatology • Environmental Pollution 	
Textbooks Required for this Course	Food, Your Miracle Medicine by J. Carper	
Equipment Required for this Course	None	
Course Duration	Course is self paced, distance education. Approximately 50 hours of study.	
Homework Hours	None.	
Delivery Methods	Indicate how the course is delivered: <input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> Distance delivery. <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>	
Instructional Method	Method of Delivery. (reflect all methods used.) Distance Education.	Contact Hours. Monday-Friday, 9am to 5pm
Learning Objectives/Outcomes	<p>Upon completion of this course the successful student will have reliably demonstrated the ability to:</p> <p>At the end of this course you will be able to use certain foods and herbs to prevent as well as treat various common health disorders.</p>	

Student Progress/Assessment Methods	Students are assessed based on an open-book exam at the end of the course. Students must score 80% to be considered successful.
Attendance Expectations	N/A
Dress Expectations (if applicable)	N/A

Course Details

The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.

Lesson:	Topics Covered
1	Overview of Food's Influence on Health.
2	Diet & the Cardiovascular System
3	Diet Remedies for Digestion Issues
4	Cancer – Foods that Block, Intercept and Stifle
5	Foods for Moods and Mental Energy
6	Foods for Infection and Breathing Problems
7	Foods for Joint and Bone Problems
8	Foods for Reproductive Functions
9	Foods for Diabetes
10	Foods for Prevention
11	Medicinal Benefits of Herbs



Preventative Nutrition
Course Outline
