



# Nutrition *(noo-trish-uhn)*

n. the process by which living organisms assimilate food and use it for growth, metabolism and repair. The stages of nutrition include ingestion, digestion, absorption, transport, assimilation and excretion.

## Department of Nutrition

The courses in the Department of Nutrition focus on the biochemical, nutritional, and hormonal impacts of diet. Students will be able to identify nutritional, biochemical, and hormonal weaknesses in their patients which are obstacles to cure. Students will identify how food can be used to regain and rebuild health physically, mentally, and emotionally. Courses emphasize the body's metabolic pathways for macronutrients and micronutrients; diet diary analysis; nutritional specialty testing; the nutrient requirements of different people at different times in life; knowledge of supplements available to the nutritionally oriented practitioner; and therapeutic dietary protocols used to attain and maintain health.

*12 credits / 120 hours*

### *Mona Morstein, N.D. - Department Chair, Associate Professor*

Dr. Mona Morstein received her N.D. from National College of Natural Medicine in Portland, Oreg. Following graduation, she completed a one year residency at NCNM's out-patient clinic and then moved to Great Falls, Mont. where she established a successful private practice for 13 years. During that time, Dr. Morstein wrote regular newspaper articles for the Great Falls Tribune, had a weekly cable television access show titled *Natural Health* and spoke at more than 100 meetings on various illnesses. In 2002, Dr. Morstein was asked to join the faculty of SCNM. She is recognized in the Naturopathic profession as an expert on diabetes, metabolic syndrome, obesity, and gastroenterology. As part of SCNM, she is still an active international speaker and has been published in numerous magazine and newspaper articles.

SCNM's ND program offers a well balanced and comprehensive curriculum designed to offer the maximum number of credits in each Naturopathic modality. We believe this provides our students with the broadest education to become managers of total integrated Naturopathic Medicine. As part of the required ND curriculum, students will take 12 didactic credits in the Department of Nutrition. Four clinical credits are offered each quarter.



# COURSES

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## **NUTR 620 History of Nutrition and Diet/Detoxification (Lecture 2)**

This lecture and video viewing course does a quick historical view of how nutrition evolved in the human species and discusses modern issues in nutrition, such as GMO and irradiated foods. Students learn how improved nutrition can benefit maladaptive students at school and also learn how the agri-industrial complex has changed the quality of food in the American diet, with the resultant defects in nutrition. The class also discusses the basics and benefits of organically grown foods.

*Prerequisite: None*

## **NUTR 650 Macronutrients and Specialized Diets (Lecture 2)**

This course examines the macronutrients Fats, Carbs, Proteins; amino acids; fiber. It also discusses the various specialized diets naturopathic medicine uses in daily clinical practice and the pros/cons of artificial sweeteners.

*Prerequisite: NUTR 620*

## **NUTR 670 Micronutrients, Enzymes and Accessory Nutrients (Lecture 3)**

This course examines the source, actions, deficiencies, toxicities, dosing, and therapeutic uses of vitamins, minerals, and accessory nutrients. It also examines how to read nutritional labels and discusses the different types and usages of enzymatic therapies. There is also a section on nutrient/nutrient interactions and nutrient/drug interactions.

*Prerequisites: NUTR 620*

## **NUTR 740 Nutritional Disease Protocols (Lecture 3)**

This course examines how nutrition, through the application of therapeutic diets and nutritional supplementation, is used to treat various diseases and conditions that are seen clinically in Naturopathic medical practices.

*Prerequisite: NUTR 670*

## **NUTR 755 Creating Nutrition Based Protocols for Patients (Lecture 2)**

This course will bring all previous nutrition courses into clinical reality, whereby students will create three day therapeutic diets, and nutritional supplement regimens, for a variety of different patient populations and medical conditions, and cost limitations.

*Prerequisite: NUTR 620, NUTR 650, NUTR 670, NUTR 740*

## **CLTR 600 On Site Nutrition Rotations (4 credits offered/Quarter)**

*Morstein*

*SCNM occasionally offers electives in the Naturopathic medical degree program. Electives are courses that are not part of the total required curriculum credits and are not part of the required core-course curriculum.*