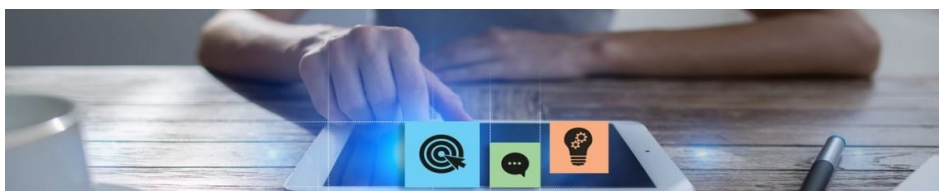


OUR JOURNEY WITH FOOD ONLINE.ED



Nutrition for Healing

Nurses and Individuals will be exposed to evidence based science and historical /ancestral information on nutrition from a Holistic and Integrative perspective. Our health is dependent on the nutrients we absorb from foods far more than calories. There is a growing body of science supporting traditional food choices for sustainable health. Committed to providing quality information, healthcare education professionals have evaluated this program for the nutrition and nursing fields.

Asynchronous learning model that provides content online for individuals to access when it best suits their schedules.

This continuing nursing education activity was approved by Purple Shoes Wellness, Provider approved by the California Board of Registered Nursing, Provider Number 16414 for 25-contact hours.

Program Objectives

Upon successful completion of series, the learner will:

- ◇ Utilize the principles of nutrition, sustainability, and mindfulness.
- ◇ Demonstrate how to support client's prescribed nutrition plan through the use of sustainable ancestral whole foods, including ancient grains, legumes, tubers, sea vegetables, animal protein, fat sources, and seafood.
- ◇ Examine how acute and chronic food sensitivities and their prevalence affect clients. Describe associated bias's, risks and food/ingredient substitutions, and food preparation safety/methods.
- ◇ Empower clients/patients in their efforts to modify diet and lifestyle in a sustainable, holistic manner. Explain the principles of locally sustainable agriculture, the economy of home food preparation and preservation, nutrient synergy through food combining and fermentation/cooking.
- ◇ Discuss various synergistic ancestral food-combining approaches, such as the utilization of traditional herbs, and the daily incorporation of movement and time in nature.
- ◇ Appraise current scientific information pertaining to the health risks and benefits of natural or human-made chemicals and elements: water, heavy metals, naturally occurring environmental irritants, dust, pollens, smoke, and mold.

"All living beings need air, water and food. Each organ and system of the human body has its own nutritional needs and preferences. Blood is more than red and white cells surrounded by plasma. Blood transports oxygen, endogenous and exogenous chemicals and food substances to every cell. Each time someone eats or drinks is an opportunity to provide the body with the fuel that it needs to function optimally, grow and heal. Understanding nutrition is basic to nursing care."

~ Kathleen Bell, RN, MSN, CNM, AHN-BC

"Cutting edge science, practical application for clinicians and clients, history to add context and more... Incredible Value"

~Mary Hagood, FNP-C

"As caregivers, we need these tools to keep ourselves well. As we are able to 'keep our cup full,' then we can offer wellness from the position of 'fullness, and from overflow'... to those entrusted to our care and service."

~Lorrie Amitrano, FNP-C

Fee \$197 for up to 25-contact hours

Register Today at: <https://yourwholenutrition.com/online-education/>

SERVICES and Course REFUND POLICY

All sales are final once services and program access has been provided. No partial refunds for services will be granted without a written request submitted within 24 hours of course purchase. For refund requests please contact Tamera Karr at: info@yourwholenutrition.com

Cancellation Policy

Cancellation/refund fees will be assessed based on the consultation package and duration of online course use, once 20% of course material has been viewed NO Refunds will be granted. To be eligible for a refund on consultation packages you must contact the provider by email 72 hours prior to your scheduled appointment. Tamera Karr at: info@yourwholenutrition.com

Your Instructor



TAMMERA J. KARR, Ph.D., BCHN®, with 20-plus years of clinical experience, is an author, educator, food historian, and researcher, is passionate about nutrition as the key to stopping many modern illnesses. Believing "Ancestral Foods" are all about community, Tamera went on to create *Our Journey with Food Online Education*; This course, while initially created for nurses eager to use food as medicine, is equally suitable for anyone wanting to return to traditional food and health models.