

Earn Your Plant-Based Nutrition Certificate



Overview

This revolutionary online certificate program will help you understand how important diet and nutrition are to your life. Created by the T. Colin Campbell Center for Nutrition Studies (CNS) and featuring over 25 experts (MDs, PhDs, RDs, and RNs), the program connects you with the leading research on the plant-based diet and its role in promoting optimal health—including research on preventing and managing cancer, heart disease, diabetes, Alzheimer's, and autoimmune conditions.

In the program, you'll examine historic and contemporary research, take steps to apply this information in your life, and learn how to engage in productive conversations with friends, colleagues, clients, or patients about the science supporting plant-based nutrition.

The program builds on Dr. Campbell's lectures, experience, and more than six decades of research. He is a pioneer of nutrition and the author of several books, including the worldwide bestseller *The China Study*, *Whole: Rethinking the Science of Nutrition*, and *The Future of Nutrition*. He has published hundreds of peer-reviewed research papers and lectured worldwide.



On-Demand



Self-Paced



24/7 Access



Three-Part Program

- ✓ Nutrition and Society
- ✓ Nutrition and Chronic Disease
- ✓ Plant-Based in Practice



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Center for Nutrition Studies

www.nutritionstudies.org/courses/plant-based-nutrition

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Inside the Program



Key Takeaways

- ✓ Dr. Campbell's eight principles of food and health
- ✓ Nutrition's role in chronic disease
- ✓ The impact of a whole food, plant-based diet on healthy weight management
- ✓ Common concerns for athletes, including supplementation and protein requirements
- ✓ The psychological reasons we are drawn to unhealthy foods
- ✓ How government and industry affect dietary choices and the environment
- ✓ Healthy eating for child development and maternal health
- ✓ Trending diet topics including, low-carb, keto, and vegan



Who Should Enroll

- Anyone seeking to improve their personal health
- Medical and health professionals
- Chefs or food managers
- Athletes and personal trainers
- Parents
- Teachers
- Entrepreneurs

Jointly Accredited continuing education credits are available for this program through the National Center Office of Interprofessional Continuing Professional Development. **Click here to learn more.**



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Content



Part 1: Nutrition and Society

In this section, you will hone your critical thinking skills, evaluate the state of health in your community, and navigate messages about health and nutrition. You will examine evidence-based principles on the benefits of a whole food, plant-based diet and consider nutrition from an expanded perspective—that is, nutrition as a symphony of complex interactions rather than the result of individual nutrients and mechanisms—as you differentiate between reductionist and wholistic perspectives on nutrition. Additionally, you will analyze how diet and the environment affect gut health through the modification of the microbiota. You will then examine the effect of industry and government on public policy and individual food choices.

This section includes:

- ✓ Five quizzes
- ✓ Two required assignments
- ✓ Twelve activities
- ✓ Video lectures
- ✓ Readings
- ✓ Downloadable transcripts

Featured Experts are:

- T. Colin Campbell, PhD
- Thomas Campbell, MD
- Samara Sterling, PhD
- Michelle Loy, MD, FAAP
- Dahlia Marin, RDN, LN
- James Marin, RD, EN
- Michele Simon, JD, MPH

Part 2: Nutrition and Chronic Disease

In this section, you will examine the China Project, the most comprehensive study of diet, lifestyle, and disease ever conducted. You will take a closer look at the crucial link between diet and chronic diseases worldwide, including cancer, coronary heart disease, diabetes, neurological conditions, and autoimmune disorders. Lastly, you will investigate the scientific evidence supporting a whole food, plant-based diet and its ability to prevent and even reverse these chronic diseases.

This section includes:

- ✓ Five quizzes
- ✓ Three required assignments
- ✓ Two activities
- ✓ Video lectures
- ✓ Readings
- ✓ Downloadable transcripts

Featured Experts are:

- T. Colin Campbell, PhD
- Amber Orman, MD, DipABLM
- Dean Ornish, MD
- Nicole Harkin, MD, FACC
- Caldwell B. Esselstyn, Jr., MD
- Thomas Campbell, MD
- Samara Sterling, PhD
- Michael Greger, MD, FACLM
- Neal Barnard, MD
- Ayesha Z. Sherzai, MD, MAS
- Dean Sherzai, MD, PhD, MPH, MAS
- Brooke Goldner, MD



Content



Part 3: Plant-Based In Practice

In this section, you will focus on the effects of plant-based eating throughout our lifetime, including its powerful impact on our day-to-day existence. You will explore the practical application of this lifestyle, including its role in raising a healthy family, enjoying longevity and quality of life, improving athletic performance, and ensuring lasting behavior change.

Much of this application includes dispelling popular myths—that children require dairy, that we need to consume animal foods for protein, that athletes require supplementation, etc. You will also enhance your understanding of personal behavior and the tools that support positive and sustainable lifestyle change. By the end of this program, you will have the knowledge and confidence to take control of your health and help others do the same.

This section includes:

- ✓ Three quizzes
- ✓ Three required assignments
- ✓ Five activities
- ✓ Video lectures
- ✓ Readings
- ✓ Downloadable transcripts

Featured Experts are:

- Padma Garvey, MD
- Jackie Busse, MD
- Michelle Loy, MD, FAAP
- Robert Cheeke
- Lilian Aguilar
- Matthew Lederman, MD
- Jill Edwards, MS, CEP
- Bruce Monger, PhD
- Howard Lyman
- Allison Wilson, PhD
- Doug Lisle, PhD
- Thomas Campbell, MD
- Evelisse Capo, PharmD
- Samara Sterling, PhD
- Brie Turner-McGrievy, PhD, RD



Enroll Online at: www.nutritionstudies.org/courses/plant-based-nutrition

or, to speak to an enrollment specialist email us at enrollment@nutritionstudies.org, or call or text **607-319-3209**



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