

NN 101 - Fundamentals of Nutrition Module 1 – Subject 1

Introduction:

The text chosen for your first subject in Natural Nutrition is *Staying Healthy with Nutrition*, (21st Century Edition) by Elson M. Haas, MD and Buck Levin, PhD, RD. This text will not only be used for this course (Part 1 & 2) but will continue on into Nutritional Symptomatology I (Part 3 & 4), providing a complete guide to diet and nutritional medicine. The philosophy of nutrition expressed in this text encompasses the standards of our school, The Canadian School of Natural Nutrition (CSNN).

We believe...everyone is unique...everyone has a special set of talents and skills...everyone in some unique way wants to make a difference on planet Earth.

Our mission is to educate individuals on the many options available to them to make that difference through the practice of natural nutrition.

- There is an inescapable link between the source, the food and the healthy consumer.
- Our physical body needs more than wholesome nutrition: mind and consciousness play a significant role in our well-being.
- The future of mankind lies not in cures, but in disease prevention.

Through creating awareness based on these facts:
“We can help heal ourselves and planet Earth.”

Nutrition is, after all, a matter familiar to every living being. It is the disregard bred by this familiarity that obliges us to dwell on its essence and rediscover its fundamental simplicity and its vital importance to human survival.

At CSNN, we have adopted a motto that concisely expresses our philosophy of nutrition and characterizes the food that

ideally would nourish us:

LIVE, NATURAL, GOOD QUALITY

As you advance in this course, you will appreciate that these simple words, when truly understood and applied, are the foundation of a good diet.

Your textbook “Staying Healthy with Nutrition” contains a wealth of information about nutrition, which has been structured around a holistic and medical point of view. It will be your task to reflect on the data presented, empowering yourself, with this essential education in healthcare.

Objective:

Your first subject, “Fundamentals of Nutrition”, will give you a clear understanding of the link between nutrition and preventive medicine. It explains the role of macronutrients, vitamins and minerals in the diet, and the importance of water. It describes how certain dietary habits undermine our health, and provides suggestions to overcome these habits. It looks at the effect of pollution on our health and the health of our planet.

Purpose:

Its purpose is to show you how we can develop for ourselves a diet of high nutritional quality despite unhealthy social trends.

Your Learning Environment:

To fully understand this most important subject requires your undivided attention. Please select a quiet area of your home where you will be able to work undisturbed. You will need a note pad, pencils, a highlighter pen, and also an English

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language dictionary to help you avoid the temptation of skipping over words you may not understand!

You will get the most out of your lessons if you follow the pace suggested in your workbooks, and do the exercises as they are presented. At the end of each subject you will find a test. Please detach these pages only when you get to them. The completed tests must be returned to us for marking as indicated. Once your marked tests are returned to you *please keep them all in a safe place for future reference.*

Lessons - Overview

The subject “Fundamentals of Nutrition” is divided into seven (7) lessons and covers Part 1 & Part 2 of your text.

Lesson 1	Introduction The Building Blocks Water
Lesson 2	Digestion and Elimination Carbohydrates
Lesson 3	Proteins Lipids: Fats and Oils
Lesson 4	Vitamins
Lesson 5	Minerals
Lesson 6	Special Supplements
Lesson 7	Diets Dietary Habits Environmental Aspects of Nutrition

Please do the lessons in the order given.

READY?

Lesson One:

Introduction

Purpose:

- To study and understand the link between nutrition and preventative medicine.

Objectives:

- Describe the three basic metabolic functions: building, cleansing, and maintenance.

Note:

The symbol * means: take a few moments to reflect and answer the question asked.

Please read the Introduction now.

- *Q1.** How does the author explain the terms “Scientific Nutrition” and “Integrated Medicine”?

As a **Registered Holistic Nutritionist**, your mission will be to “guide and counsel your clients in the best way to achieve optimal health through *natural nutrition*, but always respecting the right and need for the client to make the final decision in all wellness plans.” We also encourage the policy to “recognize the need to work co-operatively with other disciplines, holistic and allopathic, to best serve the client’s need, respecting the unique contribution of each discipline.”

- *Q2.** Explain why the nutritional practice of dietitians and doctors is very limited.

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Research Question: (from any source)

It is common practice for dietitians to recommend treating ulcers with dairy products. Briefly explain why this is not a very good solution and offer alternative suggestions.

***Q3.** Explain the author’s theory - that the body has three basic metabolic functions.

“Feeding yourself well, naturally, wholesomely, and in balance, will provide all the _____ that you need to nourish your multi-dimensional self and the vital unfoldment of your path.”

Part One - The Building Blocks
Water

Chapter One

Purpose:

- To gain an understanding of the role water has in the diet and the relationship of quality, insufficiency and excess to your state of health.

Objectives:

- Explain the importance of water and why it is an essential part of our basic needs.
- Explain the reasons why city tap water has come to be considered a processed, unnatural substance.
- Address the various sources of water available to us.
- List the factors that may influence the amount of water we need individually.

Please read Chapter 1 now.

***Q4.** What is the primary component of blood, lymph, digestive juices, urine, tears and sweat?

***Q5.** List some of the bodily functions that water is involved with.

“The art of medicine consists of amusing the patient while nature cures the disease.”
Voltaire

***Q6.** Explain the three important points the author makes to explain what is happening to our water.

“What is happening to our water is simple:”

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“The brain uses electrical energy that is generated by the water drive of the energy-generating pumps. With dehydration, the level of energy generation in the brain is decreased. Many functions of the brain that depend on this type of energy become inefficient. We recognize this inadequacy of function and call it *depression*. This “depressive state” caused by dehydration can lead to *chronic fatigue syndrome*.”

From: *Your Body's Many Cries for Water*
by F. Batmanghelidj, M.D.

***Q7.** Outline the reasons why city tap water is considered to be an unnatural, processed substance.

***Q8.** Explain how the following pollutants appear in our drinking water and list the effects they have on the body.

Lead: _____

Radon: _____

Nitrates: _____

***Q9.** List the three ideal characteristics of drinking water:

***Q10.** What does the filtration, or purification of water involve?

***Q11.** How does cooking with demineralized water affect the nutritional value of the food being cooked?



There is confusion when supplying the body with adequate amounts of fluids. Yes, all beverages are basically water, however the ingredients that are also present in tea, coffee, sodas and alcohol contribute to further dehydration from their diuretic effects. The water does not stay in the body long enough therefore the thirst signal is never satisfied. To ward off dehydration and it's side effects, it is best to supply good quality drinking water.

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*Q12. List the factors that may influence
the amount of water we need
individually. _____
