

<b>Brief Course Description</b>	The Psycho Nutrition course focuses specifically on mental illnesses and how nutrition and supplementation can play a part in treatment.	
<b>Course Prerequisites</b>	<ul style="list-style-type: none"> <li>• Pediatric Nutrition</li> <li>• Adult Nutrition</li> <li>• Geriatric Nutrition</li> <li>• Fundamentals of Holistic Nutrition 1</li> <li>• Nutritional Symptomatology</li> <li>• Environmental Pollution</li> <li>• Preventative Nutrition</li> <li>• Allergies and Nutrition</li> <li>• Human Anatomy</li> <li>• Human Physiology</li> <li>• Biological Studies</li> <li>• Fundamentals of Holistic Nutrition II</li> <li>• Fundamentals of Holistic Nutrition IIIA</li> <li>• Fundamentals of Holistic Nutrition IIIB</li> <li>• Nutritional Pathology</li> </ul>	
<b>Textbooks Required for this Course</b>	Nutrition and Mental Illness by C.C. Pfeiffer	
<b>Equipment Required for this Course</b>	N/A	
<b>Course Duration</b>	<b>Course is self paced, distance education.</b> Approximately 50 hours of study.	
<b>Homework Hours</b>	None.	
<b>Delivery Methods</b>	Indicate how the course is delivered: <input type="checkbox"/> <i>On-site delivery.</i> <input checked="" type="checkbox"/> <b>Distance delivery.</b> <input type="checkbox"/> <i>Combined delivery (on-site and distance.)</i>	
<b>Instructional Method</b>	<b>Method of Delivery.</b> (reflect all methods used.) <b>Distance Education.</b>	<b>Contact Hours.</b>  <b>Monday-Friday, 9am to 5pm</b>

<b>Learning Objectives/Outcomes</b>	<p><b>Upon completion of this course the successful student will have reliably demonstrated the ability to:</b>          At the end of this course, the student will be able to comment knowledgeably on mental illnesses, as well as various nutritional or supplemental treatments.</p>
<b>Student Progress/Assessment Methods</b>	<p>Students are assessed based on an open book examination at the end of the course, which is then submitted for marking.          Students must score 80% to be considered successful.</p>
<b>Attendance Expectations</b>	N/A
<b>Dress Expectations (if applicable)</b>	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.

<b>Lesson:</b>	<b>Topics Covered</b>
1	Principles of Orthomolecular Medicine
2	The Diversity of Mental Illness
3	The Link between Copper and Phobia/Anxiety
4	Histamines and Depression
5	Pyrluria
6	Brain Allergies and Mental Illness
7	Hypoglycemia
8	Nutrition and Mood Swings
9	The Link between Diet and Crime
10	Age and Mental Disorders
11	Bimolecular Nutrition

