
COURSE DESCRIPTION

This course presents the concepts and applications of Western clinical nutrition for the practicing acupuncturist, including diet modification and nutritional supplementation programs for prevention and treatment of the major diseases.

LEARNING OBJECTIVES

- Learn to evaluate patient history, signs and symptoms to identify problems with food intake and possible deficiencies of nutrients
- Learn the nutritional basis of many of the modern chronic illnesses
- Learn to incorporate the principles of testing for adverse food reactions into clinical case management
- Learn common treatment methods for chronic illness including foods and nutritional supplements
- Understand when to refer to other practitioners for lab tests, imaging studies or consultations for conditions outside the scope of practice for acupuncturists.

COURSE PREREQUISITES

Basic Nutrition, Pathophysiology I

REQUIRED TEXTS

Lecture notes can be downloaded at the yahoo group for this course. You will need notes beginning with the first class:
<https://groups.yahoo.com/neo/groups/ClinicalNutrition/info>

Please join this group to have access to the notes, exam reviews and on line articles

If you have difficulty joining, please send me an email and I will send an invitation (drwthornton@hotmail.com)

RECOMMENDED TEXTS

Williams' Basic Nutrition & Diet Therapy, Nix, Mosby, 2012

Medical Nutrition from Marz, Marz, Russell, ND, LAc

Traditional Foods Are Your Best Medicine: Improving Health and Longevity with Native Nutrition, Schmid Ronald, Healing Arts Press

REFERENCE TEXTS:

Krause's Food & Nutrition Care Process, 13e (Krause's Food & Nutrition Therapy), Mahan, Raymond, Escott-Stump, Saunders, 2012

Web resources:

USDA Diet and Activity analysis: <http://www.mypyramidtracker.gov>

Body Mass Index: <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

COURSE REQUIREMENTS

Course Requirements

Assignment - Written Report - failure to submit a report will lower final grade by one letter grade

50% Midterm Exam

50% Final Exam

A minimum score of 70% is required to individually pass the midterm and final exams. Less than 70% on either exam

will result in course failure. Students who fail the midterm or final exam, will be offered a remediation exam, which will be on the same material but more challenging. Failure to pass remediation will result in course failure and requirement to re-register and repeat the course.

Topics and Format for the Paper will be discussed in class.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

(Subject to modification)

Course Overview and Introduction, the current state of nutritional science

Historical perspective: Paleolithic Diet; Dr. Weston Price; Allopathic vs Holistic Approach

Chapters refer to: Basic Nutrition & Diet Therapy, Williams, published by Mosby

Chapter 17 - Nutritional Care

CLASS TWO

Chapter 18 - Gastrointestinal Problems

CLASS THREE

Chapter 19 - Coronary Heart Disease & Hypertension

CLASS FOUR

Chapter 20 - Diabetes Mellitus

CLASS FIVE

MIDTERM EXAM

CLASS SIX

Chapter 21 - Renal Disease

CLASS SEVEN

Chapter 22 - Surgery & Nutritional Support

CLASS EIGHT

Chapter 23 - Nutritional Support in Cancer & AIDS

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
CLINICAL NUTRITION**

2 Units

CLASS NINE

Special Topics

CLASS TEN

FINAL EXAM

CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Thornton, William

Please check with instructor during class to get updated contact info.

drwthornton@hotmail.com