



Bauman College Curriculum and its Development

The **Nutrition Educator**, **Nutrition Consultant** and **Natural Chef** curriculum was designed and is updated each term by Edward Bauman, M.Ed., Ph.D., graduate of the University of Massachusetts and the University of New Mexico in Health Education. Dr. Bauman is the author of the *Holistic Health Handbook*, *Eating for Health: Guide to Optimal Health and Vitality*, and the *Recipes and Remedies for Rejuvenation* cookbook.

Dr. Bauman has been an avid student, practitioner, teacher and national advocate of whole food nutrition for the past 35 years. The Bauman College curriculum acknowledges a debt to the leaders in the natural health field, from the forerunners such as Adele Davis, Roger Williams, Linus Pauling, Weston Price, Bernard Jensen, Paavo Airola, Ann Wigmore, and Michio Kushi to the contemporary leaders in the field, Jeffrey Bland, Michael Murray, Joseph Pizzorno, Andrew Weil, Memet Oz, Robert Crayhon, Sally Fallon, and Dr. Bauman, himself.

Bauman College follows current research and development in the fields of biochemistry, integrative health and medicine, culinary arts, and community health promotion. Dr. Bauman and his faculty review the literature from peer reviewed journals. Bauman College supports its faculty in attending professional conferences and meetings to keep current with the issues and advances in the nutrition field. The Bauman College website is a fertile ground of discussion, commentary, postings of events, slide shows, and articles produced by Dr. Bauman and the Bauman College faculty, student, and graduate community.

Dr. Bauman is a popular national lecturer and an adjunct faculty at John F Kennedy. He is a special advisor to the National Association of Nutrition Professionals (www.nanp.org) for whom he was the president of the Board of Directors for six years (2000-2006).

The acclaimed **Eating for Health** model, the foundation of the nutrition and culinary curriculum, is a landmark in the field. It is unique in being fully organic, local, seasonal, diversified, plant-based and individualized. No other nutrition program can demonstrate the length, depth and breadth of commitment to academic excellence and practical application that Bauman College has and will continue to offer. Students receive a non-dogmatic view of the world of foods and nutrition that transcends fads, product driven marketing and ungrounded health claims. Eating for Health is respected in the medical, academic and public health arena due to its integrity, sensibility and evidence based foundation.