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## EAST WEST NUTRITION CONCENTRATION

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The East West Nutrition Concentration allows students to augment required nutrition courses with knowledge about other traditions of nutrition from around the globe. Having opportunities for advanced learning about the therapeutic properties of herbs, spices and plants commonly used both in cooking and for medicinal purposes throughout various cultural traditions are also available through a number of the course offerings.

Emperor's College is uniquely placed as the leader in the field due to its diverse, highly experienced faculty of doctors and practitioners that offer in-depth training from multiple perspectives.

There are NO pre-requisites for any of the East West Nutrition Courses.

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### East West Nutrition Concentration Overview

Several classes are offered in the East West Nutrition Concentration. Students must take *any four* of the courses offered (12 elective units), in order to complete and be given credit for the full Concentration upon graduation. Students may elect to take any of these courses outside of the full Concentration curriculum, based upon space availability in the class.

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### **Select 4 elective courses (12 units) from the list below:**

East West Nutrition	Multiple Instructors	3 units
Advanced Clinical Nutrition	William Thornton	3 units
Plant Medicines of the West	Sergei Shaginyan	3 units
East West Spices and Herbs	Sergei Shaginyan	3 units
Ayurvedic Nutrition	Dr. Manika	3 units

*\*Schedule subject to change based on instructor availability.*

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**The East West Nutrition Experience:** Completion of the East West Nutrition Concentration would uniquely prepare graduates to incorporate other traditions of nutrition in their practice, as well as having knowledge of how certain medicinal plants, herbs and spices can be used therapeutically in a variety of clinical applications.

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