

HHP 239 Holistic Issues in Nutrition

7 ½ credit hours (.5 credits)

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Course description:

This class will examine the nutritional alternatives to traditional medical therapies. The discussion will focus on a more optimum level of health using various nutritional techniques. Topics to be discussed will include: Clinical deficiencies of vitamins and minerals, food allergies, female health concerns, gastrointestinal disorders and blood sugar abnormalities that affect our mood, concentration, memory and energy.

Course objectives:

The student will be able to:

- 1) List diet and supplement recommendations for various health issues.
- 2) Have an understanding of prevention and treatments of health related problems.
- 3) Learn about health concerns related to sub-optimum levels of vitamin and minerals.

Grading Policy

Attendance 50%

Exam 50%

Exam Questions:

List 2 nutritional health concerns we discussed today and give recommendations that may improve the condition using diet, vitamins, and herbs as treatment.