



MODULE 5 ADVANCED HOLISTIC NUTRITION



THE SYLLABUS & TEXTBOOK CHECKLIST

All Books Are Optional. All Book Links Are Clickable

Lessons 1-45

Lesson 1: Storing & Cooking Food Historically, Popular Diets, & Processed Food Manufacturing

Optional Reading

[How Food Works](#)

Lesson 2: Food Labeling, Nutritional Basics, & Recall Resources

Lesson 3: Paleo Principles: The Science Behind the Paleo Template

Optional Reading

[Paleo Principles](#)

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

Optional Reading

[Fat, A Documentary](#)

[The Compassionate Carnivore](#)

Lesson 5: The Case for Veganism: Ahimsa, Speciesism, & Crisis with Factory Farming

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

Optional Reading



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The Vegetarian Myth

Lesson 7: Chlorinated, Fluoridated, & Bottled Water

Lesson 8: BPA's vs. BPA-Free & Other EDCs

Lesson 9: Monsanto, GMOs, Pesticides, Herbicides, & Fungicides vs. True Organic

Lesson 10: Intro to Aflatoxins, Histamines, Lectins, Oxalates, & Salicylates

Lesson 11: Salad Safety & The Economics of Fruit

Lesson 12: Vitamins, Minerals, & Supplements

Optional Reading

NutriSearch Guide Nutritional Supplements 6e

Lesson 13: Resistant Starch, Probiotics & Prebiotics

Lesson 14: Eggs & Autoimmunity with Loren Cordain

Lesson 15: Permanently Demystifying Soy

Lesson 16: Food Additives, Preservatives & Excitotoxins

Optional Reading

Excitotoxins: The Taste That Kills

Ingredients: A Visual Exploration



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Lesson 17: Differing Opinions on Dairy

Lesson 18: Contrast Comparison on Fat vs. Carbs

Lesson 19: Blood Sugar, Nutritional Ketosis & The Magic Pill

Lesson 20: Fiber & Differing Opinions

Optional Reading

Fiber Menace

Lesson 21: Gluten, Grains & Pseudograins

Optional Reading

Grain Brain

Lesson 22: Obesity Series with Gary Taubes & Robert Lustig

Lesson 23: The Raw Food vs. Cooked Food Debate

Lesson 24: Pop Food Culture, Disordered Eating, & Disease Trends

Optional Reading

Answers to Binge Eating



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Lesson 25: Sugar, Fructose, & Glucose Series & The Brain

Lesson 26: Chocolate, Cacao, & Cocoa

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

Lesson 28: The Transformational Effects of Intermittent Fasting

Optional Reading

The Science of Fasting: A Documentary

The Transformational Power of Fasting

Lesson 29: Nutrigenetics, Nutrigenomics, & the MTHFR Gene

Optional Reading

The 85% Solution: MTHFR

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

Lesson 31: Translational Medicine & Food

Lesson 32: Nuts, Seeds, & Berries

Lesson 33: Pottenger's Cats: Mammalian Case Studies

Lesson 34: Fast Food & Fat Profits



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Lesson 35: Dietary Guidelines From Across the Globe

Lesson 36: Signs & Symptoms of Nutritional Deficiencies

Optional Reading

Signs and Symptoms Analysis 2e

Lesson 37: Theories on Starving Cancer, Therapeutic Fasting, Zero-Carb, & Keto

Lesson 38: Iron & Anemia, Heme & Non-Heme

Lesson 39: DNA Based Diets & Personalized Nutrition

Lesson 40: Reversing Autoimmunity with Sarah Ballantyne

Optional Reading

The Paleo Approach

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

Lesson 42: Epstein-Barr & Medical Medium

Optional Reading

Medical Medium

Lesson 43: Detoxification, Toxicity, Cleanses, & Differing Opinions

Optional Reading

The Toxin Solution



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Lesson 44: Heart Disease & Modern Science

Lesson 45: Diabetes & PAD: Dirty Little Secrets: Healing & Prevention