



ROCKWELL
School of Holistic Medicine

Module V: Program Outline & Syllabus

Module V: Advanced Holistic Nutrition

- ❑ Section 1: Storing & Cooking Food Historically, Popular Diets, & Processed Food Manufacturing

❑ [How Food Works](#)

- ❑ Section 2: Food Labeling, Nutritional Basics, & Recall Resources

- ❑ Section 3: Paleo Principles: The Science Behind the Paleo Template

❑ [Paleo Principles](#)



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- ❑ Section 4: Weston A. Price, Deep Nutrition, Nourishing Traditions, & The Concept of Compassionate Carnivores & A More Humane Economy

- ❑ [Fat, A Documentary](#)

- ❑ [The Compassionate Carnivore](#)

- ❑ Section 5: The Case for Veganism: Ahimsa, Speciesism, & Crisis with Factory Farming

- ❑ Section 6: The Case Against Veganism: The Vegetarian Myth, A Look At Biodiversity, Monocrops, & The Theory Known As End-Stage Veganism

- ❑ [The Vegetarian Myth](#)

- ❑ Section 7: Chlorinated, Fluoridated, & Bottled Water



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- ❑ Section 8: BPAs vs. BPA-Free & Other EDCs
- ❑ Section 9: Monsanto, GMOs, Pesticides, Herbicides, & Fungicides vs. True Organic
- ❑ Section 10: Intro to Aflatoxins, Histamines, Lectins, Oxalates, & Salicylates
- ❑ Section 11: Salad Safety & The Economics of Fruit
- ❑ Section 12: Vitamins, Minerals, & Supplements
 - ❑ [NutriSearch Guide Nutritional Supplements 6e](#)
- ❑ Section 13: Resistant Starch, Probiotics & Prebiotics



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- ❑ Section 14: Eggs & Autoimmunity with Loren Cordain

- ❑ Section 15: Permanently Demystifying Soy

- ❑ Section 16: Food Additives, Preservatives & Excitotoxins
 - ❑ [Excitotoxins: The Taste That Kills](#)
 - ❑ [Ingredients: A Visual Exploration](#)

- ❑ Section 17: Differing Opinions on Dairy

- ❑ Section 18: Contrast Comparison on Fat vs. Carbs



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❑ Section 19: Blood Sugar, Nutritional Ketosis & The Magic Pill

❑ Section 20: Fiber & Differing Opinions

❑ [Fiber Menace](#)

❑ Section 21: Gluten, Grains & Pseudograins

❑ [Grain Brain](#)

❑ Section 22: Obesity Series with Gary Taubes & Robert Lustig

❑ Section 23: The Raw Food vs. Cooked Food Debate



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❑ Section 24: Pop Food Culture, Disordered Eating, & Disease Trends

❑ [Answers to Binge Eating](#)

❑ Section 25: Sugar, Fructose, & Glucose Series & The Brain

❑ Section 26: Chocolate, Cacao, & Cocoa

❑ Section 27: Zero Carb as a Therapeutic Diet: What is It? Who's Doing It, & Why?

❑ Section 28: The Transformational Effects of Intermittent Fasting

❑ [The Science of Fasting: A Documentary](#)

❑ [The Transformational Power of Fasting](#)



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❑ Section 29: Nutrigenetics, Nutrigenomics, & the MTHFR Gene

❑ [The 85% Solution: MTHFR](#)

❑ Section 30: The Salty Truth: What's the Science Behind Salt Consumption?

❑ Section 31: Translational Medicine & Food

❑ Section 32: Nuts, Seeds, & Berries

❑ Section 33: Pottenger's Cats: Mammalian Case Studies

❑ Section 34: Fast Food & Fat Profits



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- ❑ Section 35: Dietary Guidelines From Across the Globe
- ❑ Section 36: Signs & Symptoms of Nutritional Deficiencies
 - ❑ [Signs and Symptoms Analysis 2e](#)
- ❑ Section 37: Theories on Starving Cancer, Therapeutic Fasting, Zero-Carb, & Keto
- ❑ Section 38: Iron & Anemia, Heme & Non-Heme
- ❑ Section 39: DNA Based Diets & Personalized Nutrition
- ❑ Section 40: Reversing Autoimmunity with Sarah Ballantyne
 - ❑ [The Paleo Approach](#)



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❑ Section 41: Celiac Crisis, Gluten-Induced Ataxia, & Non-Celiac Gluten Sensitivity

❑ Section 42: Epstein-Barr & Medical Medium

❑ [Medical Medium](#)

❑ Section 43: Detoxification, Toxicity, Cleanses, & Differing Opinions

❑ [The Toxin Solution](#)

❑ Section 44: Heart Disease & Modern Science

❑ Section 45: Diabetes & PAD: Dirty Little Secrets: Healing & Prevention