MISSION + OBJECTIVES

Bauman College educates future leaders, thinkers, and creators in 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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Message from our Founder +
President, Dr. Ed Bauman

I was born with holistic genes that have been expressed over the past 50 years as a result of choosing to study, teach, and live in a natural health-centered way. Since I co-founded the Berkeley Holistic Center in 1976 and co-authored the iconic *Holistic Health Handbook* in 1977, I have witnessed a renaissance in the healing arts revolving around the principles of wholeness and holiness. I love teaching people to be well. I have focused on working in the clinical, community, and vocational field of holistic nutrition. Growing up in the 1950s, I recognized the pernicious influence of *fast food nation* that saturated the media and rooted the psyche of children and families wanting comfort, convenience, and cost savings. This is food for profit, not for health.

In 1989, I founded Bauman College: Holistic Nutrition and Culinary Arts to teach the *Eating for Health* approach. This flexible, non-dogmatic, non-commercial, alternative to the USDA food pyramid has formed the foundation of the professional and community education programs that I have developed and taught others to bring forward. Now, holistic healing arts have morphed into the mainstream through the LOHAS (lifestyle of health and sustainability) cohort in the US and worldwide. They have become mindful of how the overconsumption of processed foods and synthetic home- and health-care products are detrimental to human health and global ecology. Increasingly, people are reading labels, eschewing chemical-laden and genetically modified, processed, packaged, denatured food. People are shopping at farmers’ markets and natural food stores. Some are cooking more. More are cooking less, though buying fresh, local, mostly healthy takeout food.

Holistic nutrition is evolving into *sustainable nutrition*. People are making food and lifestyle choices that are good for the economy, ecology, and their health. Shopping for value rather than price and convenience shows a new level of awareness and social responsibility.
What Sets Bauman College Apart?

Research is confirming daily the life-changing benefits of a natural, holistic approach to personal health and well-being. The holistic nutrition profession has sprung to life to properly educate individuals, families, and the medical community on the vital need for non-commercial, non-dogmatic, whole-food, and self-care education. Bauman College is in a unique position to train and support nutrition consultants, natural chefs, and health coaches based upon its body of knowledge, values, and mission to improve the health of all beings.

Let’s explore in more detail what sets Bauman College apart from other personal and professional health education programs.

**Pioneers in the Holistic Nutrition Field:** For over 30 years, Bauman College has been a recognized leader in holistic nutrition and culinary arts education, having empowered people and communities from around the globe to achieve vibrant, natural health for themselves and their clients.

Our founder and president, Dr. Ed Bauman, is also a co-founder and special advisor to the National Association of Nutrition Professionals (nanp.org), an organization that offers a nationally recognized holistic nutrition professional board certification exam. Nutrition consultant graduates from Bauman College are fully prepared to pass this exam and become Board Certified in Holistic Nutrition®.

From this foundation, the Bauman College team continues to build on this legacy as holistic health thought leaders. Bauman faculty and researchers bring leading-edge holistic nutrition, culinary arts, and health coaching to people with a desire to address troublesome health challenges that conventional medicine alone has been unable to resolve.

**Leading-edge Holistic Nutrition Education:** The Bauman College curriculum is based upon Dr. Bauman's proprietary Eating for Health® model, a balanced and sustainable alternative to the USDA "My Plate" and other highly-restrictive, one-size-fits-all food plans. Bauman College teaches how to design an individualized diet, lifestyle, and stress management program that matches the unique biochemical, psychological, and socioeconomic nature of each person or group. Bauman graduates become experts at applying their broad-based nutrition education in a personalized manner, which delivers the greatest and most long-lasting impact for their clients. Professional training in this unique and highly effective Eating for Health® model is offered only through Bauman College. Please see below for more detail on the Eating for Health® diagram and nutrition recommendation table.

**Becoming Integrated into Conventional Medicine:** Dietary and lifestyle factors are becoming increasingly recognized by conventional medicine as fundamental to optimal health. Bauman College has been, and continues to be, instrumental in creating a much-needed paradigm shift in how people think about wellness. The school’s alumni work alongside physicians and nurses in clinical settings to bring a personalized, holistic, and integrative approach to conventional medicine. Health practitioners are experiencing an increasing need to understand how to better coach their clients and patients to help bring about positive health changes. Nutrition consultants, health coaches, and natural chefs from Bauman
College successfully fill the gaps left by physicians’ recommendations to provide the support that is essential for people to achieve vibrant health.

**Three Holistic Health Career Tracks under One Roof:** Bauman College is the only vocational institution to offer all three primary, entry-level, career paths into the natural health and wellness field. Bauman students can choose to train as a: 1) Nutrition Consultant, 2) Natural Chef, or 3) Health Coach (our newest offering). Students can also enroll in multiple programs to combine these specialties for an even more well-rounded practice as a holistic health provider.

**Career and Vocational Support:** Bauman College students and alumni are supported with monthly job postings, on-site and virtual career panels, and interactive social media communication, where students are able to receive input from Bauman graduates working in the field. Business education is offered through continuing education modules and our Bauman Business Institute, available to students in each of our three programs.

**Mission to Educate and Change Lives:** Bauman College is the only nonprofit, mission-driven, holistic health, and nutrition vocational training institute that offers professional, evidence-based, and non-commercial training for nutrition consultants, natural chefs, and health coaches. As a nonprofit, Bauman College is in the best position to offer the most value to the students and the communities it serves, without any influence from corporate agendas, from either within or outside of the organization.

The school is committed to lowering the barrier of entry to holistic health education. The Health Coach Program is currently approved by the Employment Development Department as training for people in underserved populations who may qualify for government grants to pay for the program, and thus increase their economic standing upon graduation.

**Culture of Service to the Community:** Students who enroll at Bauman College are not only signing up for a nutrition, natural chef, or health coach program but are also joining a group of like-minded individuals who have a desire to improve the lives of the members of their communities. The Bauman community is committed to making affordable nutrition programs available to underserved populations locally, nationally, and globally.

Bauman College understands that individual, community, and global health require nourishing connections. As such, the school partners with like-minded nonprofit organizations who are similarly committed to promoting societal health. These organizations are working to address issues concerning food waste and food insecurity and to promote more sustainable initiatives such as urban farming and community gardens.

If you are ready to turn your passion for vibrant, natural health into a rewarding career as a health coach, nutrition consultant, or natural chef, we invite you to take the next step today. You can contact us by phone at 800.987.7530 or via email at admissions@baumancollege.org. You can also visit our website at www.baumancollege.org. One of our admissions advisors will be in touch with you to discuss your career goals and help you understand your options in moving forward in your natural health education.
## EATING FOR HEALTH® SERVING CHART

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Seeds/Oils</th>
<th>Protein</th>
<th>Leafy Vegetables</th>
<th>Crunchy Vegetables</th>
<th>Unrefined Starches</th>
<th>Seasonal Fruit</th>
<th>Booster Foods</th>
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<tbody>
<tr>
<td>Daily Servings</td>
<td>2-3</td>
<td>2-4</td>
<td>2-3</td>
<td>2-3</td>
<td>2-4</td>
<td>2-4</td>
<td>2-4</td>
</tr>
<tr>
<td>Serving Size</td>
<td>1 Tbsp oil</td>
<td>3 oz animal</td>
<td>1 cup</td>
<td>½ cup</td>
<td>½ cup whole grain, 1 medium root vegetable</td>
<td>½ cup or 1 medium piece</td>
<td>1 tsp to 1 Tbsp</td>
</tr>
<tr>
<td>Examples</td>
<td>flax, sunflower, sesame, almonds</td>
<td>poultry, fish, eggs, milk, beans</td>
<td>salad mix, spinach, kale</td>
<td>broccoli, string beans, onions, celery</td>
<td>grains, bread, yams, winter squash, corn, millet, rice</td>
<td>berries, apple, grape, citrus</td>
<td>nutritional yeast, algae, spices, seaweed</td>
</tr>
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The Natural Chef Program trains students in culinary fundamentals and in the specialized knowledge and business skills needed to succeed in careers as personal chefs. Students learn to create healthy, delicious, and customized dishes for clients. Students become experts in sourcing nourishing and sustainably raised foods, executing culinary skills, building flavor, maximizing nutrient density, tastefully presenting and packaging dishes, and tailoring menus to their clients’ unique needs. In parallel, the business curriculum offers best practices on building a personal chef business and guiding students through business planning, as well as in day-to-day operations, to create a successful and rewarding culinary career.

FEATURES OF THE NATURAL CHEF PROGRAM

- 430 hours
- 14 weeks
- Components
  - Kitchen Instruction: 250 hours
  - Classroom Instruction: 45 hours
  - In-House Culinary Hours: 15 hours
  - Homework: 70 hours
  - Independent Culinary Externship: 50 hours

- For Program Start + End Dates, see page 33
- Classes are offered in Berkeley, CA
- For Tuition, Fees + Payment Plans, see page 31
CAREER OPPORTUNITIES
Natural chefs trained at Bauman College are prepared to work as personal chefs or in complementary careers. They are in high demand for their unique knowledge and training in culinary arts, health-supportive cooking, and specialty diets. Students may choose to start their own businesses or work for other companies.

Natural chefs are prepared to be:
• Personal chefs
• Private Chefs
• Dinner Party Chefs
• Meal Delivery Chefs

This certificate program prepares students to enter the following occupations:
• 35-1011 Chefs and Head Cooks
• 35-2013 Cooks, Private Household
• 35-2019 Cooks, All Other

Graduates may also enter the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:
• 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
• 35-2014 Cooks, Restaurant
• 35-2012 Cooks, Institution and Cafeteria
• 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 Monday through Friday, totaling 21 hours of class time each week. Culinary classes meet Mondays, Tuesdays, Thursdays, and Fridays in the kitchen, from 10:30 a.m. to 3:00 p.m. Business classes meet on Wednesdays in the classroom, from 10:30 a.m. to 1:30 p.m.

Homework consists of watching introductory videos and practicing culinary skills at home. Homework assignments for the business curriculum will culminate in a business plan and website.

ATTENDANCE
Due to the hands-on nature of the Natural Chef Program, consistent attendance is imperative for learning. Attendance is therefore a significant component among the requirements for certification. The strict attendance policy allows for only a limited number of unexcused absences during the course of the program, with a limited number of make-up opportunities. Late arrivals or early dismissals are calculated into the attendance tabulation. Students are strongly encouraged to plan on attending all classes and to only use absences for illness or other unforeseen circumstances.

Students must complete the online ServSafe® Food Handler training program prior to beginning work in the kitchen, and the ServSafe® exam must be passed within 60 days of the training.

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.

COMPUTER SKILLS
Use of a computer is required throughout this program. This includes the ability to print assignments as needed. Please see page 37 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 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 NANP, visit nanp.org.
DRESS CODE REQUIREMENTS
Students will be required to wear complete chef uniforms. Uniforms consist of chef coats, chef pants, chef shoes, waist aprons, and skull caps. Bauman College will provide a list of where students can buy their uniforms. Two sets of uniforms are recommended to ensure clean uniforms daily.

In addition, professional kitchen guidelines dictate that socks must be worn at all times; long hair must be tied back; beards are permitted but may require a beard snood; mustaches must be kept neatly trimmed and may not extend below the corners of the mouth; fingernails must be natural, short, and unpolished; and jewelry may not be worn 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.

COURSE COMPONENTS

Culinary Foundations
CF 101 Food Preparation
CF 102 Eating for Health in the Kitchen
CF 103 Culinary Techniques
CF 104 Baking
CF 105 International Flavors
Midterm Exam

Cooking for Your Client
CF 201 Personal Chef Logistics
CF 202 Dietary Foundations of Wellness
CF 203 Specialty Diets
CF 204 Partners in Wellness
Final Exam
CF 205 Culinary Showcase

Personal Chef Entrepreneurship
CF 301 Business Planning + Career Development
CF 302 Culinary Operations

Outside of Class
Servsafe® Online Training
In-House Culinary Hours
Homework
Culinary Externship
COURSE DESCRIPTIONS

CULINARY FOUNDATIONS
This section provides well-rounded culinary training in food preparation, equipment, culinary techniques, baking, and international flavors. Students also take an online ServSafe® safety and sanitation course to qualify as certified ServSafe® food handlers. They are also introduced to the basic tools and skills of the culinary profession.

CF 101 FOOD PREPARATION
This first module of the curriculum introduces students to a professional kitchen and lays the groundwork for professional cooking through training in safety and sanitation, highlighting channels of sourcing quality foods, and instruction in the core skills of using a knife. Students learn pre-cooking preparations for meat, seafood, grains, legumes, nuts, and seeds.

Classes:
- Orientation, Eating for Health®, and ServSafe®
- Knife Skills and Mise en Place I-IV

CF 102 EATING FOR HEALTH IN THE KITCHEN
In the second module, students build on the foundational skills by introducing the preparations of health-promoting foods. Students begin to learn various ways to prepare foods to maximize nutrient density.

Classes:
- Stocks
- Herbs
- Spices and Seasoning
- Soup
- Fermentation
- Salads and Dressings

CF 103 CULINARY TECHNIQUES
Students learn important culinary techniques through which they learn various applications of heat in cooking. Specific culinary techniques are paired in classes to support students in beginning to understand timing and workflow in meal preparation.

Classes:
- Egg Technique
- Culinary Techniques I-VII
  - Sautéing
  - Stir Frying
  - Searing
  - Pan Frying
- Grilling/Broiling
- Roasting
- Braising
- Blanching and Shocking
- Steaming
- Pressure Cooking
- Cooking Grains
- Cooking Legumes

**CF 104 BAKING**
Students learn useful basic baking techniques to round out their skills in the kitchen. Students learn to create healthful and delicious baked goods using nutrient-dense ingredients such as whole-grain and sprouted flours, grain-alternative flours, unrefined sweeteners, and non- and low-glycemic sweeteners.

Classes:
- Quick Breads and Muffins
- Pies, Quiches, and Galettes
- Cookies, Bars, and Raw Desserts

**CF 105 INTERNATIONAL FLAVORS**
Students learn about herbs, spices, ingredients, and flavor profiles of some regions from around the world that are more common in the American epicurean vernacular. Through this module, students increase the versatility of their cooking by adding more ingredients to their culinary tool belts and become more familiar with flavor synergy.

Classes:
- Central America
- Mediterranean Europe
- Middle East
- North and East Africa
- Southeast Asia
- South Asia
- East Asia

**MIDTERM EXAM**
The exam is designed to evaluate students’ comprehension of basic culinary skills and techniques. Students complete both practical and written portions of the exam.

**COOKING FOR YOUR CLIENT**
The focus of this section is teaching practical skills that are necessary and beneficial for personal chefs. Students learn to optimize efficiency, flexibility, and adaptability in the kitchen and in cooking for individual needs. They also learn about cooking to support digestion and
blood sugar regulation and about food allergies, sensitivities, and intolerances. This section also teaches special, often health-supportive, diets that may commonly be requested by clients.

**CF 201 PERSONAL CHEF LOGISTICS**
Students learn practical considerations of a personal chef. Topics include cost and time efficiency, adaptability in the kitchen, cooking to different tastes, cooking and service for dinner parties, and preventing food waste.

Classes:
- Cooking on a Budget
- Timing and Flexibility
- Dinner Parties and Service
- Cooking for People of All Ages
- Repurposing Leftovers
- Troubleshooting

**CF 202 DIETARY FOUNDATIONS OF WELLNESS**
Students learn how to cook to support digestion, anti-inflammation, and blood sugar wellness, which are at the root of preventing and supporting common chronic conditions. They understand the differences between food allergies, sensitivities, and intolerances and understand how to cook to support people with food restrictions.

Classes:
- Anti-inflammatory Cooking
- Digestive Wellness
- Blood Sugar Wellness
- Allergies, Sensitivities, and Intolerances

**CF 203 SPECIALTY DIETS**
Students learn about various common specialty diets that they are likely to encounter with clients. The classes teach the foundations of how each diet could potentially support health and how to optimize taste and versatility within each diet.

Classes:
- Vegan, Vegetarian, and Raw
- Paleo and Weston Price
- Autoimmune Protocol
- Low FODMAP
- Gut and Psychology Syndrome and Specific Carbohydrate Diet
- Ketogenic Diet
- Low-Histamine Diet
CF 204 PARTNERS IN WELLNESS
Students learn how personal chefs work with integrative health care providers in supporting their clients’ health. Pregnancy, postpartum, athletes, and cancer are special considerations that are included to prepare our chefs to be part of a healthcare team.

Classes:
- Working with Health Care Providers
- Pregnancy and Postpartum
- Cooking for Athletes
- Cancer Support

FINAL EXAM
The exam is designed to evaluate students’ comprehension of cooking for clients with particular dietary needs. Students demonstrate their understanding of health-supportive cooking as well as how to be flexible in the kitchen and in working with clients.

CF 205 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 dinner party. Under the supervision of chef instructors, students gain hands-on experience in all of the work that goes into a small event, similar to what they may do for future clients. The students’ families and friends have an opportunity to sample students’ work in a festive atmosphere, as well as experience a service they may offer as they enter the working field. This is a special theme-based meal that illustrates the benefits of menu planning, shopping, preparation, and event execution. Their finished product is a celebration for students and their guests. In the weeks before the event, the class works together to plan a menu. In the classes the week of the event, students work together to handle necessary tasks with ease and confidence.

Classes:
- Showcase Menu Planning and Recipe Testing
- Showcase Preparation
- Culinary Showcase

PERSONAL CHEF ENTREPRENEURSHIP
In this part of the program, students learn the non-kitchen aspects of a personal chef business. Students learn the many considerations to starting and maintaining a successful and sustainable personal chef business. Instruction for this portion of the program is in the classroom.
CF 301 BUSINESS PLANNING + CAREER DEVELOPMENT
This module instructs students on the business side of starting and operating a personal chef business. Students explore their target demographic and other aspects of marketing including websites, social media, and professional associations. They also understand how to create financial sustainability in their businesses as well as other important business aspects, such as business licenses and insurance.

CF 302 CULINARY OPERATIONS
There are a number of particulars that are unique to the operations of a personal chef. In this module, students learn how to keep their operations organized and sustainable. Topics range from client relations to contracts to customer service and menu planning. Students learn to create systems that support their work as personal chefs and increase the likelihood of client and personal job satisfaction.

Classes:
- Introduction
- Professionalism and Customer Service
- Consultations
- Contracts and Organizing Client Information
- Client Relations
- Menu Planning
- Recipe Math
- Grocery Lists
- Grocery Shopping or Delivery
- First-time Considerations
- Post-cooking Duties
- Scheduling and Self Care
- Growing Your Business

IN-HOUSE CULINARY HOURS
In preparation for their culinary externships and future jobs, students are required to complete 15 in-house culinary hours to hone their skills. In-house culinary hours offer a variety of kitchen work relevant to work they will be doing in the field. This includes steward (or preparing) for Natural Chef Program classes, preparing for Bauman College events, and assistance in keeping Bauman College functioning smoothly. In-house culinary hours are supervised and recorded 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 fieldwork in order to become certified natural chefs; this builds their competence and confidence. These hours can be completed with a personal or private chef, small catering chef or company, or small meal delivery company. Students will be introduced to the externship concept and, if desired, will have opportunities to
meet with staff to receive guidance and discuss goals and options. Externship opportunities must be approved by Bauman College staff, and hours must be supervised.

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 slows the progression of chronic illness.

**FEATURES OF THE NUTRITION CONSULTANT PROGRAM**

- 725 hours
- 15 months
- Online delivery
- Cohorts begin quarterly (February, May, August, and November)
- For Program Start + End Dates, see page 33
- For Tuition, Fees + Payment Plans, see page 31
Components

- Foundations of Nutrition (FON)—200 hours
- Therapeutic Nutrition (TN)—525 hours
- 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, culinary herbs and spices, and nutrients. 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. Students may choose to work directly for companies or organizations or start their own businesses.

Nutrition consultants are prepared to be:
- Holistic Nutrition Consultants
- Health or Nutrition Coaches
- Nutrition Educators
- Brand Ambassadors
- In-store Wellness Practitioners
- Nutritional Product Developers
- Conference Speakers
- Workshop Leaders or Teachers
- Health Writers, Bloggers, Authors, and 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 classmates 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 should also plan to work with three “clients” (friends,
family members, coworkers, etc.) during the Therapeutic Nutrition portion of the program.

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 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 37 for a discussion of
the skills, hardware, and software requirements needed to succeed in this program.

CERTIFICATION
The nutrition consultant certificate title 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 become 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 creating health rather than treating disease. Nutrition consultants are encouraged to work with doctors and licensed health 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 liability insurance, which is available at a very reasonable rate through national carriers.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS
The Nutrition Consultant Program is a recommended and approved training program by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected to 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 right of holistic nutrition professionals to serve in an ethical and appropriate way. For more information on NANP, visit nanp.org.

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

COURSE COMPONENTS

Foundations of Nutrition
NC 101 Eating for Health
NC 102 Macronutrients
NC 103 Micronutrients
NC 104 Digestion
NC 105 Chronic Disease Prevention & Management I: Blood Glucose Regulation + Inflammation
NC 106 Chronic Disease Prevention & Management II: Cardiovascular + Mental Health
NC 107 Exercise + Sports Nutrition
NC 108 Foundations of Health Coaching
Therapeutic Nutrition
NC 201 Nutritional Consulting + Analysis + Meal Planning
Business Module: Starting a Practice
NC 202 Biochemistry + Metabolism
NC 203 Immune + Autoimmune Health
NC 204 Endocrine Health
NC 205 Digestive Physiology + GI Health
NC 206 Liver Detoxification
NC 207 Cardiovascular Health
NC 208 Client Case Presentations
NC 209 Cancer
NC 210 Mental Health
NC 211 Musculoskeletal Health
NC 212 Reproductive Health + Aging
NC 213 Final Research Project

COURSE DESCRIPTIONS

TERM I: FOUNDATIONS OF NUTRITION

NC 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.

NC 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.

NC 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 to increase 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.

**NC 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 system are also explored.

**NC 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.

**NC 106 CHRONIC DISEASE PREVENTION II: CARDIOVASCULAR + MENTAL HEALTH**
Students learn the etiology of cardiovascular ailments and mental health issues. Genetics, diet, lifestyle, and other risk factors are explored. Students continue to learn about the root causes of many chronic diseases as well as the various ways diseases 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.

**NC 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.

**NC 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 to demonstrate their knowledge of current, practical, and relevant information presented in the course.

FOOD DEMONSTRATION
Students apply nutritional principles by preparing and presenting recipe handouts that include the health benefits of the ingredients, culture and history of the dish, and cooking instructions. Students are encouraged to present their recipes to 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. Recipes are not required to be original.

TERM II: THERAPEUTIC NUTRITION

NC 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.

BUSINESS MODULE: STARTING A PRACTICE
Students explore topics that support starting a practice, including securing a business name, licensure and registration, choosing a legal structure, finding insurance, scope of practice, pricing services, accounting, contracts and agreements, and marketing.

NC 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 cellular energy production 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.

NC 203 IMMUNE + AUTOIMMUNE 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.

**NC 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.

**NC 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.

**NC 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, culinary herbs and spices, and nutrients needed to protect the liver from oxidative damage and free radicals, which are associated with toxicity and specific conditions affecting the liver.

**NC 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, culinary herbs and spices, nutrients, and lifestyle practices.

**NC 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 no matter 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.

**NC 209 CANCER**
Students learn about potential cancer-causing factors and 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 MENTAL 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.

**NC 211 MUSCULOSKELETAL HEALTH**
Students are introduced to the functional anatomy of the musculoskeletal system. Nutritional alternatives to current treatments for musculoskeletal conditions are critiqued and discussed. Sports nutrition is revisited with more nutritional support.

**NC 212 REPRODUCTIVE HEALTH AND AGING**
Nutritional needs and health concerns related to reproduction—such as conception, pregnancy, postnatal care, and menopause—and other health issues—such as benign prostate hypertrophy and andropause—are discussed. Also covered are metabolic patterns of aging, common health issues of the elderly, Alzheimer's disease, and Parkinson’s disease.

**NC 213 FINAL RESEARCH PROJECT**
As part of the final research project, students conduct an in-depth literature review and work with a client, combining practical and secondary research. Students submit a final research project in which they synthesize this research along with a client case report that demonstrates their knowledge and skill in working with clinical issues.
The Health Coach Program is approved by the National Board for Health and Wellness Coaching. It 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.

FEATURES 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 33
- For Tuition, Fees + Payment Plans, see page 31
- Optional Advanced Business Curriculum

The Health Coach Program maximizes skill development by fostering ongoing cycles of learning the 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, which creates 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 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 37 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 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.

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

COURSE DESCRIPTIONS

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 pre-recorded 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.
BECOME A STUDENT

ADMISSIONS ADVISORS

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 advise you on how to best support your education.

STUDENTS + ALUMNI

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

JOB FLASH

Students and alumni have access to a monthly job flash with local and national full-time, part-time, temporary, and volunteer opportunities. The Job Flash is shared via the student and alumni groups on Facebook and LinkedIn and can be shared via email by specific request.

SOCIAL MEDIA

Connect with fellow students and past graduates of Bauman College through our exclusive student and alumni groups on Facebook and LinkedIn. Post your questions and learn about industry specifics through hundreds of experienced alumni professionals. Students and alumni who have their own food blogs or want some inspiration can join our alumni-run food bloggers group.

ALUMNI PRODUCTS

Our alumni are professional product developers, authors, and speakers. They offer an abundance of knowledge on holistic food and nutrition services tailored to meet individual needs and improve optimal health. To help them grow their businesses, alumni have the opportunity to market 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/or alumni. The website 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 or 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 to enhance career success.

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, P.O. Box 980818, West Sacramento, CA 95798, (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.
Tuition, Fees + Payment Plans: December 1, 2019 – April 30, 2020

NATURAL CHEF PAYMENT PLANS
Total Tuition: $17,900
Payment Plan A: Requires a down payment of $4,000.00, which includes $400 in fees, followed by 6 monthly payments of $2,432.50, which includes an APR of 5%
Payment Plan B: Requires a down payment of $4,000.00, which includes $400 in fees, followed by 8 monthly payments of $1,824.38, which includes an APR of 5%

Approximate fees for additional required items:
ServSafe® Food Handler online course and exam: $15
Chef shoes: $50–$130
Chef cap/Skull cap: $4–$10
(2) Chef uniforms (coat, pants, apron): $50–$100 each
Knife bag and knives (knife bag, chef’s knife, paring knife, serrated knife, knife guards): $160–$200
Students may wish to purchase optional equipment such as a whetstone, strop, boning knife and guard, or food thermometer: $120–$160.
Students may wish to use a website service and purchase a domain name $12–$40/month.
Details for purchases will be sent to enrolled students prior to the start of the program.

NUTRITION CONSULTANT PAYMENT PLANS
Total Tuition: $6,995
Payment Plan A: Requires a down payment of $788.61, which includes $400 in fees, followed by 15 monthly payments of $484.47, which includes an APR of 10%
Payment Plan B: Requires a downpayment of $4,000.00, which includes $400 in fees, followed by 15 monthly payments of $248.97, which includes an APR of 10%

Approximate fees for additional required items:
Independent textbook purchases: $162

HEALTH COACH PAYMENT PLANS
Total Tuition: $5,750
Payment Plan A: Requires a down payment of $1,499.80, which includes $400 in fees, followed by 6 monthly payments of $852.54, which includes an APR of 10%
Payment Plan B: Requires a down payment of $2,000.00, which includes $400 in fees, followed by 6 monthly payments of $507.22, which includes an APR of 10%

Approximate fees for additional required items:
Independent textbook purchases: $72

FINANCIAL ASSISTANCE
A student whose loan is received by a loan holder or debt collector after a period of non-collection 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 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.
SCHEDULES

Program Start + End Dates

Natural Chef—Berkeley
03/24/20 – 06/27/20¹
Mondays, Tuesdays, Thursdays, Fridays, 10:30 a.m. – 3:00 p.m., and Wednesdays, 10:30 a.m. – 1:30 p.m.²

Nutrition Consultant—Online
Winter Cohort 02/04/20 – 04/06/21²
Cohort video call sessions (once per module) will be scheduled for both the morning and evening. All calls will be recorded and available for playback following the scheduled session.

Spring Cohort 05/05/20 – 07/06/21²
Cohort video call sessions (once per module) will be scheduled for both the morning and evening. All calls will be recorded and available for playback following the scheduled session.

Health Coach—Online
Spring Cohort 4/7/20 – 9/15/20²
Fall Cohort 10/6/20 – 3/23/21²

1. During the week of the Culinary Showcase, students will meet on different days and/or different hours.

2. When an unexpected closure occurs due to extraordinary conditions, such as inclement weather, students will be notified by email as soon as possible 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

Applying to Bauman College is easy 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 section and class of your choice. Please note the following dates:

PROGRAM APPLICATION DATE
To allow time for your enrollment contract to be processed prior to the late enrollment date, we recommend that you submit your application by this date.

Nutrition Consultant Winter Cohort – January 2, 2020
Nutrition Consultant Spring Cohort – April 1, 2020
Natural Chef – February 24, 2020
Health Coach Spring Cohort – March 2, 2020

LATE ENROLLMENT DATE
Enrollment contracts received after this date will incur a $50 late enrollment fee.

Nutrition Consultant Winter Cohort – January 13, 2020
Nutrition Consultant Spring Cohort – April 15, 2020
Natural Chef – March 9, 2020
Health Coach Spring Cohort – March 16, 2020
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 a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:

The Bureau for Private Postsecondary Education P.O. Box 980818, West Sacramento, CA 95798 | Phone: (916) 431-6959 or (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 are two nutrition classrooms and a culinary classroom equipped with two state-of-the-art commercial kitchens. Our administrative offices are located at our Penngrove facility, and there is one nutrition classroom at that location. All students must utilize personal computers with internet, email, and word processing capabilities; WiFi is provided to allow students internet access.
**HOUSING**
A variety of housing is available near Bauman College (hotels, apartments, private rooms, etc.). Rental prices vary depending on the type of housing chosen (shared housing, apartments, or single occupancy). Bauman College does not provide housing, dormitory facilities, or have any responsibility to find or assist students in finding housing.

**STUDENT LIBRARY + RESOURCES**
Bauman College's Berkeley 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 upon appointment. Bauman College students are required to have computers to complete their studies, and students may access free WiFi at all of our locations to facilitate their online research needs. Students may utilize our classrooms to study upon appointment and provided the classrooms are not otherwise in use.

**STUDENT SERVICES**
Our student services manager 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.
POLICIES + PROCEDURES

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

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 all of the required documents (see page 34) 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 be sure you have everything you need before you start 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 for 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 will be required to complete assignments.

Internet Connection: Students will need access to a reliable broadband internet connection with at least 4Mbps download speed (recommended). Lower speeds may drastically impact students’ experience. See the FAQs section on our website for additional information.

Basic Web Skills: Students will 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 the use of basic web applications will be necessary.

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

Email: Students are expected to have active Gmail accounts 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 FAQs page on our website. There, you will find a Technical FAQs section where information on operating system, hardware, and software requirements are detailed.
LATE ENROLLMENT
It is important to apply and enroll early to secure a space in your cohort/class as cohorts/classes with insufficient enrollment may be cancelled. A non-refundable late enrollment fee of $50 will be charged after the late enrollment date 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 the online programs are responsible for all international calling and shipping fees incurred during their program participation.

ENGLISH LANGUAGE REQUIREMENT
Bauman College accepts students who are proficient in the English language, both written and verbal. No English language services are available. Instruction is not provided in any language other than English. Non-native English speaking students must demonstrate proficiency in the English language, equivalent to the 12th grade level and up, through submittal of a TOEFL certificate, High School Diploma, or English proficiency displayed in the application essay and through an interview appointment with the Admissions Department. It is required that all copies of student transcripts or diplomas are 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 to be on a payment plan must commit to monthly automatic credit card charges. Payment in full 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 (classroom or distance learning) 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 manager 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 or impacts unfavorably on Bauman College’s reputation or 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 them, and the student shall be given a fair opportunity to refute the grievance. The institution will not be arbitrary in its actions.

Students seeking to resolve problems or voice complaints should contact the student services manager (by email at student.services@baumancollege.org) who 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.

**OBSERVABLE IMPAIRMENT POLICY**

Bauman College seeks to maintain safety for all students in the kitchen and classroom. If a student is observed to be behaving in an unsafe manner in the kitchen or 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 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 requirements 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 5 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 42). A prorated refund of tuition charges will be returned to the student should this situation occur.

**PROGRAM TRANSFERS**

A student transferring within an online program (nutrition consultant or health coach) to a different cohort (e.g., spring to summer) will be assessed a transfer fee of $100. Tuition fees paid upon initial enrollment will be reviewed, and a student will either be assessed additional prorated tuition fees or refunded prorated tuition fees based on the current tuition charges of the program into which they wish to transfer. Students who are enrolled in one program may only transfer to the other program at the beginning of a module, and only if they are current and
up-to-date with all assignments. Transfers are not possible in the Natural Chef Program nor between programs.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND 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 this institution 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 this institution will meet your educational goals. This may include contacting the institution to which you seek to transfer after attending Bauman College to determine if your coursework will transfer.

LEAVE OF ABSENCE

NUTRITION CONSULTANT
If a student finds it necessary to take a leave of absence from a current program and all payments are current, the student must complete a Leave of Absence Form and submit an administrative processing fee of $100 to the Student Services Department, via email at student.services@baumancollege.org or U.S. mail at P.O. Box 940, Penngrove, CA 94951. During a leave of absence, a student’s academic and administrative files are placed on suspension for a maximum of six months. Paid tuition fees will be applied toward the new term/cohort to which the student returns, and the student will not be subject to additional fees unless tuition, STRF, and/or materials have changed. Third-party funded students must gain consent from their funding resources in order to take a leave of absence and are subject to all stated policies. During a leave of absence, all access to Bauman College resources and services are suspended. A leave of absence from a program is only permitted once.

HEALTH COACH
A leave of absence 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 a leave of absence from the Health Coach Program.

NATURAL CHEF
A leave of absence is not available in the Natural Chef Program; however, should a student need to cancel enrollment, they may follow the procedures for 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 culinary students, 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. The institution shall, for distance learning students, 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. After this date, a student will be charged for the first program module (NC 101). Henceforth, cancellation must take place within eight days after the student has been given access to the curriculum materials for the next module(s) from the student dashboard; otherwise, tuition for the module(s) will not be included in the prorated refund.

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. Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resalable 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, 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.
STANDARDS FOR STUDENT ACHIEVEMENT

Attendance: Students must comply with Bauman College attendance requirements.

Grade Average: Students must achieve a minimum 80% to graduate and receive certification.

Assignments: Students must complete assignments to demonstrate competency. 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 marks 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.

Natural Chef Completion Projects: Exams with both practical and written components ensure competency in the Natural Chef Program. Students also complete 15 in-house culinary hours and a 50-hour independent culinary externship.

ServSafe® Food Handler Certification: Natural chef students must pass the ServSafe® Food Handler 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: $50
• Declined Credit Card: $35
• Competency Exam: $150
• Transfer Fee: $100
• Nutrition Consultant Repeat Class: $50
• Replacement Certificate: $25
• Leave of Absence: $100
• Additional Transcripts (first 2 copies provided for free): $25 each

FEES PAID TO OTHERS
• Textbooks for Nutrition Program: ~$162
• Textbooks for Health Coach Program: ~$72
• Servsafe® Food Handler online course and exam for Natural Chef Program: $15
• Chef shoes for Natural Chef Program: $50–$130
• Chef cap for Natural Chef Program: $4–$10
• 2 Chef uniforms (coat, pants, apron) for Natural Chef Program: $50–$100 each
• Knife bag and knives for Natural Chef Program (knife bag, chef’s knife, paring knife, serrated
  knife, knife guards): $160–$200
• Students may wish to purchase optional equipment for the Natural Chef Program such as a
  whetstone, strop, boning knife and guard, or food thermometer: $120–$160
Ed Bauman — Ph.D.
Founder + President
Ed 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 in the form of wellness, community, and peace. He received his M.Ed. from the University of Massachusetts, and a Ph.D. in health promotion from the University of New Mexico. He 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 and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. He 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 U.C. 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 at Bauman College and at 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 "What’s for Dinner?" question 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 is a certified nutrition consultant from Bauman College and has been an instructor at Bauman 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.

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

**Susan Chritton — M.Ed., P.C.C., N.C.C.C.**
Bauman Business Institute Instructor
Susan is an executive career coach, career management fellow, master personal brand strategist, and author of *Personal Branding for Dummies*. She guides professionals looking to engage their authentic selves in the world by looking within to discover not just what they can do but who they are. With her wealth of credentials and extensive experience in career development, Susan is able to draw on her ability to identify each individual’s uniqueness and then arrange the variables in his or her life to map out a strategic direction. Susan’s work in career development stems from more than two decades in the career field including teaching graduate career counseling at the University of San Francisco.

**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 chef 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.

**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 a distance learning instructor since 2007. In that time, she has successfully
ushered many enthusiastic students through the program. She 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.

**Rachel Forman-Lau — NC**  
Nutrition Consultant Instructor  
Rachel is a graduate of the Bauman College Nutrition Consultant Program and has been a Bauman College Instructor since 2019. Rachel also has a professional certification in culinary arts. She is a practicing nutrition consultant in the Bay Area, working with clients individually and in a group setting. Her favorite part about working with students and clients is teaching them that healthy food is delicious and so much more!

**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 Mindful Belly. Her goal is to continue to educate people on the benefits of nourishing food and nutrition.

**Thais Harris — B.A., N.C.**  
Nutrition Consultant Instructor + Bauman Business Institute Mentor  
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.

**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, and she is a diplomat of the American Board of Integrative Medicine.

**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.

**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 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 east and
west to guide and support individuals, groups, and communities toward realization of greater health, well-being, and sustainable living.

Health Coach Instructor
Dina is a Board Certified Health & Wellness Coach by the International Consortium 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.

Diane Sanfilippo — B.S., N.C.
Bauman Business Institute Instructor
Diane is the owner and founder of Balanced Bites, a certified nutrition consultant, the New York Times bestselling author of Practical Paleo and The 21-Day Sugar Detox, the co-author of Mediterranean Paleo Cooking, a serial entrepreneur, and a business and marketing expert. Diane holds a B.S. from Syracuse University where she majored in consumer studies (a cross section of retail, marketing, and management). She also has certifications in graphic and digital design from The New School for Design, holistic nutrition consultation from Bauman College, holistic lifestyle coaching from the CHEK Institute, and Poliquin BioSignature Modulation.

Irema Sivcevic — M.S.
Nutrition Consultant Instructor
Irema holds an M.S. in Holistic Health and Nutrition Education from Hawthorn University and a B.A. in Electrical Engineering from the University of Sarajevo, Bosnia and Herzegovina. She 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.

Shaun Tai — M.A.
Bauman Business Institute Instructor
Shaun Tai is the executive director of Oakland Digital, an award-winning 501(c)(3) community-building design studio in Oakland, CA, that enhances technological literacy among underserved, minority, and at-risk populations. Oakland Digital's programs provide digital literacy training, career-related resources/training, and employment opportunities that enable Oakland and East Bay residents to achieve economic independence, opportunity, and self-sufficiency. He has taught at San Jose State University, where he received an M.A. in architectural and urban
design and a B.S. in advertising management. In 2002, Shaun graduated with honors from California State University East Bay with a B.A. in digital graphics. Oakland Digital has directly impacted the lives of over 4,000 under-resourced Oakland and East Bay community college students, female entrepreneurs, and at-risk youth, boosting the local economy by $3.2 million and providing opportunities for 21st century employment.

**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 National Association of Nutrition Professionals (NANP).

**Frances Wilson — B.ED.**
Natural Chef Instructor
A native of Dublin, Ireland, Frances graduated with a B.ED. from Trinity College, 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. Since then, she has continued to combine her love of teaching and cooking. She taught cooking classes at a chateau in the South of France and worked as a private chef, a caterer, and a 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.

**Denise Woodward**
Bauman Business Institute Instructor
Denise began taking photos when her grandmother gave her a camera at the age of 5, and she never stopped shooting. She studied photography with an emphasis on black and white film production at the College of Marin in the 1990s. After starting her food blog, Chez Us, she started to focus on food and travel photography. Her food photography has appeared in *Gourmet Live*, *Food and Wine Magazine*, *Saveur Magazine*, and *Rodale’s Organic Life*. She is also a co-founder of a boutique webcasting/video production company, FullView Media, located in the Bay Area. When not working, she enjoys cooking, spending time outdoors, and teaching photography and video production at Learn to Shoot 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.

**Director of Academics**
Rosie Ueng

**Natural Chef Program**

Hilla Abel – Lead Natural Chef Instructor
Claire McCann – Kitchen Manager

**Nutrition Consultant Program**

Damian Bramer – Distance Learning Teaching Assistant
Diane Fischler – Distance Learning Administrator

**Admissions**

Shanon Nelson – Admissions Manager + Advisor
Linda Ford – Admissions Advisor

**Administration**

Vicko Cesko – Director of Technology
Joan Lombardi – Accounting Manager
Gwenyth Shears – Student Services Manager