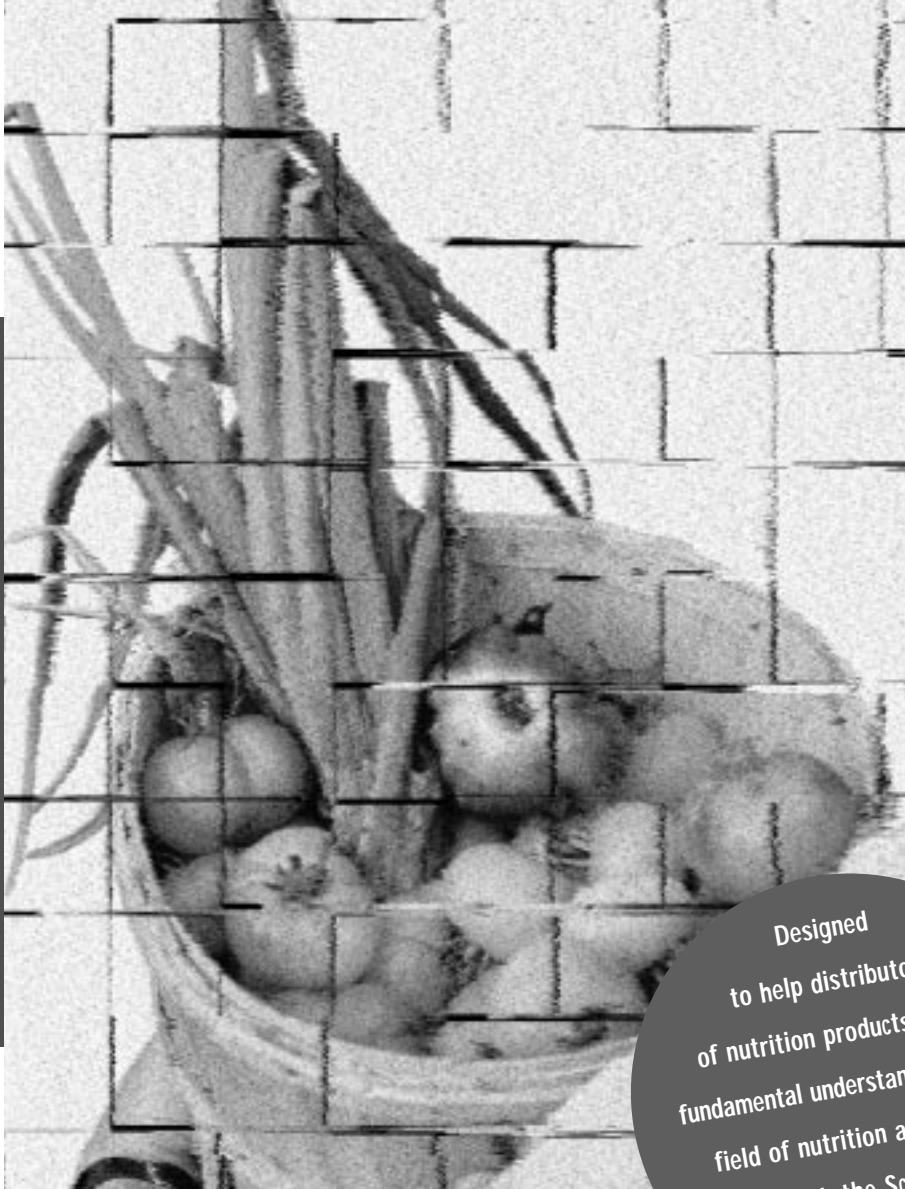


● Practical Applied Nutrition — Syllabus

School of Nutritional Science



Designed
to help distributors
of nutrition products gain a
fundamental understanding of the
field of nutrition as offered
through the School of
Nutritional Science

Course Syllabus for Practical Applied Nutrition™

Notes:

Course design

This course was designed to provide an understanding of basic nutritional science and how the principles of nutrition can be used to achieve and maintain optimum health and well being. It is a course in fundamental nutrition and contemporary health issues aimed squarely at someone who wants to be more knowledgeable about nutrition quickly and effectively.

“Knowledge is power” is an often quoted in terms of the business world. It also certainly applies when one considers nutritional information and health care choices. With this in mind, this course developed from different philosophies and disciplines to provide the student with an overview of complementary medicine. This will empower the student to make the best-informed decisions for their health, and the health of their families and friends.

As you go through this course, you will come to understand that vibrant good health is a choice, a personal responsibility. Everyone is responsible for the choices they make for themselves about their health. Along with this, we must also give up some misconceptions regarding health and be open to new ideas and alternatives to conventional wisdom.

After you accept that your health is your responsibility, the next step is learning what the best options for you are and taking the necessary steps to incorporate those choices into your lifestyle. As you go through this course, you will be empowered to make the changes necessary to improve your health, increase your energy, and enhance the functioning of your immune and other body systems. Ultimately, you may will slow the aging process, and increase your longevity. With the right tools, health is a simple choice to make. The integrated approach taken in this course provides information on diet, nutritional supplements, herbal remedies and lifestyle choices for health, and to deal with a number of health conditions and challenges. The information within this course is not intended to replace a physician or qualified health care practitioner.

Rather, it is intended to educate you, the student so that you can be a more active participant in your health care decisions.

This integrated approach was accomplished by gathering the material from four exceptional sources: James G. Flaherty, doctor of nutrition and businessman; Dr. Kenneth D. Johnson, orthomolecular nutritionist and nutrition advisory board member for Warner-Lambert Company; Dr. Mark Crapo, O.M.D. DAc, CA and Vice President of Product Training for Symmetry International; and Raymond Francis, MIT trained biochemist and national radio talk show host on nutrition.

While the actual writing of the course was relatively short, the information within was gathered over decades of study and research. During their respective careers, the authors have accumulated a vast amount of knowledge that substantiates those nutrients, herbs and appropriate lifestyle choices that can help restore and maintain vibrant good health.

Their aim is to pass this knowledge on to you, the student.

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Why this course?

How will practical applied nutrition benefit me?

Learning is not a one-time event. Neither is this course the final word in your knowledge of nutrition. It is a springboard that will unleash your creativity and prepare you for

follow-up courses in weight management, global herbal traditions and a number of other topics in the hierarchy of health and nutritional pursuits.

“After completing your course materials I feel more confident than ever that I made the right decision... Thank you for providing this course.”

— Cheryl Z. Saville, R.N.

About this course

How does this course fit into the multi level marketing industry?

In 1977 James Flaherty, a doctor of nutrition and an entrepreneur was looking for ways to share his wealth of knowledge to help others significantly impact and improve their health. The idea he put forth was to make available a course in basic nutrition that everyone could take and benefit from. He understood that with this information a person would have the knowledge and confidence to make informed lifestyle and health care decisions. He was right and proved so by the success of earlier versions of this course.

Notes:

Since geography and time constraints would not allow him to teach the course in a classroom mode, Dr. Flaherty decided upon a home study format. This became an ideal method of instruction that fit the unique schedules of the students he was targeting. They could learn at home, at the library, anywhere. These self-motivated individuals were able to assimilate the knowledge the course offered without the confines of schedules, classrooms and strict assignment dates.

The course quickly proved to be popular and many took advantage of it. It became not only a vehicle for personal growth but also increased camaraderie among those who took the class together as they talked about lessons, test questions and how it helped their health, and the health of their families.

Dr. Flaherty, by California law, became a “private post secondary educational institution” and he was licensed to operate a course in “continuing education” under the School of Nutritional Science. Continuing education, according to the Bureau for Private Postsecondary and Vocational Education (BPPVE), is any course that instructs “persons who are already in a particular profession, trade or job category for the sole purpose of enhancing their skills or knowledge within that particular profession,

trade or job category”. The BPPVE is the California agency under the Department of Consumer Affairs that is responsible for approving and regulating private postsecondary educational institutions.

*A short history of healthcare**I have an earache:*

2000 BC Here, eat this root.

1000 BC That root is heathen. Here, say this prayer.

1850 AD That prayer is superstition. Here, drink this potion.

1940 AD That potion is snake oil. Here, swallow this pill.

1985 AD That pill is ineffective. Here, take this antibiotic.

2000 AD That antibiotic is synthetic. Here, eat this root.

A new beginning.

Practical Applied Nutrition is a Y2K update of Dr. Flaherty's original course. Nutritional science is a very dynamic field of study and this edition has changed significantly since 1977. One of the key changes is

the emphasis on dietary supplementation, including herbal remedies as a path to good health and as a means to prevent disease. This course is designed to give the student exposure to four basic areas: basic nutrition (Section One); orthomolecular nutrition (Section Two); contemporary

nutrition issues (Section Three); and Traditional Chinese Medicine (Section Four).

Notes:

A quick outline of the course.

Section one

Basic nutrition begins in Chapters One through Three with human cell fundamentals and how nutrition plays a role in the health of our bodies. Chapter Four looks at nutritional supplementation and the effect it has had on our nation's investment in health care. Chapters Five through Eight examine the macronutrients, protein, fats, carbohydrates and water. Micronutrients (vitamins and minerals) make up Chapters Nine and Ten. Chapter Eleven is a discussion on cleansing and rebuilding and Section I concludes with Chapter twelve and a discussion on vegetarianism.

Section two

The term orthomolecular will cause eyebrows to raise. But, as explained in the introduction to Section Two, it simply allows us to look at supplementation remedies for various disorders. When Linus Pauling first coined the term in 1968 he meant it to describe how disease could be eradicated by giving the body the “right molecules” of nutrients.

Section three

This section is titled Health is a Choice. Written by Raymond Francis, MIT trained scientist and national health talk show host; these short and compelling chapters grab contemporary health issues by the neck and shake them until only the good stuff remains. Some say Mr. Francis is an iconoclast because he takes issue with several misconceptions. But his research is impeccable, his writing lively and his conclusions inescapable? Decide for yourself.

Section four

The fourth section is an overview on Traditional Chinese Medicine (TCM) written by Dr. Mark Crapo. Dr. Crapo introduces you to very interesting facts about TCM history, Yin and Yang and the role of herbs in the Chinese approach to medicine. Especially provocative is the contrast and comparison made between the East and West and their approach to medicine.

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Editors note:

Dr. Ken Johnson, orthomolecular nutritionist had the daunting task of redacting the entire course. Every idea, every outline, every chapter went through his hands. So in many ways this current version of the course is really his. Additionally, Dr. Johnson authored Section Two on orthomolecular nutrition.

List of text sections and chapters

Section One, The Basics of Nutrition

Chapter One, Secrets of the Human Cell

Chapter Two, Where Does Nutrition Begin

Chapter Three, What Is Health?

Chapter Four, The Case for Nutritional Supplementation

Chapter Five, Proteins

Chapter Six, Fats

Chapter Seven, Carbohydrates

Chapter Eight, Water

Chapter Nine, Vitamins

Chapter Ten, Minerals and Trace Elements

Chapter Eleven, Cleansing and Rebuilding

Chapter Twelve, Vegetarianism

Section Two, Orthomolecular Nutrition

Introduction

Orthomolecular Nutrition and Aging

Orthomolecular Nutrition and Candida albicans

Orthomolecular Nutrition and Sinus Infection

Orthomolecular Nutrition and Arthritis

Orthomolecular Nutrition for Dealing with Arthritis

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- Orthomolecular Nutrition and Cataracts
- Orthomolecular Nutrition for Cholesterol and Circulatory Conditions
- Orthomolecular Nutrition for Constipation
- Orthomolecular Nutrition and Congestion
- Orthomolecular Nutrition for Diabetes
- Orthomolecular Nutrition for Diarrhea
- Orthomolecular Nutrition for Glandular System
- Orthomolecular Nutrition for Glaucoma
- Orthomolecular Nutrition for Hypertension
- Orthomolecular Nutrition and Hypoglycemia
- Orthomolecular Nutrition for the Immune System
- Orthomolecular Nutrition for Bacterial Infections
- Orthomolecular Nutrition for Internal Cleansing
- Orthomolecular Nutrition for Male Impotence and Fertility
- Orthomolecular Nutrition for Improved Memory
- Orthomolecular Nutrition Menopause
- Orthomolecular Nutrition for a Healthy Prostate
- Orthomolecular Nutrition for Stress Reduction and Nerve Calming
- Orthomolecular Nutrition for Osteoporosis
- Orthomolecular Nutrition for Parasites
- Orthomolecular Nutrition for Premenstrual Syndrome
- Orthomolecular Nutrition for the Skin
- Orthomolecular Nutrition for the Skin Rebuilding
- Orthomolecular Nutrition for Blood Cleansing

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Orthomolecular Nutrition for Ulcers

Orthomolecular Nutrition for Varicose Veins

Orthomolecular Nutrition for Water Retention

Orthomolecular Nutrition for Weight Control

Section Three, Health Is A Choice

Introduction

Chapter One, Health is a Choice

Chapter Two, Are EMFs Safe?

Chapter Three, Boning Up on Osteoporosis

Chapter Four, Genetically Engineered Foods

Chapter Five, The Global Antibiotic Crisis

Chapter Six, Hypertension and Diet

Chapter Seven, Obesity and Health

Chapter Eight, On Asthma

Chapter Nine, Toxic Loads

Chapter Ten, Preventing Cancer

Chapter Eleven, Sugar-A Poor Choice

Chapter Twelve, Sunlight and Health

Chapter Thirteen, The Hazards of NSAIDS

Chapter Fourteen, Allergies

Chapter Fifteen, What You Should Know About Alcohol

Section Four, Traditional Chinese Medicine

Test Question Booklet

There are 297 multiple choice and true/false questions designed to test your understanding of the material in the course. Most of the questions are taken

directly from the text material such that if you read the text, the answers jump off the page at you. A few questions are designed to challenge you to think about what you have encountered with the textual material and may cause you to have to go a little deeper to find the answers.

To challenge each student to go beyond achieving a passing grade, each certificate of completion is annotated with one of the three following phrases:

Pass
Pass With Excellence
Outstanding Achievement

Details on grading are in the Test Question Booklet.

Here is the information contained in the enrollment agreement for this course

SCHOOL OF NUTRITIONAL SCIENCE
ENROLLMENT AGREEMENT
101 Quail Hollow Drive
San Jose, CA 95128
Phone 800 249 4554

This Agreement is for the distance-learning course titled: School of Nutritional Science Practical Applied Nutrition. It is a legally binding instrument when signed by the student and accepted by the school. By signing this Agreement you acknowledge that you have read and understand it. You also acknowledge that you have examined this syllabus especially the refund policy and the material facts about the course and the school.

When you sign this agreement and return it with your tuition we will:

1. Sign this Agreement and give or send you a copy with your course materials.
2. Within five working days send your course materials via the best shipping method.
3. Enter your name in our student records
4. Receive your questions about the course material via fax or e-mail and answer them in kind within three working days. You can ask procedural questions over the phone.

Notes:

Notes:

5. Receive your completed test questions, grade them and return them within 10 working days.
6. Consider you for a Certificate of Completion and assign the appropriate grade classification explained in the Test Question Booklet.

ANY QUESTIONS OR PROBLEMS CONCERNING THIS SCHOOL THAT HAVE NOT BEEN ANSWERED OR RESOLVED TO YOUR SATISFACTION CAN BE DIRECTED TO THE BUREAU FOR PRIVATE POSTSECONDARY AND VOCATIONAL EDUCATION (BPPVE) IN SACRAMENTO, CALIFORNIA. THEIR ADDRESS AND PHONE NUMBER ARE: BPPVE, 1027 10th Street, Sacramento, CA 95816; (916) 445 3428.

Buyer's right to cancel and refund information

You have the right to cancel this Enrollment Agreement and obtain a refund by providing a written notice to:

School of Nutritional Science
101 Quail Hollow Drive
San Jose, CA 95128
Attn: Administrator of Refunds

You are entitled to a full refund of all of your money less a \$75.00 registration fee that we charge for your matriculation. To receive this full refund you must notify us in writing at the above address no later than two weeks after the date you paid for the course. You are entitled to a partial refund based on the time you have had the course whether or not you have submitted any questions from the Test Booklet. If you notify us that you want to drop out within one month from the day you paid for the course, you will receive a 2/3 refund of the amount you paid less the registration fee. If you notify us that you want to drop out within two months from the day you paid for the course, you will receive a 1/3 refund of the amount you paid less shipping and registration. You are entitled to no refund after two months from the day you paid for the course. Example:

Assume you purchase this course on January 2nd for \$450.00 + \$37.13 California state sales tax or a total of \$487.13. If you notify us by January 16th that you want to drop the course, you will receive a credit on your card for \$405.94. This is reckoned by \$450.00 less \$75.00 registration fee, which is \$375.00 plus the tax portion of the \$375.00, which is \$30.94. If you notify us by February 2nd you will receive a refund of \$270.62. This is \$450.00 less the registration fee of \$75.00 less \$125.00 (1/3 of

\$375.00) plus the tax portion of the amount refunded, which is \$20.62. If you notify us by March 2nd you will receive a refund of \$135.31. This is \$450.00 less the registration fee of \$75.00 less \$250.00 (2/3 of \$375.00) plus the tax portion of the amount refunded, which is \$10.31.

If we discontinue this course before two months from the time you paid for it, you will receive a refund based on the amount of time elapsed from the day you paid for the course.

How to approach the course

Once you receive your course materials, begin working immediately. Get momentum flowing for you. We recommend the following steps.

1. Preview the text material by turning through all the pages very fast. Note the chapter and section headings. Read a section here and there. This “warms you up” to the material and gives you a feel for “what’s in there.”
2. Examine the Test Booklet. Review the questions. (The sequence of the questions follows the flow of the text so you can, if you want, read the text and answer questions as you go.)
3. Make a reasonable study schedule for yourself and stick to it. We designed the course to be comfortably completed in three to six months depending on your individual schedule. Resist the temptation to “do it tomorrow”.
4. Ask questions by e-mailing us at questions@inc-inc.com. We will answer as quickly as possible.
5. Talk to family, friends and associates about what you are learning. You are “in a class by yourself” but you don’t have to be alone.
6. Decide early in the course whether you want to achieve a passing grade, pass with distinction or garner the outstanding achievement notation on your certificate. Then set your goals accordingly.

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