

CATALOG 2020

What's Next in Holistic Nutrition



Community Education Programs



BAUMAN
COLLEGE

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Introduction

Bauman College Community Education Programs (BC-CEP) were created to share the wealth of our holistic nutrition and health resources with all segments of the population who have a burning desire to learn how to eat to live well, better manage stress, and heal from chronic disease. Our leading-edge offerings are designed and taught by Bauman College faculty and graduates.

We are witnessing an epidemic rise in chronic diseases, which our health care delivery and educational systems have failed to address. Bauman College Community Education Programs aim to fill a pressing need for accurate, practical information on holistic nutrition and lifestyle practices.

Operating in our 30th year, Bauman College aims to change the world with a commercial-free, Eating for Health™ approach to diet, lifestyle, mindfulness, and sustainability. We invite you to explore the current course offerings below. Our classes are readily accessible to consumers, companies and health professionals alike. Bauman College offers scholarships for all of our community classes and workshops.





BC-CEP 1: Healthy New Year Eating Habits

Date: Saturday, January 18, 2020

Time: 10:00 a.m.-12:30 p.m.

Tuition: \$85.00

Location: 1007 University Ave, Berkeley, CA 94710
(Bauman College Berkeley campus)

Course Description

This hands-on cooking class focuses on healthy eating habits to begin the New Year. The workshop will begin with a 30-minute chef demo and talk on various healthy eating habits ranging from a pantry makeover to sources of macronutrients in a balanced diet to the importance of eating seasonal, organic, whole foods. The chef cooking demo will cover basic knife skills and one recipe. The group will then be broken out into teams for the hands-on cooking portion. Each group will make two different recipes. In the last 30 minutes of class, attendees will join together and eat the food they have prepared, with a Q&A session at the end.

Healthy New Year Menu

- *Mayan Chocolate Health Nut Truffles*
- *Frittata Muffins with Caramelized Onion, Kale & Goat Cheese*
- *Muhammara: Roasted Red Bell Pepper-Walnut Dip*
- *Seasonal Grain Bowl with Roasted Beets, Garbanzo Beans, Quinoa & Pink Tahini Dressing*
- *Roasted Butternut Squash-Apple Soup with Cashew Cream*

Instructor



Chef Nicole Gimmillaro holds an M.S. in Holistic Nutrition from Hawthorn University. 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, and leads hands-on cooking events with *Parties That Cook*. She is also 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 whole food nutrition.

Website: amoveablefeastbynicole.com

Register Now





BC-CEP 2: Nutrition Tools for Healthy Aging

Date: Tuesdays, January 14-February 18

Time: 2:00 p.m.-3:30 p.m.

Duration: Series, 6 classes

Tuition: \$180.00

Location: Community Church of Sebastopol, 1000 Gravenstein Highway North, Sebastopol, CA 95472 (Media Room)

Course Description

This course has been designed with the older adult in mind. As we age, health issues can become front and center in a person's life. Many doctors do not advise their patients about the benefits of healthy eating, and this course has been created to demystify food in relation to a personal health and wellness.

Each 90-minute class will include a lecture component, a small group exercise and a cooking demonstration. At the end of each class, each attendee will make a commitment to a diet or lifestyle change that they are willing to make based on what they've learned. The six classes are as follows:

- ***Introduction to Aging and Whole Food Nutrition***
- ***Brain Health***
- ***Bone Health***
- ***Energy Boosters and Stress Reducers***
- ***Cardiovascular Health***
- ***Digestion and course conclusion***



Instructor

Jenny Helman N.C. graduated with honors from Bauman College as a nutrition consultant. In 2016, Jenny 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 a 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.

Website: www.HealdsburgNutrition.com

Register Now





BC-CEP 3: NUTRIGENETICS: Personalizing Nutrition using Genetics

Date: Saturday, January 18 or March 14, 2020

Time: 1:00 p.m.-3:00 p.m.

Tuition: \$60.00

Location: 1007 University Ave, Berkeley, CA 94710
(Bauman College Berkeley campus)

Course Description

Nutrigenetics is a new, exciting and emerging field of practice, which uses individual genetic profiles to personalize dietary and supplementation recommendations. Genetic variations, known as SNP's (single nucleotide polymorphisms), affect how an individual responds to nutrients, supplements and lifestyle changes.

The goal of nutrigenetics is the prevention and treatment of disease, as well as optimizing the health of an individual.

Instructor



Alla Marinow is a graduate of Bauman College and the University of Western Ontario (Canada). Alla's own health issues brought her to Bauman College, which facilitated reversing an autoimmune disease and addressing post-cancer surgery without chemo or drugs. Following graduation, she and her husband started their own company in Berkeley, CA, named *BE WELL! Natural Health and Well-Being*, which focuses on holistic healing, both nutritionally and spiritually.

Alla specializes in bio-individual nutrition by pulling information from the client's genetic profile in combination with health history, nutrition journals and blood work analysis. This information is then used to correct nutritional deficiencies, target bio-individual supplementation (avoiding pitfalls of supplements, which can be hit or miss), and significantly improve client healing outcomes.

Website: www.bewelltlc.com

Register Now





BC-CEP 4: Secret Power of the Rainbow Diet

Date: Thursdays, February 6-March 12, 2020

Time: 6:00 p.m.-7:30 p.m.

Duration: Series, 6 classes

Tuition: \$180.00

Location: Sebastopol Center for the Arts,
282 South High Street, Sebastopol, CA 95472
(Joan Marler Room, rear building entrance)

Course Description

The importance of rainbow eating for our physical health is increasingly at the forefront of the news. It is, however, less known that colorful fruits, vegetables and herbs nourish our soul consciousness, i.e. the psychological and emotional aspects of ourselves. The full-spectrum color of food is a key to its energy pattern and how bio-molecular nutrients will be bonded to specific cells and tissues in our bodies.

During this series, we teach that each color has meaning as well as a specific relationship to our bodies, nutrition and life issues. We will also cover the seven energy centers in our body, how they feed off the vibration from color pigments in rainbow foods, and how they drive our feelings, judgments and spiritual acceptance. Meditation, a powerful affirmation and various other exercises will be presented to help participants in liberating blocked energy centers.



Instructor

Irema Sivcevic is the owner of *Ounce of Prevention* nutrition practice. She holds a Masters in Holistic Health and Nutrition Education from Hawthorn University and a Bachelor's degree in Electrical Engineering from University of Sarajevo, Bosnia and Herzegovina.

She has worked as an engineer for over twenty five years, but Irema's passion for healthy food steered her towards holistic nutrition. She has taught nutritional workshops and worked as a clinical nutritionist alongside integrative medicine practitioners. Irema is Board Certified in Holistic Nutrition®, and is a Reiki Master. In October 2017, Irema joined the faculty team at Bauman College.

Website: www.ozprevention.com

Register Now





BC-CEP 5: Valentine's Day Date Night

Date: Friday, February 14, 2020

Time: 6:30 p.m.-9:30 p.m.

Tuition: \$125.00

Location: 1007 University Ave, Berkeley, CA 94710
(Bauman College Berkeley campus)

Course Description

An intimate, hands-on, "date night" cooking class is offered in celebration of Valentine's Day, with a focus on well-sourced, vegetarian foods, appropriate for the holidays.

The class will begin with a 30-minute chef demo with an emphasis on cooking a healthy holiday meal without sacrificing flavor or fun. Following the demo, the attendees will be broken out into groups to cook different courses of the meal. Everyone will come together in the final hour for a shared sit-down meal and relate stories in a relaxed, communal environment.

Valentine's Day Menu

- *Sweet Potato Gnocchi with Arugula-Walnut Pesto*
- *Cauliflower Steak with Carrot-Curry Sauce and Green Olive-Caper Relish*
- *Farro Risotto with Mushrooms and Green Peas*
- *Dark Chocolate, Cardamom and Espresso Mousse Cake*



Instructor

Chef Nicole Gimmillaro holds an M.S. in Holistic Nutrition from Hawthorn University. 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, leads hands-on cooking events with *Parties That Cook*. She is also 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.

Website: amoveablefeastbynicole.com

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BC-CEP 6: Optimizing your D.I.E.T.: Your Daily Intake of Every Thing

Date: Saturday, February 15, 2020

Time: 10 a.m.-12 noon

Tuition: \$45.00

Location: Sebastopol Center for the Arts,
282 South High Street, Sebastopol, CA 95472
(Joan Marler Room, rear building entrance)

Course Description

DIET can be an acronym for “Daily Intake of Every Thing”. Explore how to feed your gut, heart and mind for a healthy, thriving life. We will discuss the role of the vagus nerve in helping us achieve balance and fully digest not only food, but our experience, including thoughts and feelings. We will guide students on an embodied process to access the vagus nerve, enhancing their connection to what is going on within.

This practice will inspire and empower participants to show up in their relationships and in the world at large feeling fully nourished and present. Enjoy taking away practical tips and evidence-based practices to enhance your life.

Instructors



Thais Harris is a board-certified holistic nutritionist and faculty at Bauman College, and an avid believer in the healing power of whole foods. Thais earned a Bachelor's degree from the California Institute of Integral Studies (CIIS) and a certification in Holistic Nutrition from Bauman College. Thais is a proud member of National Association of Nutrition Professionals (NANP), and served as the Nutrition Education Manager for non-profit *Ceres Community Project*.

Nick Sholley is a licensed Marriage and Family Therapist in California. He received his Master's degree from the California Institute of Integral Studies (CIIS), and has over a decade of experience counseling couples, individuals, and working with families and children. In addition to his work at Nourish Together, Nick has private practices in San Francisco and Santa Rosa.

Website: www.nourishtogether.com

[Register Now](#)





BC-CEP 7: Mindfulness in a Consulting Practice: Optimizing Outcomes for You and Your Clients

Date: Saturday, March 7, 2020

Time: 10:00a.m.-12 noon

Tuition: \$60.00

Location: Sebastopol Center for the Arts,
282 South High Street, Sebastopol, CA 95472
(Joan Marler Room, rear building entrance)

Course Description

Learn how to bring mindfulness into your practice so you can guard yourself from burnout, while enhancing the support you give to clients.

Gain skills in how to use tools such as self-compassion, non-violent communication, and cognitive behavioral principles to integrate into your practice.

Explore how to sit with clients when the sharing goes deep and emotions arise. Understand resistance and how to help a client move past it.

The combination of Nick's psychotherapy and Thais' nutrition consulting experience offer an insightful blend of practical tips and evidence-based theories.



Instructors

Thais Harris is a board-certified holistic nutritionist and faculty at Bauman College, and an avid believer in healing power of whole foods. Thais earned a Bachelor's degree from the California Institute of Integral Studies (CIIS) and a certification in Holistic Nutrition from Bauman College. Thais is a proud member of National Association of Nutrition Professionals (NANP), and served as the Nutrition Education Manager for non-profit *Ceres Community Project*.

Nick Sholley is a licensed Marriage and Family Therapist in California. He received his Masters degree from the California Institute of Integral Studies (CIIS), and has over a decade of experience counseling couples, individuals, and working with families and children. In addition to his work at Nourish Together, Nick has private practices in San Francisco and Santa Rosa.

Website: www.nourishtogether.com

Register Now





BC-CEP 8: Cooking for Cognitive Wellness

Date: Saturday, March 14, 2020

Time: 10:00a.m.-12:30p.m.

Tuition: \$95.00

Location: 1007 University Ave, Berkeley, CA 94710
(Bauman College Berkeley campus)

Course Description

Learn to improve your diet and lifestyle to prevent cognitive decline. The class will provide a welcome beverage, a nutrition talk, a chef demo and hands-on cooking. The nutrition presentation will cover the underlying causes of cognitive decline, and offer suggestions on nutrients, foods and lifestyle practices that support brain health.

Working in small groups, and from a master template recipe which Chef Nicole will provide, students will create a brain builder bowl, selecting ingredient options among various brain-supportive food categories: vegetables, grains, plant proteins, nuts & seeds, fermented foods, spices & herbs. The class will enjoy the food prepared, as well as discuss ingredients selection, food taste, texture, and palatability.



Instructor

Chef Nicole Gimmillaro holds an M.S. in Holistic Nutrition from Hawthorn University. 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, leads hands-on cooking events with *Parties That Cook*. She is also 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.

Website: amoveablefeastbynicole.com

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BC-CEP 9: Healing through Ayurveda: Achieving a Healthy Gut and Mind

Date: Saturdays, March 7, 21 and April 4, 2020

Time: 10:00 a.m.-12:30 p.m.

Duration: Series, 3 workshops

Tuition: \$125.00

Location: 1007 University Ave, Berkeley, CA 94710 (Bauman College Berkeley campus)

Course Description

By the end of this interactive series, participants will learn the basics of this ancient healing science and gain insight into their constitution, areas of imbalance, how to improve “digestive fire”, and cognitive function.

Hiral will teach how to incorporate Ayurvedic principles in your daily routine to achieve optimal health and wellbeing. Enjoy a simple Ayurvedic detox recipe and tea at each session while delving this ancient science.



WORKSHOP 1

Introduction To Ayurveda: Healing Through the 5 Senses

Considered by scholars to be the oldest practiced healing science, Ayurveda is a holistic approach to health. It is designed to help maintain balance in the body, mind, and consciousness through proper habits, diet, and lifestyle. Additional tools include herbal remedies, breathing practices, aromatherapy, and clinician-led interventions.

Ayurveda emphasizes the uniqueness of an individual and offers treatment based on a person’s individual constitution (prakriti) and imbalances (vikriti). Students will:

- ***Build an appreciation of the basic tenets of Ayurveda***
- ***Determine your individual body type***
- ***Learn basic food and lifestyle practices for each body type***
- ***Learn connection between dynamic body forces (doshas) and the 5 senses***



WORKSHOP 2

Dinacharya: Ayurveda Daily Routine

Ayurveda teaches that the cycles of the day have specific energy associated with them. To achieve optimal well-being, a daily routine that is in keeping with the energy of each part of the day can be practiced.

Every day there are two cycles of change and six distinct energy periods. Timing human activity with natural cycles of energy helps us to have vitality, productivity, creativity, and health. Students will

- *Understand the different natural energies of the day*
- *Learn how to conduct activities in harmony with these different energies*
- *Learn key daily practices and routines to stay healthy*



WORKSHOP 3

Digestion: You Are Not What You Eat, You Are What You Digest

Ayurveda believes that good health starts with the gut. Eating well isn't enough; you also have to digest, absorb and eliminate well for optimal health.

This workshop provides an overview of how simple changes to diet and lifestyle can help you take the steps towards better gut health and brain functioning. Students will:

- *Understand Ayurvedic perspective on digestion*
- *Determine one's body type according to Ayurveda and digestive capabilities*
- *Relationship of body types (prakriti) to digestion*
- *Lifestyle tips, including deep breathing exercises for better digestion*
- *Aspects of balanced (saatvik) diet with daily practices to improve digestive fire and mental and emotional well being*
- *Techniques for naturally reducing bloating, heart-burn, gas and constipation*

Instructor



Hiral Jhaveri is a Certified Nutrition Consultant and Ayurvedic Lifestyle Counselor. Her passion is to help people make healthier food and lifestyle choices with solutions tailored to their unique biochemical profiles.

She has practiced with integrative physicians in New York and California and works with clients worldwide. Hiral's approach to health is primarily centered on the Ayurvedic philosophy of balanced ("Saatvik") living for mind, body and soul.

Website: www.purepraana.com

Register Now





BC-CEP 10: Nutritional Support for Small Intestinal Bacterial Overgrowth (SIBO)

Date: Sunday, April 19, 2020

Time: 1:00 p.m.-4:00 p.m.

Tuition: \$75.00

Location: 1007 University Ave, Berkeley, CA 94710
(Bauman College Berkeley campus)

Course Description

The majority of intestinal bacteria in our bodies typically reside in the large intestine. When there is an excess of bacteria in the small intestine, a condition called Small Intestinal Bacterial Overgrowth (or, SIBO), is the result. SIBO has been found to be the primary cause of 60-84% of IBS cases, according to Dr. Mark Pimentel and others.

We will identify the causes and symptoms of SIBO, look at the ways it is diagnosed and treated by licensed practitioners, and look at various SIBO dietary plans. Course participants will also learn how to teach clients to evaluate their diet and adapt it to their personal needs, learn the skills needed to reduce symptoms, and also how to address underlying causes of SIBO to prevent relapse.



Instructor

Laura Knoff has a B.S. in chemistry and has been studying nutrition since 1975. She is Board Certified in Holistic Nutrition and is certified as a Nutrition Consultant through Bauman College, where she has been teaching aspiring nutrition consultants since 2000.

She has successfully overcome her own digestive issues with diet and lifestyle changes. Laura is also the author of *"The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies & Recipes for Eating well with IBS, Indigestion and other Digestive Disorders"*, and she has a private practice in north Oakland, CA.

Website:

<https://www.labryshealthcarecircle.com/laura>

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Program Policies

Scholarships

Faculty can invite one free participant per class. Two community scholarships will be provided per class. To request a scholarship, email your request to CEP@baumancollege.org to receive a scholarship application. Applications must be submitted at least seven days prior to the class start date.

Cancellation, Credit and Refund Policy

Students must cancel within 72 hours prior to the class to receive an 80% refund. No refund will be provided if a student cancels later than 72 hours before a class, but they can apply 80% of the amount paid to be a credit toward a subsequent class. There are no make-ups or refunds if a participant is unable to attend a class in a series, but class notes will be provided to them by their instructor. In the case where there is insufficient enrollment for a class (i.e. less than six paid students), a participant may elect to either receive a credit for subsequent classes, or receive a full refund. We encourage participants to bring friends, family and colleagues to create classes that are lively and well attended.

Program consulting contact

CEP@baumancollege.org



