

American Health Science University
National Institute of Nutritional Education/NINE
Administrators of CNSM Certified Nutritionist Licensing since 1985
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Continuing Education Unit Descriptions offered for 2011-2012

CEC01 through CEC09 are Eight Hours or One Continuing Education Unit

CEC01: The Stress Effect.

This course provides a better understanding of the pervasive effect that stress can have on overall health and well being. In addition, you will learn the steps that can be taken to reverse the damage caused by high cortisol levels, a result of long term stress. **Book The Stress Effect** by Richard Weinstein, DC

ISBN# 1-58333-181-6. Order from Amazon.com Shp Wht. 3 lbs.\$ **!3.45**

CEC02: Controlling Cholesterol & Heart Disease

This course will walk you through a variety of factors that contribute to the on-set of heart disease and how to take preventative action to lower the risk of developing this disease. You will also learn how cholesterol interacts with other factors. Book: Cut Your Cholesterol by David L. Katz, M.D. and Debra L. Gordon

ISBN#: 0-7621-0499-6 Order from: Customer Service 800-631-8571 **Shp Wht:** 3lbs.Approx **\$14.95**

CEC03: Intestinal Health through Diet

This course covers the relationship between food and intestinal disorders such as Crohn's disease,ulcerative colitis, diverticulitis, celiac disease, cystic fibrosis of the pancreas and other forms of chronic diarrhea. The book, **Breaking the Vicious Cycle** by Elaine Gottschall, addresses carbohydrate intolerance more broadly than other approaches. Her book avoids the notion that food allergy is the source of many gastrointestinal complaints.

ISBN#: 0-9692768-1-8 Order From: Barnes and Noble (or online) **Shp Wht:**2lbspprox. **\$21.65**

CEC04: Introduction to Glyconutrients

This course introduces the student to nutritional intervention, the science, the technology, the terminology, the validation and the use of glyconutritional technology. It also includes the broad uses and potential impact of these special micronutrients on general and specific health issues. the area of health and optimal wellness. Emphasis is on understanding glyconutritional technology and the broad uses and potential impact of these special micronutrients on general and specific health situations. Book: "**Sugars That Heal**" by **Emil I Mondoa, M.D and Mindy Kitei** ISBN#: 0 345 44107 9. Order from Amazon or Barnes & Nobel approx. \$16.00

CEC05: The Importance of Fats and Oils in Diet

Healing fats are required, together with other nutrients, to prevent and reverse so-called “incurable” degenerative disease: heart disease, cancer and Type II diabetes. In today’s “fat free” world, many of the beneficial elements of the right kinds of fats have been lost from our diets. Learn how eating the right fats
Healing fats are required, together with other nutrients, to prevent and reverse so-called “incurable” and oils improves energy level, athletic performance, fat loss, cardiovascular health, immune function, longevity and more. Book: Fats That Heal Fats That Kill by Udo Erasmus **ISBN#:** 0-920470-38-6 **Order from:** Barnes and Noble **Shp Wht** 3lbs Approx. **\$21.65**

CEC06: Nutrition for Prevention and Reversing Type II Diabetes, Insulin Resistance & Syndrome X

Type II diabetes has reached epidemic proportions in North America and is now being diagnosed as early as childhood. Insulin resistance and Syndrome X are even more prevalent and are the immediate precursor to Type II diabetes often going undiagnosed. Syndrome X ages you prematurely and significantly increases the risk of heart disease, hypertension, obesity, eye disease, nervous system disorders, diabetes, Alzheimer’s, cancer and other age-related diseases. Learn how to recognize the symptoms of insulin resistance and Syndrome X and how to treat these problems with proper nutrition, exercise and supplementation.

Book: Syndrome X by Challein, Berkson and Smith

ISBN#: 0-471-39858-6 **Order from** Barnes and Noble **Shp.Wht.:** 3 lbs. **\$13.91**

CEC07: The Paleo Diet

This course will explain what our Paliolithic ancestors ate, the basics of the Paleo Diet and how civilization has made us stray from our original diet, bringing us obesity and ill health. You will discover how you can lose weight and prevent disease and thrive following this eating plan.

Book: The Paleo Diet by Loren Cordain, Ph.D. **ISBN#:** 0471267554 **Order from:** Barnes and Noble **Shp Wht:** 2lbs. Approx. **\$13.45**

CEC08: Prevent and Heal Ear and Respiratory Infections In Children No More Antibiotics

Book by Dr. Mary Ann Block ISBN#: 1-57566-500-4 **Order from:** The Block System 817-732 2633
Shp Wht: 2 lbs

CEC09: The Slow Down Diet

This diet will challenge some of the most cherished advice experts have offered on the subject of weight loss. Marc David will reveal ways to decrease cortisol and other stress hormones while boosting metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. The Slow Down Diet by Marc David **ISBN#:** 1594770603 **Order from:** Amazon.com **Shp Wht:** 2lbs **Approx. \$11.00**

No CEC 10 at this time.

CEC 11 through CEC22 are 16 hours or Two Continuing Education Units

CEC11: Sports Nutrition for Endurance Athletes

Training and participating in endurance events poses unique nutritional challenges for the endurance athlete. Each event presents its own set of building blocks for a balanced diet as well as recovery nutrition. This course will provide detailed information on how to assess body composition, finding healthy ways to lose body fat and build muscle, as well as meal planning. The information provided on different events such as triathlons, cycling, mountain biking, swimming etc. will enable you to develop a comprehensive training plan for these types of athletes giving them the tools necessary for peak performance in their event.

The Sports Nutrition Book by Monique Ryan. Velo Press ISBN# 1-931-382-15-8 Order from Amazon
Approx. \$16.00

CEC12: CEC 12 Candida Prevention, Treatment and Diet

In order to learn how to raise health levels we must learn as much as we can about specific health conditions that can be eliminated or greatly reduced. In this course you will have the opportunity to understand about one common health condition. "Candida Albicans." The author has designed this course to help you understand what this hidden epidemic, is all about, how candida albicans grows in the body and steps that need to be considered to eliminate it. You will also learn about the roles of both the nutritionist and the immune system.

Book: **Complete Candida Yeast Guidebook** by Jeanne Marie Martin with Zolta P. Rona M.D.
ISBN#0761527400 Approx. \$16.00

CEC13: Metabolic Typing and Individualizing a Nutrition Plan

As we all know, nutritional differences exist. This book gives the technology to analyze these individual differences in the form of Metabolic Typing. Metabolic Typing is a health-building nutritional technology that enables clinicians to customize therapeutic programs to each of their patients. It is the ultimate guide to: permanent weight loss and optimum health, high energy and peak athletic performance, preventing and reversing disease and staying young.

Book: **The Metabolic Typing Diet** by William Wolcott and Trish Fahey ISBN#: 0767905644
Order from: Barnes and Noble **Shp Wht:** 3lbs **Approx. \$14.35**

CEC14: Detoxification to Improve Health, Stop Disease and Reverse Aging

Detoxification therapy has become a necessity for clients who are serious about attaining optimal health and preventing or reversing disease. This course will cover a wide variety of detoxification approaches and will enable you to develop comprehensive detoxification protocols for your clients. Topics covered in this course include: fasting, juicing, oxygen therapy, exercise detoxification, heat therapy, colon cleansing, liver cleansing and the use of herbs.

Book: **The Detox Book** by Bruce Fife, N.D. ISBN#: 0-941599-32-9
Order From: Bruce Fife, 719.550.9887

CEC15: Harness the Power of Enzymes

Our bodies depend on enzymes, the complex living proteins produced by living cells that catalyze every biochemical life process from metabolism to digestion. Keeping bodies rich in enzymes allows them to function at their high-performance, helping them to fight disease, lose weight and achieve optimal overall health. In this course, you will learn how to help your clients increase their energy, detoxify, relieve aches and pains and build up resistance to disease, all with the power of enzymes.

Book: Enzymes Enzyme Therapy by Dr. Anthony J. Cichoke ISBN#: 0-658-00290-2

Order From: Barnes and Noble **Shp Wht:** 3Lbs. Approx. **\$17.05**

CEC16: Business Mastery – The Business of Running a Successful Practice

This course was developed at the request of many Licensed (CN)[®]s. The course addresses the challenge of how to get started in practice after having completed the CN program. CN's will learn how to develop a marketing and business plan. Book: Business Mastery by Cherie M.

Sohnen-Moe. ISBN#: 0-9621265-4-3 Order From: Sohnen-Moe (Aspen 520.743.3936)

Shp Wht: 3lbs. Approx. \$24.95

CEC17: Nutrition Therapy for Infertility and Menstrual Problems

This course will enhance understanding of the female reproduction physiology and provide powerful tools to assist clients in preventing or addressing common conditions such as PMS, infertility, menopausal symptoms, repeated miscarriages, diminished libido, irregular cycles, polycystic ovarian syndrome and heavy bleeding. Book: Fertility, Cycles & Nutrition by Marilyn M. Shannon ISBN#: 0-926412-09-4 **Order From:** Amazon.com **Shp Wht.** 2 lbs. Approx. \$10.00

CEC18: The Vaccination Debate

This course is based on "The Vaccine Guide" by Randall Neustaedter OMD

It explores the Risks and Benefits for Children and Adults North Atlantic Books

ISBN# 978-1556434 235 Available at Amazon.com

CEC19: Family Nutrition

This course offers a comprehensive guide to feeding and supplementing the entire family. Topics include: how to give a baby the best nutritional start; advice on feeding picky eaters; how to pack a nutritious lunch; safe and effective ways to control a child's weight; tips on making healthy eating fun; facts about sugar; choosing infant's formulas; and feeding the brain.

Book: The Family Nutrition Book by William Sears ISBN#: 0316777153

Order from: Barnes and Noble **Shp Wht.** 3lbs Approx. **\$15.34**

CEC20: Balancing Moods for the Better

This course incorporates a 4-Step Program to rebalance your emotional chemistry (depression, anxiety) and rediscover your natural sense of well being. It is a comprehensive program that includes the use of brain-building amino acids plus a diet rich in good mood foods like protein, healthy fats and key vegetables.

Book: The Mood Cure by Julia Ross, MA. ISBN#: 0142003646

Order from: Barnes and Noble **Shp Wht:** 3lbs Approx. **\$13.50**

CEC21: NEW Coding, Billing and Transfer Training including 4 class participation teleseminars

Our most important professional Continued Education Course.

Most members of the Integrative Health Care Communities have not been able to bill and code insurance companies for their professional services. This course will help you get started. The examination at the conclusion of the course is to properly fill out an Insurance 1500 Form. The course includes access to CDs prepared by the ABC Coding Co..

The Study **Manual** was prepared by **James R. Johnston PhD.** Shp.Wht. 1 lb.

Order from: AHSU/ IAHS //NINE 800-530-8079 or johnstontwo@comcast.net

In addition to the CBTT Course you need to order the ABC coding manual on-line.: Go to: abccoding.com,
Click on: [publications](#), go to [order](#), click on [ABC coding manual for integrative health care current addition](#)).
For the Code use all capital letters [INTEGRATE](#) and you will receive [8.5 % discount](#)

CEC22: Essentials Oils, Nutrition and Science : by Bessy Joy Macy,CN, BS, MS,CNHP

This course introduces the science, technology, terminology and validation of therapeutic grade essential oils. When the student has completed all of the learning objectives he/she will understand and be able to explain the role of essential oils as a nutritional adjunct to health, broad and various uses and applications for overall and specific health issues and the importance of purity from seed to bottle.

Book: : Desk reference book: Essential Oils, Nutrition and Science SSBN# 0-943685-49-4

Essential Oils Desk Reference, Fourth Edition, September 2007
Essential Science Publishing ISBN 0-943685-49-4