

EST.



1989

**BAUMAN
COLLEGE**

SUMMER + FALL 2019 CATALOG

BAUMANCOLLEGE.ORG | 800.987.7530

MISSION + OBJECTIVES

Bauman College educates future leaders, thinkers, and creators in the holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

Our goal is to change the way people consume food from convenience to conscious eating. We provide students with a comprehensive understanding of nutrition, culinary arts, and business practices to prepare them for career success. Bauman College is committed to spreading personal, community, and global wellness through increased awareness of the healing power of fresh, whole food.

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SUMMER + FALL 2019 CATALOG

Effective May 1 – October 31, 2019

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Message from our Founder + President, Dr. Ed Bauman

I feel like a proud parent witnessing Bauman College turn 30 this year. I vividly remember each stage of growth, from conception to reality, from infancy to adolescence, to what is now a well-seasoned and highly respected college of holistic health. My mind flashes back to my first students and colleagues. I smile as I remember the curriculum we created to support critical thinking, research, and the development of programs for clients rather than protocols for diseases. I coined the term *holistic nutrition consultant* to differentiate our graduates from registered dietitians who adhere to the conventional USDA food model. I remember, in 1997, when a nutrition student suggested that we expand our popular *Cooking for Health* course into a culinary arts program to train chefs to create healing foods—this later evolved into the Natural Chef Program.

Our guiding principle has always been the power of healthy living and whole foods to support life, health, and recovery from illness. Bauman College and our graduates have been at the forefront of the organic and non-GMO food, local and sustainable agriculture, and holistic nutrition movements. We will continue to be strong advocates for food justice, safety, and affordability. I recall arguing with legislative committees against proposed monopolistic bills in California and in other states that would restrict the right to practice for holistic nutritionists. I convinced them that our work is valid, our training top-notch, our business a valuable resource, and that the public deserves to have a choice in who to consult for nutrition advice. Without the advocacy and integrity of Bauman College and the National Association of Nutrition Professionals (NANP), there is no telling what the state of nutrition services would be today.

Research continues to validate our premise that nutrient-rich whole food is vital, protective, and in fact, essential for well-being. This was not the norm in 1989 when our program was approved for professional training. We were the only program of its kind in California and one of the first in the United States to put holistic nutrition on the map, academically and professionally. The clarity of our vision, the power of our mission, and the progressive and organic learning model that we created to train nutrition consultants and natural chefs attracted the best of the best, who came to Bauman College from all over the globe.

In my 30 years of writing curriculum, teaching, and mentoring students and teachers, what stands out most to me is the awesome people I have met, trained, and am proud to call my colleagues. I am overjoyed when I hear a lecture delivered by a Bauman College graduate. When they refer to the Eating for Health® model, I am thankful that I was able to articulate an approach to nutrition that is priceless, timeless, and commercial-free. Bauman College aims to teach people to self-select a balance of seasonal, organic, unprocessed, and local (S.O.U.L.) food that fits their budget, metabolism, and health status.

The need for skilled holistic consultants, nutrition health coaches, and natural chefs is even greater now than it was 30 years ago—our work has just begun. Bauman College continues to be a beacon of light that will attract and train a new generation of holistic nutrition professionals to teach doctors, companies, families, and farmers how to eat for health.

I have been blessed to collaborate with a team of dedicated, diligent, and visionary colleagues who share Bauman College's values and goals. Thanks again to all who have and will continue to keep our mission alive and flourishing.

PROFESSIONAL TRAINING PROGRAMS

Nutrition

Nutrition Consultant Program

The Nutrition Consultant Program provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health. In the program, students study the fundamentals of nutrition: anatomy and physiology, macro- and micronutrient selection, chronic disease prevention, and the effects of food on the body. The program also emphasizes bio-individuality and the mind-body connection, uses case studies and practical applications to bring concepts to life, and equips students with foundational skills in health coaching. By completion of the program, graduates are prepared to provide expert diet and lifestyle evaluations and make recommendations for food selection, targeted nutrients, and lifestyle choices that support the improvement of their clients' health and slow the progression of chronic illness.

FEATURES OF THE NUTRITION CONSULTANT PROGRAM

- 700 hours
- Components
 - Foundations of Nutrition (FON)—200 hours
 - Therapeutic Nutrition (TN)—500 hours
- Online delivery—14 months
- Cohorts begin quarterly (February, May, August, and November)
- For Program Start + End Dates, see page 27
- For Tuition, Fees + Payment Plans, see page 26
- Optional Advanced Business Curriculum

Each topic in the program introduces compelling, up-to-date research that enables students to confidently and precisely guide clients in using therapeutic foods, herbs, and nutrients. The curriculum is dynamic and constantly evolving to stay current with the latest nutrition information. The multimedia components of the program are delivered with modern education technology, and students engage with their peers and faculty to assimilate content and apply concepts.

CAREER OPPORTUNITIES

Nutrition consultants trained at Bauman College are prepared to be leaders in the holistic nutrition industry. They are in high demand for their unique knowledge and training. Graduates may choose to work directly for companies or organizations or start their own businesses.

Nutrition consultants are prepared to be:

- Holistic Nutrition Consultants
- Nutrition Educators
- Brand Ambassadors
- In-Store Wellness Practitioners
- Nutritional Product Developers

- Conference Speakers
- Workshop Leaders or Teachers
- Health Writers, Bloggers, Authors + More

This certificate program prepares students to enter the following occupations:

- 21-1091 Health Educators

Graduates have also been employed in the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:

- 29-1031 Dietitians and Nutritionists
- 27-3043 Writers and Authors
- 27-3042 Technical Writers
- 27-3041 Editors
- 25-3021 Self-Enrichment Education Teachers
- 25-1071 Health Specialties Teachers, Postsecondary
- 25-1194 Vocational Education Teachers, Postsecondary
- 25-1199 Postsecondary Teachers, All Other
- 25-2023 Career/Technical Education Teachers, Middle School
- 25-2032 Career/Technical Education Teachers, Secondary School
- 25-3099 Teachers and Instructors, All Other
- 25-9021 Farm and Home Management Advisors
- 25-9031 Instructional Coordinators
- 25-9041 Teacher Assistants
- 21-1019 Counselors, All Other

PROGRAM DETAILS

Students move through classes online and engage with their peers and instructors through discussion boards, peer activities, video conference calls, and one-on-one office hours with faculty.

Students should plan to allocate at least 15 hours per week to successfully engage in structured learning and individual study.

Students in our Nutrition Consultant Program have complete access to all of their curriculum materials including lectures, assignments, and student grades via our unique learning management system, the Bauman College Student Dashboard. With this system, students can communicate with peers and faculty, submit assignments, complete lessons, and check their grades from any location with an Internet connection. The Bauman College Student Dashboard allows students to easily access course materials at any time.

Students have four weeks from their last class to complete their final research projects. Certification will not be granted if all requirements are not met in this time frame.

PARTICIPATION

Students have a portion of their grades determined by participation and completion of online discussion board prompts.

MATRICULATION REQUIREMENT

An overall grade of 80% or higher must be achieved at the end of Foundations of Nutrition for students to matriculate into the Therapeutic Nutrition component of the program.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed to succeed in this program.

CERTIFICATION

The nutrition consultant certificate is valid in California and other states where there are no federal, state, or local requirements limiting the practice of nutrition consulting. Students should contact their local state governments to stay informed about the laws of the state in which they plan to practice. For additional information about the laws in each state, please visit holisticcouncil.org.

PROFESSIONAL ASSOCIATION STANDARDS

Professional association standards require that nutrition consultants practice within the area of health education, with mutual consent between client and consultant, and with full disclosure on the part of the practitioner as to services provided, fees, training, and areas of competence. A nutrition consultant does not diagnose or treat disease. Bauman College carefully teaches students the proper language to use to emphasize that their educational approach is based on supporting health rather than treating disease. Nutrition consultants are encouraged to work with doctors and licensed health care providers when educating clients with previously diagnosed conditions. Anyone who is currently licensed (R.D., R.N., M.F.C.C., M.D., etc.) by the state in which they reside should check with their professional licensing board regarding nutrition practice requirements. Bauman College recommends that its graduates obtain professional malpractice insurance, which is available at a very reasonable rate through national carriers.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Nutrition Consultant Program is recommended and approved by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join the NANP to stay up-to-date with the latest research and business practices, connect with like-minded professionals in the integrative health field, attend annual conferences, gain continuing education credits, and support the rights of holistic nutrition professionals to serve in an ethical and appropriate way. For more information about the NANP, visit nanp.org.

HOLISTIC NUTRITION CREDENTIALING BOARD

Graduates of the Nutrition Consultant Program are eligible to sit for the Holistic Nutrition Credentialing Board (HNCB) examination. The HNCB is a division of the NANP. NANP professional members who meet the board examination qualification criteria and successfully pass the board examination will earn the designation Board Certified in Holistic Nutrition® or BCHN™. This credential provides national recognition of professional excellence. For more information, including a list of board examination eligibility criteria, please visit nanp.org/board-certification.

REQUIRED COURSE COMPONENTS

- FON 101 Eating for Health®
- FON 102 Macronutrients
- FON 103 Micronutrients
- FON 104 Digestion
- FON 105 Chronic Disease Prevention I: Blood Glucose Regulation + Inflammation
- FON 106 Chronic Disease Prevention II: Cardiovascular + Mental Health
- FON 107 Exercise + Sports Nutrition
- FON 108 Foundations of Health Coaching
- TN 201 Nutrition Counseling, Analysis + Meal Planning
- Business Module: Starting a Practice
- Research Lab
- Nutrition Careers Panel
- TN 202 Biochemistry + Metabolism
- TN 203 Immune Health
- TN 204 Endocrine Health
- TN 205 Digestive Physiology + Gastrointestinal Health
- TN 206 Liver Health + Detoxification
- TN 207 Cardiovascular Health
- TN 208 Client Case Presentations
- TN 209 Cancer
- TN 210 Neurological Health
- TN 211 Musculoskeletal Health
- TN 212 Pain Management
- TN 213 Life Cycle Health + Support
- TN 214 Final Research Project
- Optional HNCB Exam Preparation Class

Foundations of Nutrition Program

Foundations of Nutrition is the first component of the Nutrition Consultant Program and does not earn certification when taken alone. This online program provides students with foundational knowledge of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health. In the program, students study the fundamentals of nutrition: macro- and micronutrient selection, chronic disease prevention, and the effects of food on the body. The program also emphasizes bio-individuality and the mind-body connection, uses case studies and practical applications to bring concepts to life, and equips students with foundational skills in health coaching. It is a required prerequisite for certification in the Nutrition Consultant and Nutrition Health Coach programs.

FEATURES OF THE FOUNDATIONS OF NUTRITION PROGRAM

- 200 hours
- Online delivery—5 months
- Cohorts begin quarterly (February, May, August, and November)
- For Program Start + End Dates, see page 27
- For Tuition, Fees + Payment Plans, see page 26

REQUIRED COURSE COMPONENTS

- FON 101 Eating for Health®
- FON 102 Macronutrients
- FON 103 Micronutrients
- FON 104 Digestion
- FON 105 Chronic Disease Prevention I: Blood Glucose Regulation + Inflammation
- FON 106 Chronic Disease Prevention II: Cardiovascular + Mental Health
- FON 107 Exercise + Sports Nutrition
- FON 108 Foundations of Health Coaching

Health Coaching

Health Coach Program

The online Health Coach Program prepares students with the skills required to effectively utilize coaching as a healing modality in contemporary wellness settings. The comprehensive curriculum covers coaching structure and process, lifestyle medicine, and ethics with an emphasis on the narrative health coaching technique. Completion of the program equips graduates with the knowledge and skills necessary for certification and professional practice. Graduates are poised to motivate clients to improve their health through ongoing dietary and lifestyle changes.

Narrative health coaching is an integrative approach based on four principles: stories matter, relationships engage, learning transforms, and growth heals. Narrative health coaching emphasizes stories that foster healing. Going beyond conventional coaching, the narrative health coach encourages clients to gain awareness of the mindsets or stories that contribute to or maintain dysfunctional health behaviors. Once clients have identified a dysfunctional story, the coach facilitates the creation of a new story that becomes the core motivation to learn and maintain new and adaptive health behaviors.

The Health Coach Program engages students for six months with live video sessions and online coursework, mentorship, and supervision. The program seamlessly guides students from coaching dyads with fellow students, through mentorship with master coaches, to client coaching sessions that are evaluated by professionally certified coaches. Whether students are embarking on a new career or adding skills to an existing practice, the Health Coach Program offers powerful opportunities to impact the lives of individuals who seek relief from chronic conditions.

COMPONENTS OF THE HEALTH COACH PROGRAM

- 225 hours
- Online delivery—6 months
- Cohorts begin every spring and fall (April and October)
- For Program Start + End Dates, see page 27
- For Tuition, Fees + Payment Plans, see page 26
- Optional Advanced Business Curriculum

The Health Coach Program maximizes skill development by fostering ongoing cycles of learning core coaching concepts. This enables students to quickly learn to co-create healing client relationships, communicate effectively, and facilitate learning with clients, thereby creating lasting results. Each program module builds on previous learning and small group supervision engages students with their peers and faculty, creating an active learning community.

CAREER OPPORTUNITIES

Health coaches trained at Bauman College are prepared to become leaders in the holistic health industry. They are in high demand for their unique knowledge and training. Graduates may choose to work directly for companies or organizations or start their own businesses.

Health coaches are prepared to be:

- Hospital-Based Health Coaches
- Corporate Wellness Coaches
- Community Health Coaches
- Nutritional Health Coaches
- Wellness Practitioners + Ambassadors
- Mindfulness-Based Health Educators
- Clinical Health Educators
- Conference Speakers
- Workshop Leaders or Teachers
- Health Writers, Bloggers, Authors + More

This certificate program prepares students to enter the following occupations:

- 21-1091 Health Educators

Graduates have also been employed in the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:

- 29-1031 Dietitians and Nutritionists
- 27-3043 Writers and Authors
- 27-3042 Technical Writers
- 27-3041 Editors
- 25-3021 Self-Enrichment Education Teachers
- 25-1071 Health Specialties Teachers, Postsecondary
- 25-1194 Vocational Education Teachers, Postsecondary
- 25-1199 Postsecondary Teachers, All Other
- 25-2023 Career/Technical Education Teachers, Middle School
- 25-2032 Career/Technical Education Teachers, Secondary School
- 25-3099 Teachers and Instructors, All Other
- 25-9021 Farm and Home Management Advisors
- 25-9031 Instructional Coordinators
- 25-9041 Teacher Assistants
- 21-1019 Counselors, All Other

PROGRAM DETAILS

Live online classes are two-hours in length and meet on average once per week. Prerecorded video classes supplement live online classes throughout the program. Students engage in weekly topics through online education materials, discussion boards, peer activities, video conference calls, and small group supervisory sessions with faculty. Students should plan to allocate at least 6.5 hours per week to successfully engage in structured learning and individual study.

Students in our Health Coach Program have complete access to all of their curriculum materials including lectures, assignments, and student grades via our unique learning management system, the Bauman College Student Dashboard. With this system, students can communicate with peers and faculty, submit assignments, complete lessons, and check their grades from any location with an Internet connection. The Bauman College Student Dashboard allows students to easily access course materials at any time.

ATTENDANCE

For successful completion of the program, attendance is required for all class sessions. Up to four classes can be made up by listening to class recordings, which are available for each class.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed to succeed in this program.

CERTIFICATION

The health coach certification is valid in California and other states where there are no federal, state, or local requirements limiting the practice of health coaching. Students should contact their local state governments to stay informed about the laws of the state in which they plan to practice. For additional information about the laws in each state, please visit holisticcouncil.org.

PROFESSIONAL ASSOCIATION STANDARDS

Professional association standards require that health coaches practice within the area of health education, with mutual consent between client and coach, and with full disclosure on the part of the practitioner as to services provided, fees, training, and areas of competence. A health coach does not diagnose or treat disease. Bauman College carefully teaches students the proper language to use to emphasize that their educational approach is based on supporting health rather than treating disease. Health coaches are encouraged to work with doctors and licensed health care providers when educating clients with previously diagnosed conditions. Anyone who is currently licensed (R.D., R.N., M.F.C.C., M.D., etc.) by the state in which they reside should check with their professional licensing board regarding health coaching requirements. Bauman College recommends that its graduates obtain professional malpractice insurance, which is available at a very reasonable rate through national carriers.

NATIONAL BOARD FOR HEALTH + WELLNESS COACHING

Graduates of the Health Coach Program are eligible to sit for the exam offered by the National Board for Health & Wellness Coaching (NBHWC). The NBHWC partners with the National Board of Medical Examiners (NBME) to offer the only national board certification for health coaches in the US and Canada.

To be eligible to sit for the exam, students must complete 50 coaching sessions, with a minimum duration of 20 minutes each, after completing the Health Coach Program.

The Health Coach Program is an Approved Transitional Program by the NBHWC. Successful completion of the Health Coach Program meets the standards for coaching education required to sit for the exam to become a National Board Certified Health & Wellness Coach (NBC-HWC). For more information, including a list of board exam eligibility criteria, please visit nbhwc.org.

REQUIRED COURSE COMPONENTS

- HC 101 Health Coaching Fundamentals: Structure + Process
- HC 102 Lifestyle Medicine for Health Coaches
- HC 103 Clinical Mentorship
- HC 104 Case Presentations + Feedback
- HC 105 Practical Skills Development: Facilitated Learning
- HC 106 Final Assessment + Certification

Nutrition Health Coach Program

The Nutrition Health Coach Program prepares students with coaching skills and foundational knowledge of whole-foods nutrition so they can effectively utilize coaching as a healing modality to support optimal health through dietary and lifestyle changes. The program provides a comprehensive health coaching curriculum along with a fundamental nutrition curriculum in which students learn macro- and micronutrient selection, digestion, chronic disease prevention, and the effects of food on the body. Completion of the program prepares graduates with the knowledge and skills necessary for certification and professional practice. Graduates will have the ability to highly motivate clients in supporting the healing of chronic illness through ongoing dietary and lifestyle changes.

FEATURES OF THE NUTRITION HEALTH COACH PROGRAM

- 425 hours
- Components
 - Health Coach (HC)—225 hours
 - Foundations of Nutrition (FON)—200 hours
- Online delivery—11 months
- Cohorts begin twice per year every spring and fall (April and October)
- For Program Start + End Dates, see page 27
- For Tuition, Fees + Payment Plans, see page 26
- Optional Advanced Business Curriculum

REQUIRED COURSE COMPONENTS

- HC 101 Health Coaching Fundamentals: Structure + Process
- HC 102 Lifestyle Medicine for Health Coaches
- HC 103 Clinical Mentorship
- HC 104 Case Presentations + Feedback
- HC 105 Practical Skills Development: Facilitated Learning
- HC 106 Final Assessment + Certification
- FON 101 Eating for Health®
- FON 102 Macronutrients
- FON 103 Micronutrients
- FON 104 Digestion
- FON 105 Chronic Disease Prevention I: Blood Glucose Regulation + Inflammation
- FON 106 Chronic Disease Prevention II: Cardiovascular + Mental Health
- FON 107 Exercise + Sports Nutrition

Culinary Arts

Natural Chef Program

CULINARY FOUNDATIONS

The Natural Chef Program offers a fresh take on the culinary arts by combining traditional preparation techniques with restorative cooking. Students learn to cater to the needs of individuals, not the parameters of a specific diet. They become experts in food preparation, flavor development, presentation, and restorative cooking techniques and recipes. Our program emphasizes the use of fresh, seasonal, organic, unprocessed, and local foods and goes beyond traditional culinary education by teaching students how to cook for optimal health.

The Natural Chef Program is an experiential, hands-on learning process that teaches students the skills required of professionally trained, restorative chefs. Uniquely, the Natural Chef Program also provides a grounded foundation in the art and science of holistic, research-based nutrition.

FEATURES OF THE NATURAL CHEF PROGRAM

- 560 hours
- Components
 - Classroom Instruction—495 hours, 5 months
 - In-House Culinary Experience—15 hours
 - Independent Culinary Externship—50 hours
- Classes begin every spring and fall (March and September)
- For Program Start + End Dates, see page 27
- Classes are offered in Berkeley, CA
- For Tuition, Fees + Payment Plans, see page 26
- Optional Advanced Business Curriculum

Classes explore a broad range of culinary topics such as alternative food preparation techniques; health benefits of flavor profiles from world cuisines; restorative cooking with herbs and spices; and therapeutic applications of food for illness prevention, recovery, and optimal health. Students learn a unique approach to the culinary arts and leave prepared to promote health and wellness through food.

The Natural Chef Program uses the finest local, organic, and seasonal ingredients and benefits from an abundance of fresh, premium products that are available in the Bay Area. The kitchens are stocked with the highest-quality produce, grass-fed and pasture-raised meats, and sustainably sourced seafood. Bauman College has cultivated relationships with local businesses that supply our culinary program with high-quality olive oil, spices, sea vegetables, meats, cheeses, fermented foods, and other pantry staples for healthy, holistic cuisine. Many of these purveyors come to campus to give presentations to our students or host field trips to their facilities to share information about their practices and production processes.

CAREER OPPORTUNITIES

Natural chefs trained at Bauman College are prepared to be leaders in the holistic nutrition and culinary arts industries. They are in high demand for their unique knowledge and training. Students may choose to work directly for companies or organizations or start their own businesses.

Natural chefs are prepared to be:

- Personal or Private Chefs
- Caterers
- Corporate Chefs
- Food Truck Operators
- Cafe Owners
- Executive or Sous Chefs
- Prep or Line Cooks
- Kitchen Managers
- Culinary Educators
- Leaders of Workshops or Cooking Demonstrations
- Culinary Bloggers + Authors
- Food Photographers, Stylists + More

This certificate program prepares students to enter the following occupations:

- 35-1011 Chefs and Head Cooks
- 35-2013 Cooks, Private Household
- 35-2014 Cooks, Restaurant
- 35-2012 Cooks, Institution and Cafeteria
- 35-2019 Cooks, All Other
- 51-3011 Bakers
- 35-2021 Food Preparation Workers
- 35-3021 Combined Food Preparation and Serving Workers
- 35-9099 Food Preparation and Serving Related Workers, All Other
- 35-3022 Counter Attendants, Cafeteria, Food Concession, and Coffee Shop
- 25-3021 Self-Enrichment Education Teachers

Graduates have also been employed in the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:

- 21-1091 Health Educators
- 27-3043 Writers and Authors
- 27-4021 Photographers (Food)

PROGRAM DETAILS

Classes meet on-site three days per week, totaling 15 hours of class time each week. Students should plan to spend as much time on assignments and individual study as they spend in class. Students who are able to spend more time on assignments will be able to create a richer learning experience. Assignments require cooking; access to a kitchen is necessary.

Students have six weeks from their final class date to complete their culinary externships. Certification will not be granted if all requirements are not met within this time frame.

ATTENDANCE REQUIREMENTS

In order to complete certification requirements, students are allowed a maximum of six absences during the course of the program. A late arrival or early leave constitutes one-third of an absence. If a student arrives more than 1.5 hours late or leaves more than 1.5 hours early, this constitutes an entire absence. The Knife Skills class and ServSafe® Food Manager training are required in order to begin working in the kitchen. If a student is absent from class, he/she may choose to arrange for a private tutorial with an instructor and pay a fee assessed by Bauman College; this private tutorial makes up the content but does not excuse the student's absence from that class.

CULINARY SKILLS LABS

Skills labs are an optional, but recommended, supplement offered at Bauman College. Occurring on select Thursdays outside of class time, these labs offer students a chance to further hone techniques or recipes. Some skills labs provide an opportunity for students to focus on a specific culinary technique while others provide students with the freedom to focus and work on any project they choose. Skills labs are facilitated by at least one Bauman College culinary faculty or staff member who is available to answer questions, provide guidance, and offer support to students in attendance.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. This includes the ability to print assignments as needed. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Natural Chef Program is recommended by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join the NANP to stay connected, support the rights of nutrition professionals, and stay abreast of the latest developments in the field of nutrition. For more information about the NANP, visit nanp.org.

DRESS CODE REQUIREMENTS

- Chef coats are provided by Bauman College.
- Skull caps to restrain hair are provided by Bauman College.
- Waist aprons are provided by Bauman College.
- Chef pants (black, houndstooth, or black and white checked) are independently purchased by students.
- Chef shoes (black, slip resistant, hard, closed toe and heel, no laces) are independently purchased by students.
- Socks must be worn at all times.
- Beards are permitted, but students may be asked to wear a beard snood.
- Mustaches must be kept neatly trimmed and may not extend below the corners of the mouth.
- No long fingernails, polish, decorations, or fake fingernails.
- No jewelry except plain and smooth bands. Students must be prepared to remove their facial piercings should they not comply with the safety and sanitation standards determined by Bauman College. All piercings must be approved by the kitchen manager prior to student work in the kitchen.

REQUIRED COURSE COMPONENTS

- CF 101 Culinary Foundations
- CF 102 Farm to Table: Culinary Techniques
- Midterm Exams
- Externship Orientation + Culinary Careers Panel
- CF 103 Restorative Cooking for Optimal Health
- CF 104 World Cuisines: Flavor Profiles + Restorative Benefits
- CF 105 Final Culinary Presentations
- CF 106 Culinary Showcase
- In-House Culinary Hours
- Culinary Externship
- Business Module: Starting a Culinary Business

COURSE DESCRIPTIONS

Nutrition Consultant Program

Foundations of Nutrition

FON 101 EATING FOR HEALTH®

Students learn about the benefits of the whole-foods Eating for Health® model and understand how to use it to help people set beneficial lifestyle and nutrition goals. They also explore the concept of intuitive eating and understand how to eat for the health and happiness of the entire being. Students examine the health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, chemical additives, and poor-quality fats as well as specific environmental factors that can negatively affect human health.

FON 102 MACRONUTRIENTS

Students learn the chemical nature and classification of macronutrients and discuss high-quality food sources. Detailed information on macronutrient form and function is introduced. Students are guided to vary their macronutrient ratios using their own intuition and body cues by observing resulting changes in mood, energy, and productivity. Students also learn about factors that affect macronutrient needs and are introduced to nutrition analysis software.

FON 103 MICRONUTRIENTS

Students learn the importance of vitamins, minerals, and phytonutrients. Students become familiar with specific micronutrient functions, synergies, and contraindications and learn to identify specific micronutrients they may need more of and how to address potential deficiencies. They also learn how to increase dietary intake, taking into consideration factors such as bioavailability, food preparation, and storage. Current findings regarding micronutrient deficiency and its connection to premature aging, morbidity, and mortality are discussed. Students understand the potential needs and limitations of dietary supplements to address micronutrient deficiencies.

FON 104 DIGESTION

Digestion, absorption, elimination, and immunity as it relates to digestion are discussed. Students learn how proper digestion affects other systems of the body and can contribute to disease prevention and optimal health. Concepts such as the metabolism of macronutrients, blood glucose, and food allergies are introduced. The relationship between digestive, immune, and nervous systems are also explored.

FON 105 CHRONIC DISEASE PREVENTION I: BLOOD GLUCOSE REGULATION + INFLAMMATION

Students learn about blood glucose dysregulation and inflammation as contributing factors to prevalent chronic diseases. They learn assessment, dietary approaches, and research relevant to addressing insulin resistance, type 2 diabetes, metabolic syndrome, hypoglycemia, and hyperglycemia. Students become familiar with acute and chronic inflammation as well as with the mechanisms behind chronic disease manifestations. Dietary and lifestyle approaches to ameliorating blood glucose dysregulation and mitigating chronic inflammation are also addressed.

FON 106 CHRONIC DISEASE PREVENTION II: CARDIOVASCULAR + MENTAL HEALTH

Students learn the etiology of cardiovascular ailments and mental health issues. The role of genetics, diet, lifestyle, and other risk factors is explored. Students continue to learn about the root causes of many chronic diseases as well as the various ways disease can manifest. They learn to support cardiovascular and mental health through therapeutic whole foods, targeted nutrients, stress reduction techniques, and lifestyle factors. The physiological implications of stress, sleep, and alcohol and drug abuse and their significance to chronic disease prevention and management are also explored.

FON 107 EXERCISE + SPORTS NUTRITION

Physical fitness and the health benefits of different levels of exercise are explored. Students learn to implement different forms of exercise, design sustainable exercise plans, and use internal cues to identify individual optimal exercise plans. Optimal nutrition and hydration to promote strength, flexibility, endurance, lifelong fitness, and injury prevention are also discussed.

FON 108 FOUNDATIONS OF HEALTH COACHING

Health coaching is a developmental and integrative approach based on four principles: stories matter, relationships engage, learning transforms, and growth heals. Students learn to navigate and support clients' health issues by addressing multiple factors that contribute to healing while focusing on the development of foundational coaching skills.

MIDTERM EXAM

Students complete a midterm exam through the Bauman College Student Dashboard to demonstrate their knowledge of current, practical, and relevant information presented in the course.

FOOD DEMONSTRATION

Students apply nutritional principles by presenting and preparing recipe handouts that include the health benefits of the ingredients, culture and history of the dish, and cooking instructions. Students in the blended program present a minimum of one food demonstration per term to their class. Students in the online program are encouraged to present to their friends, family, or elsewhere in their communities, but are not required to do so. All students submit a recipe handout for feedback from their graders.

Therapeutic Nutrition

TN 201 NUTRITIONAL CONSULTING, ANALYSIS + MEAL PLANNING

Students learn the scope of practice of a nutrition consultant and explore how to work with clients in a nutrition consulting setting. Effective interviewing, communication skills, and goal setting are also discussed. Students learn to analyze the nutrient content and serving sizes of whole and refined foods. By conducting dietary evaluations, students become familiar with foods that have excellent nutrient density and diversity and learn to contrast them with commercially processed foods. Students also learn to create customized meal plans that take into account a variety of client needs and explore how nutrition analysis and meal planning can be used in a nutrition consultant's practice.

RESEARCH LAB

Students learn how to read and understand scientific research. This skill plays a vital role in making educated recommendations for clients. Being able to unpack news headlines with the knowledge of what constitutes a credible study is part of being a reputable nutrition consultant.

NUTRITION CAREERS PANEL

Students have access to a comprehensive panel of representatives from different careers open to nutrition consultants. Panelists share their career journeys, and in the classroom, students have the chance to ask questions and network.

TN 202 BIOCHEMISTRY + METABOLISM

Students investigate the foundations of biochemistry and metabolism and learn how amino acids, fatty acids, and carbohydrates influence cellular structure and physiological functions. Free radicals, antioxidants, phytochemicals, and the importance of hydration in the human body are also discussed. Students also learn about energy production in mitochondria and its practical applications with clients. Mechanisms that regulate and factors that influence metabolism and body weight are also explored and students learn about food and lifestyle recommendations that support healthy metabolism and weight regulation.

TN 203 IMMUNE HEALTH

Students learn about the immune system's organs, functions, and nutritional needs. Health issues related to over- and underactive immune systems are examined. Dietary and lifestyle factors that can disrupt immune function are discussed and students learn to support the immune system with diet and lifestyle modifications. The mechanisms of autoimmune conditions are presented and students learn to address contributing factors and apply nutrition-based care programs to support clients with autoimmunity.

TN 204 ENDOCRINE HEALTH

Students explore the fundamentals of the endocrine system along with the anatomy and physiology of its glands and hormones to understand where dysfunction can arise. The interaction of stress with the endocrine system and the influence that stress has on health are discussed. Research is presented on how metabolic and endocrine imbalances lead to biochemical insufficiencies. Students are introduced to hormonal synergies and the hypothalamus-pituitary-thyroid-adrenal feedback system. Students learn to support the endocrine system through targeted diet and lifestyle interventions.

TN 205 DIGESTIVE PHYSIOLOGY + GASTROINTESTINAL HEALTH

Students learn about health issues pertaining to the gastrointestinal tract and its associated structures with special attention paid to dysbiosis, leaky gut, irritable bowel syndrome, colitis, and related conditions. Students learn how to apply dietary and lifestyle interventions including elimination diets, rotation diets, and the 4R approach to support gastrointestinal health.

TN 206 LIVER HEALTH + DETOXIFICATION

Students learn about the functional anatomy and physiology of the liver, including its role in macronutrient metabolism, vitamin and mineral storage, and the elimination of toxins with a focus on the two-phase enzymatic detoxification system. Other detoxification pathways such as the skin and lymphatic systems are also discussed. Students explore the foods, herbs, and nutrients needed to protect the liver from oxidative damage and free radicals, which are associated with toxicity and specific conditions affecting the liver, such as hepatitis.

TN 207 CARDIOVASCULAR HEALTH

Students explore the role of genetics, diet, lifestyle, and risk factors in cardiovascular disease. The incidence and etiology of cardiovascular disease are examined with nutrient-drug interactions explained. Students learn to support conditions affecting the cardiovascular system with key foods, herbs, spices, nutrients, and lifestyle practices.

TN 208 CLIENT CASE PRESENTATIONS

Students conduct initial comprehensive intakes, collect data via health surveys, and provide recommendations for health recovery. Students learn to work with clients where they are in their health journeys and provide customized nutritional wellness programs that are built upon week by week. Each student delivers a case presentation to demonstrate mastery of the skills learned.

TN 209 CANCER

Students learn about cancer-preventative foods as well as specific nutrient needs and dietary support for individuals undergoing surgery, chemotherapy, radiation, and hormone therapy. Students explore how an Eating for Health® diet along with lifestyle interventions have value in protecting the body from cancer occurrence or recurrence.

NC 210 NEUROLOGICAL HEALTH

Students learn brain anatomy, physiology, and biochemistry along with the brain's dynamic interplay with the endocrine, immune, and gastrointestinal systems. The relationship between psychological, somatic, and environmental factors as they relate to mental health is discussed. Conditions such as substance abuse, eating disorders, depression, anxiety, and bipolar disorder are examined with recommendations for nutritional support. The role of food, gastrointestinal issues, and environmental sensitivities that can trigger mood disorders, attention-deficit/hyperactivity disorder, and autism are also explored.

TN 211 MUSCULOSKELETAL HEALTH

Students are introduced to the functional anatomy of the musculoskeletal system. Natural herbal and nutritional alternatives to current treatments for musculoskeletal conditions are critiqued and discussed.

TN 212 PAIN MANAGEMENT

Students examine research on pain management, osteoarthritis, and fibromyalgia. Students learn to support pain management with key foods, herbs, spices, cannabis, and nutrients as well as lifestyle practices.

TN 213 LIFE CYCLE HEALTH + SUPPORT

Students are introduced to life cycle issues and related dietary support for infants, youth, and adults. Students learn about the nutritional needs and health concerns related to infants and youth. Nutritional needs and health concerns related to women, such as conception, pregnancy, postnatal care, and menopause; and men's health issues, such as benign prostate hypertrophy and andropause (male menopause), are discussed. Also covered are metabolic patterns of aging, common health issues of the elderly, Alzheimer's disease, and Parkinson's disease.

FINAL RESEARCH PROJECT

Students submit a final research project in which they complete an in-depth literature review along with client case summaries that demonstrate their knowledge and skill in working with clinical issues.

Health Coach Program

HC 101 HEALTH COACHING FUNDAMENTALS: STRUCTURE + PROCESS

This module introduces the basics of coaching structure and process, including co-creating a client relationship and communicating effectively. Through the unique lens of a story, students learn to complete a client intake and develop client-specific healing plans. Coursework provides students with the opportunity to directly experience and internalize narrative health coaching principles.

HC 102 LIFESTYLE MEDICINE FOR HEALTH COACHES

Topics in this module include nutrition, physical activity, sleep, stress reduction, substance abuse, and prevalent chronic conditions such as hypertension, diabetes, heart disease, and metabolic syndrome. This module consists of prerecorded webinars featuring leading integrative physician educators, which students can view at their own pace.

HC 103 CLINICAL MENTORSHIP

Students observe a master coach skillfully unpack the coaching process, providing them with a unique environment to integrate narrative health coaching principles and core competencies. Students have the opportunity to observe an instructor coaching a client in live coaching sessions and the coaching process. Discussion, analysis, and Q&A provide significant learning opportunities for students, who also have access to faculty coaching notes, healing plans, and client assignments.

HC 104 CASE PRESENTATIONS + FEEDBACK

Students begin to work directly with two volunteer clients and meet regularly in small working groups of students with a trained supervisor. Live feedback is provided as students present their casework. Students also submit a recording of a coaching session for assessment by the supervisor. These supervisory groups provide vital support for students while they work with their first clients.

HC 105 PRACTICAL SKILLS DEVELOPMENT: FACILITATED LEARNING

This final learning module focuses on facilitating learning and results. By learning to design growth practices that foster ongoing learning for clients both within and outside the coaching session, students learn powerful tools for healing. Motivational theory, working with resistance, and professional ethics complete the curriculum, providing comprehensive skill development.

HC 106 FINAL ASSESSMENT + CERTIFICATION

Certification as a health coach requires assessment of coaching skills and competencies. Final assessment by qualified health coaches allows students to demonstrate successful skill development and receive feedback on those professional competencies that require continued growth and mastery.

Natural Chef Program

CF 101 CULINARY FOUNDATIONS

This section introduces the Eating for Health® approach to culinary arts, a system based on the principles of seasonal, organic, unprocessed, and local (S.O.U.L.) foods, which is the foundation of the Natural Chef Program. Students are introduced to the basic tools and skills of the culinary profession through classes in culinary math, knife skills, kitchen safety, and culinary fundamentals including dry heat, moist heat, combination techniques, and no heat preparations. Students also take an online ServSafe® safety and sanitation course to qualify as certified ServSafe® food managers. Classes in this module include:

- Orientation, Eating for Health® + Pantry Essentials
- Macronutrients
- Micronutrients
- Culinary Math, Costing + Recipe Writing
- Knife Skills
- Dry Heat Techniques
- Moist Heat Techniques
- No Heat Techniques
- Seasoning + Plating

CF 102 FARM TO TABLE: CULINARY TECHNIQUES

In this section, students learn traditional, contemporary, and restorative cooking techniques for the natural chef. Students also learn to cook with nutritious ingredients to replace the commonly allergenic ingredients such as commercial dairy, wheat, and refined sugars that are staples of mainstream cuisine. Sections in this module include:

- Herbs + Spices
- Stocks + Broths
- Soups + Stews
- Sauces
- Salads + Dressings
- Leafy Greens + Mushrooms
- Crunchy + Starchy Vegetables
- Grain Technique
- Legumes
- Nuts + Seeds
- Sea Vegetables
- Seafood Technique
- Egg Technique
- Pasture-Raised Poultry Technique
- Grass-Fed + Pasture-Raised Red Meat Technique
- Fermentation I, II + III
- Baking I, II + III

MIDTERM EXAMS

Students spend two days on midterm exams, which are designed to evaluate their comprehension of basic culinary skills and techniques. Students are tested on ingredient identification, knife skills, and basic culinary techniques and also complete a written exam.

CF 103 EXTERNSHIP ORIENTATION + CULINARY CAREERS PANEL

After midterm exams, students prepare for their future plans as natural chefs. Over the course of three days, students participate in an orientation for their 50-hour externship; learn about the process of large-scale food preparation, including costing and scaling; and attend a networking lunch, where they can engage directly with a comprehensive panel of representatives from different careers in the culinary industry.

CF 104 RESTORATIVE COOKING FOR OPTIMAL HEALTH

Arguably our most valuable and unique section in the curriculum, Restorative Cooking for Optimal Health, teaches students the role that healthy food plays in the prevention, recovery, and management of specific health conditions. This education emphasizes health promotion, natural longevity, and disease prevention and recovery. Students learn to cook for optimal health and cater to a variety of conditions. Classes include:

- Restorative Menu Planning
- Digestive Wellness
- Blood Sugar Wellness
- Immune Health
- Food Sensitivities + Autoimmunity
- Heart Health
- Liver Support
- Endocrine Health + Stress Management
- Mental Health
- Cancer Prevention
- Cancer Support
- Life Cycle Nutrition I: Pregnancy, Infancy + Early Childhood
- Life Cycle Nutrition II: Adolescence, Adulthood + Fertility
- Life Cycle Nutrition III: Healthy Aging
- Sports Nutrition + Musculoskeletal Health
- Weight Management
- Specialty Diets

WORLD CUISINES: FLAVOR PROFILES + RESTORATIVE BENEFITS

Bauman College values global cooking traditions that embrace S.O.U.L. foods. Students study the fundamental flavor profiles and properties of various cuisines throughout the world. Particular attention is paid to the unique use of spices, aesthetics, plating styles, and restorative cooking applications. In this section, students learn flavor profiles to prepare the following world cuisines:

- Western Mediterranean
- Middle Eastern + North African
- Indian
- Chinese
- Southeast Asian
- Japanese
- Mexican + Central American
- South American

CF 105 FINAL CULINARY PRESENTATIONS

The final presentation is one of the most unique and beneficial parts of the Natural Chef Program.

Students draw on their personal interests, passions, and experiences to deliver a final 45-minute presentation that is both technically proficient and expressive of their future work as natural chefs. These presentations demonstrate competence in all topics covered in the program and provide students with an opportunity to practice hands-on demonstration skills and gain confidence in public speaking. Students choose a specific lifestyle or restorative diet for their project, conduct research on the diet, provide information on how recipes and menus can be adjusted for this diet, create original recipes that demonstrate their understanding of client-tailored culinary arts, and demonstrate the preparation of their recipes to the class.

CF 106 CULINARY SHOWCASE

The culinary showcase demonstrates students' mastery of food selection, preparation, and presentation as well as their knowledge of how to organize and execute a large-scale food event. Under the supervision of chef instructors, students gain hands-on experience in catering for a special occasion. The students' families and friends have an opportunity to sample students' work in a festive atmosphere. This very special, theme-based meal illustrates the benefits of skillful planning, budgeting, and shopping as well as careful preparation and aesthetics. In the classes leading up to the showcase, students work in committees and learn to handle necessary tasks with ease and confidence. These artfully presented, imaginative, and delicious meals are special celebrations for students, staff, and guests. Classes include:

- Showcase Planning, Scaling + Costing
- Showcase Recipe Testing
- Showcase Preparation
- Culinary Showcase
- Course Conclusion

IN-HOUSE CULINARY HOURS

In preparation for their culinary externships in the field, students are required to complete 15 in-house culinary hours to hone their skills. In-house culinary hours offer a variety of work relevant to the direction students wish to take their externships (e.g., stewarding for Natural Chef Program class preparation, preparing for Bauman College catering events, assisting in community classes). In-house culinary hours are supervised by Bauman College faculty and staff and must be completed by the last day of classroom instruction.

CULINARY EXTERNSHIP

Students are required to complete 50 hours of culinary fieldwork in order to become certified natural chefs, which builds their competence and confidence. Students are provided an opportunity to meet with staff after midterm exams to receive guidance and discuss goals and options. Externship hours must be supervised and may include working in a restaurant, catering company, corporation, nonprofit organization, retreat, or food production company. Students must have an on-site supervisor and must have their externship opportunities approved by Bauman College staff.

BECOME A STUDENT

Student + Alumni Relations

Once you have chosen to take the next step and enroll as a student, you will immediately be connected with our student and alumni community in a number of ways. Our Student + Alumni Relations program is designed to help you feel connected and supported by the Bauman College community. We offer career resources, social media groups specifically for students and alumni, and free product and business marketing to help you reach clients.

CAREER RESOURCES

Current students, as well as graduates of Bauman College, have access to the Career Development discussion board on the Bauman College Forum. Students and alumni can log in to the site to:

- Access and share professional and educational resources and stay up-to-date on current industry trends.
- Connect with fellow students, alumni, faculty, and staff.

Students and alumni also have access to a Job Flash with local and national full-time, part-time, temporary, and volunteer opportunities. The Job Flash is shared weekly via Facebook and LinkedIn.

SOCIAL MEDIA

Connect with fellow students and graduates of Bauman College through our exclusive student and alumni groups on Facebook and LinkedIn. Post questions and learn about industry specifics through hundreds of experienced professionals. Online learners will be able to connect with fellow students near and far. Students and alumni who have their own food blogs or are seeking inspiration can join our alumni-run food bloggers group.

ALUMNI PRODUCTS

Our alumni are professional nutrition consultants, product developers, authors, speakers, and more. They offer an abundance of knowledge about holistic food and nutrition services tailored to meet individual needs and improve optimal health. Alumni have the opportunity to post their products and services on the Bauman College website for free.

ALUMNI DIRECTORY

Bauman College graduates can add professional profiles to the Bauman College website to connect with potential employers, clients, fellow students, and alumni. The website receives up to 70,000 views per month, which is a great opportunity for free marketing.

BE A LEADER + VOLUNTEER

Whether alumni are looking to create positive change in their communities, enhance their education, or build their skills and resumes, there is an abundance of volunteer and speaking opportunities through which to gain more experience and share your knowledge and skills. Whether volunteering at Bauman College events or in the community, we encourage a spirit of service to become an effective leader locally, nationally, and globally and to enhance career success.

Financial Assistance

Our admissions advisors are here to help you. Start by reviewing the opportunities provided on our website, then call us at 800-987-7530 or set up an appointment with an advisor via the website. Our advisors are well versed in many funding opportunities and can guide you in how to best support your education.

STUDENT TUITION RECOVERY FUND

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, 916-431-6959 or 888-370-7589.

To be eligible for STRF, you must be a California resident or enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

PRIVATE STUDENT LOAN OBLIGATION

If you obtain a loan to pay for this educational program, you have the responsibility to repay the full amount of the loan plus interest and apply any Bauman College refunds to the loan.

Tuition, Fees + Payment Plans: May 1 – Oct. 31, 2019

PROGRAM DETAILS			PACKAGE		PACKAGE		PACKAGE			
Program Name	Health Coach	Foundations of Nutrition	Nutrition Health Coach		Nutrition Consultant		Nutrition Consultant + Nutrition Health Coach			Natural Chef
Delivery	Online	Online	Online		Online		Online			Classroom
Components	HC	FON	HC	FON	FON	TN	HC	FON	TN	CF
Component Price	\$5,499	\$3,199	\$5,499	\$3,199	\$3,199	\$4,799	\$5,499	\$3,199	\$4,799	\$17,999
Program Length	6 months	5 months	11 months		14 months		20 months			5 months
Program Hours	225	200	425		700		925			560
Earns Certificate	Yes	No	Yes		Yes		Yes			Yes
Tuition	\$5,499	\$3,199	\$8,698		\$7,998		\$13,497			\$17,999
Package Discount*	\$0	\$0	-\$999		-\$999		-1,499			\$0
Total Tuition	\$5,499	\$3,199	\$7,699		\$6,999		\$11,998			\$17,999
Registration Fee	\$200	\$200	\$200		\$200		\$200			\$200
Tech/Student Fee	\$200	\$200	\$200		\$200		\$200			\$200
Materials	\$0	\$0	\$0		\$0		\$0			\$992 (Sales tax will be added)
Total Fees	\$400	\$400	\$400		\$400		\$400			\$1,392
Total Tuition + Fees	\$5,899	\$3,599	\$8,099		\$7,399		\$12,398			\$19,391
*Disclaimer	Any discount applied to the original enrollment will become void upon cancellation.									
PAYMENT PLAN	Custom Payment Plans: Our payment plans are customizable. Reduce your monthly payment and minimize finance fees by making a larger down payment than our current plans offer. For more information, contact us at admissions@baumancollege.org .									
Total Down Payment (20% tuition + fees)	\$1,499.80	\$1,039.80	\$1,939.80		\$1,799.80		\$2,799.60			\$4,991.80
Financed Amount	\$4,399.20	\$2,559.20	\$6,159.20		\$5,599.20		\$9,598.40			\$14,399.20
Finance Fee	\$439.92	\$255.92	\$615.92		\$559.92		\$959.84			\$719.96
Total Balance Due	\$4,839.12	\$2,815.12	\$6,775.12		\$6,159.12		\$10,558.24			\$15,119.16
Payments	5	4	10		13		19			4
Monthly Payment	\$967.82	\$703.78	\$677.51		\$473.78		\$555.70			\$3,779.79
Approximate fees for additional required items	Books \$72	Books \$87	Books \$159		Books \$313		Books \$385			Chef attire, books, kitchen scale, and ingredients: \$183-\$328

Program Start + End Dates

PROGRAM	START DATE	END DATE	TIMES
Berkeley			
Fall Natural Chef	09/16/19	03/09/20 ¹	Mondays, Tuesdays + Wednesdays 10:00 a.m.–3:00 p.m. PT ²
Online			
Summer Nutrition Consultant ³	08/01/19	09/24/20	
Fall Nutrition Consultant ³	11/01/19	12/04/20	
Fall Health Coach	10/01/19	03/20/20	Tuesdays 4:00–6:00 p.m. PT ⁴

¹ Six additional weeks are allowed for the completion of a required independent culinary externship.

² Please note that the Natural Chef Program may have some classes that run additional hours. Additionally, during the week of the Culinary Showcase, students will meet on different days and/or at different hours.

³ Cohort video call sessions (once per module) will be scheduled for both mornings and evenings. All calls will be recorded and available for playback for a period of two weeks following the scheduled session.

⁴ In general, classes meet online on Tuesdays from 4:00–6:00 p.m. PT. During HC 104, the Case Presentation + Feedback module, additional days and time slots will be offered.

When an unexpected closure occurs due to extraordinary conditions, such as inclement weather, students will be notified as soon as possible by phone and email by the school administrator. Classes are not held on the following holidays: New Year's Eve, New Year's Day, Martin Luther King Jr. Day, Presidents' Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and the Friday following, Christmas Eve, and Christmas Day.

Please contact our Admissions Department for detailed schedules.

Application + Enrollment

We Make Applying Easy

Applying to Bauman College is easier than ever with our online application process. From the Bauman College website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need to have all required items in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so make sure you have everything you need before you start the process.

Required documents include a copy of high school completion or higher education transcripts or diploma, a 500-word essay, and a digital photo of yourself. Detailed document requirements can be found by clicking on the "Application Requirements" link on the "Application + Enrollment" page of our website. Applicants will receive email notification of acceptance within two business days.

Dates to Remember

Timely application and enrollment is important in order to secure your space in the program of your choice. Please note the following dates:

PROGRAM	APPLICATION DATE Apply by this time for your enrollment contract to be fully processed prior to the late enrollment date.	LATE ENROLLMENT DATE Enrollment contracts postmarked after this date will incur a \$50 late enrollment fee.
Summer Nutrition Consultant	July 3, 2019	July 17, 2019
Fall Natural Chef	August 14, 2019	August 28, 2019
Fall Health Coach	September 4, 2019	September 18, 2019
Fall Nutrition Consultant	October 2, 2019	October 16, 2019

School Approval + Resources

Bauman College is a private nonprofit educational institution approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions students may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:

The Bureau for Private Postsecondary Education
2535 Capitol Oaks Drive, Suite 400
Sacramento, CA 95833
Phone: 888-370-7589 | Fax: 916-263-1897 | Website: bppe.ca.gov

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589, or by completing a complaint form, which can be obtained on the Bureau's website at bppe.ca.gov.

Bauman College is not accredited by an accrediting agency recognized by the United States Department of Education. Bauman College does not participate in federal or state financial aid programs.

Bauman College is a solid and stable institution. We do not have a pending petition in bankruptcy; we are not operating as a debtor in possession; we have not filed a petition within the preceding five years; and we have not had a petition in bankruptcy filed against us within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

FACILITIES

Each Bauman College location contains professional offices and reception areas. At our Berkeley facility, there is also a culinary classroom equipped with two state-of-the-art commercial kitchens. All students must have access to a personal computer with Internet, email, and word processing capabilities for course work; WiFi is provided to allow students while they are on campus. Students in all programs engage with modern education technology, written materials, and the Bauman College Student Dashboard. Culinary students also attend lectures in the classroom accompanied by slide presentations and participate in cooking labs using high-quality kitchen utensils and commercial-grade appliances.

HOUSING

A variety of housing options are available near Bauman College including hotels, apartments, private rooms, and so on. Rental prices vary depending on the type of housing chosen (e.g., shared housing, apartments, or single occupancy), and range from ~\$700-\$2,500/month. Housing information is posted on the Bauman College Forum under the search term "Housing Hookup" to assist students in finding local housing. Bauman College does not provide housing, dormitory facilities, or have any responsibility to find or assist students in finding housing.

STUDENT LIBRARY + RESOURCES

Each Bauman College location maintains a small library, consisting of nutrition textbooks, cookbooks, culinary reference books, wellness resources, and other reference materials available for student use. Students may access these resources during normal business hours, Monday–Thursday 9:00 a.m.–4:00 p.m. Bauman College students are required to have computers to complete their studies, and students may access free WiFi at both of our locations to facilitate their online research needs. Students may utilize our classrooms to study during normal business hours, provided that the classrooms are not in use.

STUDENT SERVICES

Our Student Services Department counsels and assists students with any needs that they may have during their studies. Students who need additional assistance have access to faculty and graduate tutors. An active Community Forum, with excellent faculty participation, is utilized by students and alumni to discuss nutrition and culinary topics and provides guidance and clarity as students move through the curriculum.

Policies + Procedures

ADMISSION

Applicants must have a high school diploma or equivalent; Bauman College does not offer an ability-to-benefit examination. Acceptance into the program is subject to review of submitted application materials. A background in health sciences is beneficial, but not mandatory. Bauman College reserves the right to deny admission to any applicant.

APPLICATION PROCESS

From the Bauman College website, hover over the “Programs,” tab then select “Application + Enrollment.” In order to successfully submit an online application, all of the required documents must be in digital file formats that can be uploaded and submitted via our online system. Please note that the application cannot be submitted if anything is missing, so be sure to have all materials ready before starting the process. Before beginning the application process, please review the computer skills and equipment requirements below. Applicants will receive notification of acceptance by email within two business days.

COMPUTER SKILLS + REQUIREMENTS

These computer skills are required of Bauman College students:

Basic Word Processing: Students must be able to use a word processor to create basic documents. This includes using templates, making tables, and inserting headers, footers, and graphics into documents. These skills are required to complete assignments.

Internet Connection: Students need access to a reliable broadband Internet connection; at least a 4 Mbps download speed is recommended. Lower speeds may drastically impact students' experience. See the “Frequently Asked Questions” page on our website for additional information.

Basic Web Skills: Students need to use the Internet for a variety of tasks ranging from research to use of online nutrition analysis tools. Basic proficiency in the use of a web browser and basic web applications is necessary.

Web Application Skills: Students are required to use a web-based platform to post questions, access materials, and complete assignments.

Email: Students are expected to have an active Gmail account and to regularly check and respond to email.

Students must also ensure that they possess a computer system with minimal hardware and software requirements. For a full discussion of skills and system requirements, please visit the “Frequently Asked Questions” page on our website. There, you will find a “Technical FAQs” section where information on operating systems, hardware, and software requirements are detailed.

LATE ENROLLMENT

It is important to apply and enroll early to secure a space in the program of your choice. Classes with insufficient enrollment may be canceled. A non-refundable late enrollment fee of \$50 will be charged after the late enrollment deadline has passed.

RESUME EVALUATION

Bauman College does not award credit for prior experiential learning.

INTERNATIONAL STUDENTS

Bauman College does not offer student visa services, but will vouch for student status as necessary. Please note that international students participating in online programs are responsible for all international calling fees incurred during their program participation.

ENGLISH LANGUAGE REQUIREMENT

Bauman College accepts students who are proficient in the English language; both written and verbal proficiency is required. Instruction is not provided in any language other than English; no English language services are available. Non-native English speaking students must demonstrate proficiency in the English language, equivalent to the 12th grade level through submittal of a TOEFL certificate, high school diploma, or through the application essay and an advising appointment with the Admissions Department. All copies of student transcripts or diplomas must be submitted in English.

PAYMENT PLANS

Bauman College payment plans can be arranged. An installment payment plan for any Bauman College program will incur a finance fee on the tuition balance due. Students choosing a payment plan must commit to monthly automatic credit card charges. Full payment of all fees must be received in order for a student to receive certification for a particular program and to continue with additional training. Tuition payments are due once a month (see contract for exact dates). There will be a \$35 charge for all declined scheduled credit card payments. Educational services may be withheld from a student whose payment (including late fee) is more than 10 days late. Bauman College reserves the right to refuse payment plan services to any individual.

STUDENT CONDUCT + GRIEVANCES

All students enrolled at Bauman College must conduct themselves in a manner that promotes a peaceful learning environment. Students are expected to behave with respect and care toward fellow students, faculty, and staff. The use of cell phones, including texting, is not permitted in the classroom. Bauman College has a zero tolerance policy for drugs, alcohol, and weapons. Students who display conduct issues will be referred to the Student Services Department for guidance and discipline. If necessary, the matter will be discussed with the Executive Council for appropriate resolution. Bauman College maintains the right to dismiss students for conduct that is disruptive to the class or conduct that reflects unfavorably on Bauman College's reputation or impacts operation. Reinstatement after dismissal will occur only with the consent of the Executive Council in response to a written request and personal interview. In all cases, the student should be informed of the grievances against him/her, and the student shall be given a fair opportunity to refute them. The institution will not be arbitrary in its actions.

Students seeking to resolve problems or voice complaints should contact the Student Services Department. They will investigate, record, and, if possible, resolve the issue. Matters that are unable to be resolved will be forwarded to the Executive Council for further review and action. The Student Services Department can be contacted by phone at 707-795-1284 x306 or by email at student.services@baumancollege.org.

OBSERVABLE IMPAIRMENT POLICY

Bauman College seeks to maintain safety for all students in the classroom. If a student is observed to be behaving in an unsafe manner in the classroom, even as a result of a legal drug prescription, they may not participate in actions that the instructor deems unsafe. This may include utilizing knives or kitchen equipment. Students may still observe the class at the discretion of the instructor.

GRADING, CREDITS + RECORDS

All assignments are given numerical grades and/or content feedback. A file review is available by appointment to discuss any questions pertaining to coursework and progress in the program. After all the requirements of a certificate granting program are satisfied, a certificate will be awarded. Replacement certificates can be purchased for \$25 each. Upon request, two transcripts will be provided at no charge. Additional copies will be available for \$25 each. Bauman College student records are kept confidential and maintained primarily through electronic files that are backed up on a daily basis and stored in two separate secure geographical locations; these records are kept forever. All physical files containing California Code requirements are kept for a minimum of five years following a student's completion or withdrawal. Bauman College reserves the right to terminate the enrollment of any student who consistently displays sub-standard work and/or performance and is deemed by the Director of Academics to lack the skills needed to achieve vocational certification (see Standards for Student Achievement on page 35). A prorated refund of tuition charges will be returned to the student should this situation occur.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS + CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Bauman College is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at Bauman College is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of the coursework at that institution. For this reason, you should make certain that your attendance at Bauman College will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Bauman College to determine if your certificate will transfer.

Leave of Absence

NUTRITION CONSULTANT + FOUNDATIONS OF NUTRITION

If a student finds it necessary to take a leave of absence (LOA) from a current program and all payments are current, the student must complete an LOA form and submit an administrative processing fee of \$100 to the Student Services Department via email at student.services@baumancollege.org or via US mail at P.O. Box 940, Penngrove, CA 94951.

During an LOA, a student's academic and administrative file is placed in suspension for a maximum of six months. The school will contact a student on LOA prior to the start of the next two cohorts to evaluate their desire and ability to resume studies.

Paid tuition fees will be applied toward the new cohort and the student will not be subject to additional fees upon return unless tuition, STRF, and/or class materials have changed or the student is repeating any previously taken classes. Third-party-funded students must gain consent from their funding resources in order to take an LOA and are subject to all stated policies. During an LOA, all access to Bauman College resources and services are suspended. An LOA from a program is only permitted once.

HEALTH COACH

An LOA may only be taken within the first module of the Health Coach Program (HC 101). The above details described for the Nutrition Consultant Program also apply to an LOA from the Health Coach program.

NUTRITION HEALTH COACH

An LOA may only be taken within the first module of or after the completion of the Health Coach component of the program, or at any point during the Foundations of Nutrition component of the program. The above details described for the Nutrition Consultant Program also apply to an LOA from the Nutrition Health Coach program.

NATURAL CHEF

An LOA is not available for Natural Chef Program students; however, should a student need to cancel enrollment, he/she may follow the procedures for cancellation and re-enrollment as outlined in the cancellation policy.

Cancellation

Student's Right to Cancel: A student has the right to cancel the enrollment agreement and obtain a refund.

The institution shall, for any student, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$200 and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later.

A student may withdraw from a program after instruction has started and receive a prorated refund for the unused portion of the tuition if 60% or less of the program has been completed. Prorated refunds are based on any instruction delivered prior to cancellation being received. Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resellable condition will be granted if returned within two weeks after the first day of instruction. A 50% refund of the Student Services and Technology Fee will be granted if cancellation occurs within 45 days after the first day of instruction. After that point, the fee will be charged in full. A student is not considered withdrawn until a written cancellation has been received. Cancellation shall occur when a student gives written notice of cancellation at the address of the school shown on the top of the student's enrollment contract. The cancellation notice can be sent by mail, email, fax, or hand delivery. If sent by mail, cancellation is effective when deposited in the mail, properly addressed, and with postage prepaid.

Students who are funded by third-party payers will have any cancellation refund paid directly from Bauman College to the third-party payer, not to the student. Refunds will be processed within 45 days of proper cancellation. Students who wish to cancel must be current with their financial obligations to the school. Tuition charges and fees will continue to accrue until a student's financial account is settled. Should a student wish to re-enroll after a cancellation, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student canceled. Re-enrollment will only be considered for the same program and must be processed within two years of the student's original enrollment date in order to receive credit for previous coursework.

NUTRITION CONSULTANT + FOUNDATIONS OF NUTRITION REFUND POLICY

If cancellation does not take place by the first day of instruction or the seventh day after enrollment, whichever is later, a student will be charged for the entire first module of their program. Henceforth, cancellation must take place prior to any following modules that are released on the Student Dashboard; otherwise, tuition for the full module(s) will be deducted from your prorated refund.

Standards for Student Achievement

Attendance: Students must comply with Bauman College attendance requirements.

Grade Average: Students must achieve an 80% grade average to graduate and receive certification.

Assignments: Students who engage in plagiarism will lose their opportunity for certification.

Nutrition Consultant Completion Projects: Written reports, oral case presentations, and a final research project mark the successful completion of the Nutrition Consultant Program. Throughout this program, students are expected to present oral case histories demonstrating their ability to complete a client intake, conduct appropriate questionnaires, devise a nutritional wellness program, and monitor client progress.

Health Coach Completion Projects: Written case reports, coaching assessments, and a final live evaluation of coaching competence mark the successful completion of the Health Coach Program. Throughout the program, students are expected to present oral case histories demonstrating the ability to complete a client intake, assess clients' strengths and weaknesses, develop and present a healing plan, facilitate learning through developing growth practices, monitor clients' progress, and complete a coaching program assessment.

The final live evaluation assesses coaching competencies based on the National Board for Health & Wellness Coaching Practical Skills Guidelines. If a student does not meet minimum competence upon completion of the program, they will not be eligible for certification at that time but may receive a provisional pass, which will require them to work with a private health coach, at their own expense, to be brought up to the required standard of competence to pass the program and earn full certification.

Foundations of Nutrition Completion Projects: A written exam marks the completion of the Foundations of Nutrition program.

Natural Chef Completion Projects: The final written and oral culinary presentation will demonstrate the competencies of the natural chef and mark the successful completion of the Natural Chef Program. Students will conduct research, provide nutrition information, and prepare dishes related to their chosen culinary focus. Natural Chef Program students will also complete 15 in-house culinary hours and a 50-hour independent culinary externship.

ServSafe® Manager Certification: Natural Chef students must pass the ServSafe® Manager exam in order to be certified as natural chefs.

Financial Obligation: Students must satisfy all financial contract agreements with Bauman College.

Institutional Fees

- Late Enrollment Fee: \$50
- Declined Credit Card Fee: \$35
- Nutrition Consultant and Health Coach Repeat Class Fee: \$50/class
- Natural Chef Class Make-Up Fee: \$50-\$75/hour
- Replacement Certificate Fee: \$25
- Leave of Absence: \$100
- Transcript Fee (First two copies provided for free): \$25

Fees Paid to Others

- Foundations of Nutrition Program Books: ~\$87
- Nutrition Consultant Program Books: ~\$313
- Health Coach Program Books: ~\$72
- Nutrition Health Coach Program Books: ~\$159
- Natural Chef Program Books: ~\$68
- Chef Shoes: \$60-\$150
- Chef Pants: \$20-\$40
- Digital Kitchen Scale: \$10-\$20
- Ingredients for Final Culinary Presentation: \$25-\$50

FACULTY

Ed Bauman – Ph.D.

Founder + President

Dr. Ed Bauman has been a pioneer in the field of holistic nutrition since the early 1980s. His vision and leadership have inspired thousands of people to transform their lives through wellness, community, and peace. He received his M.Ed. from the University of Massachusetts, and his Ph.D. in health promotion from the University of New Mexico. Dr. Bauman created the Eating for Health® model to teach individuals to make nutritionally comprehensive food choices and founded Bauman College in 1989 with a mission to change the world through better nutrition and healthful living. He is a special advisor for the National Association of Nutrition Professionals (NANP) and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. Dr. Bauman was co-editor of the *Holistic Health Handbook* and *Holistic Health Lifebook*, and author of *Confronting Cancer in Our Community*, *Recipes and Remedies for Rejuvenation Cookbook*, *The Whole-Food Guide for Breast Cancer Survivors*, *The Flavors of Health Cookbook*, and *Eating for Health: Your Guide to Vitality and Optimal Health*.

Rosie Ueng – M.S.

Director of Academics

Rosie holds a B.A. in biochemistry from the University of California, Berkeley and an M.S. in holistic nutrition from Hawthorn University. Her experience over the past two decades combines years of laboratory research, science instruction, and curriculum development, along with a fervor for good food and health. She has worked in commercial kitchens, as a professional caterer, and is also the consulting chef for the Weston A. Price Foundation. Rosie brings her experience working with private clients and teaching workshops in the community to the classroom, as an instructor for both the Nutrition Consultant and Natural Chef programs.

Hilla Abel – O.D.

Lead Natural Chef Instructor

Hilla received her B.A. in integrative biology and her doctorate in optometry from the University of California, Berkeley. After years of seeing the results of improper eating in her patients' eyes, Hilla became impassioned to teach people the benefits of healthy eating. A graduate of the Natural Gourmet Institute for Health and Culinary Arts, Hilla teaches for both Bauman College's Natural Chef Program and children's cooking camps at the Albany Community Center. She is also the owner of Health in a Pan, where she helps busy parents answer the question "what's for dinner?" through culinary coaching, so that they feel confident in preparing healthy, delicious, and manageable meals for their families.

Susan Arthur — B.A., N.C.**Nutrition Consultant Instructor**

Susan has a B.A. in psychology from Sacramento State University and has been teaching and counseling in the field of holistic health and nutrition since 1989. She became a certified nutrition consultant through Bauman College where she has been an instructor since 2006. Her studies in psychology included an emphasis on nutrition and behavior modification. In her nutrition practice, she emphasizes the whole person, working on all aspects of their life experience, to encourage lasting change and well-being. Susan has provided hundreds of clients from diverse backgrounds with individualized nutritional support.

Anasuya Basil — N.C., DIPL. A.B.T., C.S.T.**Nutrition Consultant Instructor**

Anasuya has been the director of a holistic health practice, My Body Wisdom, since 1996. She is a Bauman College certified nutrition consultant and is Board Certified in Holistic Nutrition®. Anasuya was on the faculty of the Acupressure Institute in Berkeley for eight years, teaching traditional Chinese medicine theory applications for women's health as well as nutrition for pain and depression management. She is board certified as a Diplomate of Asian Bodywork Therapy (NCCAOM)® and certified by the Upledger Institute in craniosacral therapy.

Nishanga Bliss — D.Sc., L.Ac.**Natural Chef + Nutrition Consultant Instructor**

Nishanga has been a holistic physician since 1999. She is a licensed acupuncturist, nutritionist, and professor of Chinese medicine at the Acupuncture and Integrative Medicine College in Berkeley, CA. Nishanga is the author of *Real Food All Year: Eating Seasonal Whole Foods for Optimal Health* and *All-Day Energy*, and has a blog, Gastronicity, where she writes about the intersections of food, health, and sustainability.

Porsche Combash — B.A.**Natural Chef Instructor**

Porsche is a chef, instructor, and entrepreneur. She specializes in production cooking, sustainable packaging, and nutrient-dense product development. Porsche's love for food began to develop when she trained as a pastry chef at age 16. She has worked as a wedding coordinator, caterer, chef, and garde manger. In 2001, she studied at the Natural Gourmet Institute to become a culinary instructor. She interned at Findhorn in Scotland and Ballymaloe Cookery School in Ireland. In 2006, Porsche co-founded Three Stone Hearth, a worker-owned co-op, in Berkeley, CA. She now teaches culinary arts, develops cancer-supportive recipes and meal plans, and continually studies ways to help others retain or regain optimal health.

Kathryn Dejong – M.A., N.C.**Nutrition Consultant Instructor**

Kathryn holds an M.A. in education and a teaching credential from Sonoma State University. She retired from a thrilling teaching career in 2006, where she was an instructor in adult education, elementary school, and preschool. After retiring, she pursued her passion for cooking and nutrition at Bauman College and completed both the Nutrition Consultant and Natural Chef programs. She now teaches in Penngrove and runs her own nutrition consultant practice. Kathryn is Board Certified in Holistic Nutrition®.

Diane Fischler – B.A., N.C.**Nutrition Consultant Instructor + Administrator**

Diane is a Bauman College certified nutrition consultant and has a B.A. in anthropology from the State University of New York at Stony Brook. She has been a Bauman College faculty member since 2005 and an online program instructor since 2007. In that time, she has successfully ushered many enthusiastic students through the Nutrition Consultant Program. She has also taught nutrition at Northern California Functional Restoration Program, a pain management clinic. Diane has a lifelong interest in health and wellness with an emphasis on stress reduction and cardiovascular health.

Nicole Gimmillaro – B.A., M.S.**Natural Chef Instructor**

Nicole holds a B.A. in English literature from Whittier College and an M.S. in holistic nutrition from Hawthorn University. After years of working in various positions in the restaurant industry, she attended the Natural Chef Program at Bauman College. Nicole is also a sommelier and certified yoga and Pilates instructor. As a chef, Nicole draws inspiration from her experience with food, nutrition, fitness, and travel. She was one of the original chefs for Munchery; developed and ran the culinary program for a week-long retreat; was a culinary instructor for Sur La Table; leads hands-on cooking events with Parties That Cook; and is the founder of A Moveable Feast by Nicole and The Mindfull Belly. Her goal is to continue to educate people on the benefits of nourishing foods and nutrition.

Thais Harris – B.A., N.C.**Nutrition Consultant Instructor**

Thais holds a B.A. from the California Institute of Integral Studies, attended the University of Southern Santa Catarina's international relations program in Brazil, and is a certified nutrition consultant through Bauman College. She is the co-founder of Nourish Together, a nutrition and wellness private practice focusing on helping couples achieve optimal health. Thais also works as the nutrition education manager at Ceres Community Project, a nonprofit organization supporting primarily low-income people struggling with serious illnesses by providing free and home-delivered nourishing, organic, and locally produced meals; nutrition education; and the caring support of the community. As a business owner, Thais draws from her experience in graphic and web design, human resources management, and accounting.

Jenny Helman – N.C.

Nutrition Consultant Instructor

Jenny graduated with honors from Bauman College as a nutrition consultant in 2014. In 2016, she was chosen to receive the Going Up award from the NANP in recognition of the visibility, success, and distinction she has achieved in the holistic nutrition industry. She runs her private practice, Healdsburg Nutrition, in Sonoma County, CA, where she offers individualized programs and workshops. She also teaches nutrition education at Ceres Community Project. In her spare time, Jenny enjoys working in her garden with her husband, where they cultivate vegetables, fruit trees, and healing herbs.

Nori Hudson – M.S., N.C.

Nutrition Consultant Instructor

Nori holds a B.A. in English, an M.S. in business administration, is a Bauman College certified nutrition consultant, and is Board Certified in Holistic Nutrition®. She has instructed at Bauman College since 2002 and owns a private practice, Radiant Vitality, which focuses on health issues affecting children and the elderly. Nori teaches widely within her community at schools and seminars. She also introduced a nutrition course, Success!, into the minimum security dorm at San Quentin State Prison.

Laura Knoff – B.S., N.C.

Nutrition Consultant Instructor

Laura holds a B.S. in chemistry from Florida Atlantic University and was a senior research associate in the lipoprotein group at Lawrence Berkeley National Laboratory. Laura also worked as an electron microscopist from 1982 until 2000. She is a Bauman College certified nutrition consultant, a member of the NANP, and is Board Certified in Holistic Nutrition®. She is the author of *Veggiewoman's Guide to Health; Gluten Free, Dairy Free, Sugar Free Eating* and *The Whole Food Guide to Overcoming Irritable Bowel Syndrome*. Laura has a private practice at the Labrys Healthcare Circle in Oakland, CA.

Joel Kreisberg – D.C., P.C.C., C.C.H.

Health Coach Instructor

Joel is the founder and executive director of Teleosis Institute, a nonprofit devoted to coaching and the healing arts. He brings almost three decades of leadership experience to his work as an integrative physician, teacher, coach, and change agent. He received credentials from New York College of Chiropractic, Hahnemann College of Homeopathy, and Integral Coaching Canada. After becoming an Integral Master Coach™, Joel incorporated this knowledge into his clinical practice by creating narrative health coaching. He is the author of *Coaching and Healing: Transcending the Illness Narrative* and maintains a private practice in Berkeley, CA.

Ruth Marlin – M.D.**Health Coach Instructor**

Ruth trained as an internal medicine physician at the University of Tennessee, the Mayo Clinic, and the University of British Columbia. She is also a certified health and wellness coach. For over a decade, she worked with Dr. Dean Ornish at the Preventive Medicine Research Institute where she was a lifestyle retreat physician and the director of medical education; she was also the medical director of the Prostate Cancer Lifestyle and Geminal Trials. Ruth also served as the associate director for the Northern California Melanoma Center at St. Mary's Medical Center in San Francisco, CA. She is a diplomat of the American Board of Integrative Medicine and a Bauman College Health Coach Program instructor.

Reggie Marra – M.A., P.C.C.**Health Coach Instructor**

Reggie uses poetry, humor, Integral Coaching®, and any means necessary to alleviate unnecessary suffering. He is the creative director at Teleosis Institute and a co-creator of the Bauman College Health Coach Program. He is a faculty member at Integral Coaching Canada and has taught at Maryland University of Integrative Health and the Graduate Institute. Reggie is the author of four nonfiction and three poetry books. He has presented his work for the National Association for Poetry Therapy, Vistage USA, TEC Canada, the Spirituality Institute at Iona College, and Connecticut's Office of the Arts, to name a few.

Laura McLively – B.A., R.D., C.D.E**Nutrition Consultant Instructor**

Laura is a registered dietitian and certified diabetes educator with a decade of experience in chronic disease management and community health. She received her B.A. in public health from the University of California, Berkeley, and later became a dietitian through studying at Kansas State University and completing her dietetic internship at University of Virginia. She served as the director of nutrition and fitness at the Native American Health Center, where she established and directed the department of chronic disease prevention and management to improve clinical outcomes. In addition to her clinical experience and private practice, Laura is a food writer and the author of *The Berkeley Bowl Cookbook: Recipes Inspired by the Extraordinary Produce of California's Most Iconic Market*. The award-winning cookbook inspires people to try new fruits and vegetables that may be outside of their comfort zones.

Donna Morton – P.T., N.C.**Nutrition Consultant Instructor**

Donna is a Bauman College certified holistic nutrition consultant and has been an orthopedic physical therapist since 1986. She was inspired to bring nutrition into her physical therapy practice to bridge a large gap in the conventional treatment of musculoskeletal pain and dysfunction. She is on the faculty at the Nyingma Institute in Berkeley, CA, where she has been teaching Tibetan yoga and meditation since 2002. She also facilitates group classes, retreats, and workshops in the areas of nutrition education, natural posture and movement training, meditation, and yoga. Her whole-person integrative approach employs modalities from the East and West to guide and support individuals, groups, and communities toward realization of greater health, well-being, and sustainable living.

Dina Saalisi – B.F.R.P., N.B.C.-H.W.C.**Health Coach Instructor**

Dina is a Board Certified Health & Wellness Coach by the National Board for Health & Wellness Coaching, and is also certified in narrative health coaching by Teleosis Institute. She trained as a flower essence practitioner with the Bach Foundation and the Flower Essence Society and holds an international certification as a Bach Foundation Registered Practitioner. By combining these powerful healing modalities, Dina inspires others to create deeper self-awareness, reframe challenges, and master new skills for growth and healing. In addition to maintaining a private practice, she leads classes and workshops on flower energetics and personal empowerment.

Irema Sivcevic – M.S.**Nutrition Consultant Instructor**

Irema holds a bachelors in electrical engineering from the University of Sarajevo in Bosnia and Herzegovina and an M.S. in holistic health and nutrition education from Hawthorn University. She has worked as an engineer for over twenty five years, but Irema's passion for healthy food steered her toward the field of holistic nutrition. She has taught nutritional workshops and worked as a clinical nutritionist alongside functional and integrative medicine practitioners. Irema also maintains a private nutrition consulting practice, is Board Certified in Holistic Nutrition®, and is an Usui Shiki Ryoho Reiki Master.

Julie Thenell – M.S., N.C.**Nutrition Consultant Instructor**

Julie received her undergraduate and graduate degrees in education from the University of Wisconsin-Oshkosh, her nutrition consultant certification from Bauman College in 2014, and is Board Certified in Holistic Nutrition®. Since graduating from Bauman College, she has maintained a private nutrition consulting practice, JTC Nutrition, helping individuals regain control of their health during periods of high stress and transition. Julie enjoys her work as a student mentor and currently serves on the board of the NANP.

Frances Wilson – B.ED.**Natural Chef Instructor**

A native of Dublin, Ireland, Frances graduated with a bachelor of education from Trinity College in Dublin. Her professional career started as a high school teacher of home economics. Having studied to be a chef at the Dublin College of Catering, she moved to California in 1990, where she worked as the executive chef at Lalime's Restaurant in Berkeley, CA. Since then, she has continued to combine her love of teaching and cooking. She taught cooking classes at a château in the South of France and worked as a private chef, caterer, and consultant for restaurants; she also taught the professional culinary program at Tante Marie's Cooking School in San Francisco for ten years. She loves to demystify cooking and give people the tools to make healthy, delicious food.

Tanja-Maria Zeise – M.D., N.C.**Nutrition Consultant Instructor**

Tanja received her M.D. from Freie University Berlin in Germany. She is a Bauman College certified nutrition consultant, completed the Foundations of Narrative Health Coaching program through Teleosis Institute, studied the principles of homeopathy, and is a member of the NANP. Before enrolling in Bauman College's Nutrition Consultant Program, Tanja researched diabetes at the University of New Mexico. In addition to having a private nutrition consulting practice, Tanja teaches at the College of Marin and is a researcher, writer, editor, and instructor at Bauman College.

STAFF

Founder + President

Ed Bauman, Ph.D.

Executive Director

Karen Rotstein

Director of Academics

Rosie Ueng

Natural Chef Program

Melinda Clemens - Culinary Assistant

Jose Lindahl - Dishwasher

Claire McCann - Kitchen Manager

Cheyenne Wright - Culinary Support Manager

Nutrition Consultant Program

Damian Bramer - Nutrition Consultant Teaching Assistant

Madeleine Buchanan - Nutrition Curriculum Researcher, Writer + Editor

Clove Cross - Nutrition Program + Facilities Coordinator

Diane Fischler - Online Nutrition Consultant Administrator + Instructor

Jodi Friedlander - Nutrition Curriculum Researcher, Writer + Editor

Tanya Nuter - Nutrition Curriculum Researcher, Writer, Editor + Teaching Assistant

Lila Volkas - Nutrition Program Supervisor

Anna Walker - Nutrition Curriculum Researcher + Writer

Tanja-Maria Zeise - Nutrition Curriculum Researcher, Writer, Editor + Instructor

Admissions

Hannah Eunice - Enrollment Coordinator

James Kelly - Admissions Advisor

Shanon Nelson - Admissions Manager + Advisor

Natalie Vang - Appointment Setter

Caty Wellman - Admissions Advisor

Administration

Erica Castro - Human Resources Administrator

Vicko Cesko - Director of Technology

Lori Cottrell - Student Services Manager

Kathryn Davis - Education Technology Administrator

Chrystie Erskine - Accounting Assistant

Sebastian Hedberg - Multimedia Production Specialist

Joan Lombardi - Accounting Manager

Arianna Robertson - Marketing Manager + Graphic Designer

Gwenyth Shears - Alumni + Student Services Coordinator