



BAUMAN
COLLEGE

What's Next in Nutrition

HOLISTIC NUTRITION
+ CULINARY ARTS

OUR MISSION + OBJECTIVES

Bauman College educates future leaders, thinkers, and creators in the holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

Our goal is to change the way people consume food from convenience to conscious eating. We provide students with a comprehensive understanding of nutrition, culinary arts, and business practices to prepare them for career success. Bauman College is committed to spreading personal, community, and global wellness through increased awareness of the healing power of fresh, whole food.



BAUMAN
COLLEGE

FALL 2016 CATALOG

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Catalog Accuracy: All of the information in this school catalog is current and correct and is so certified as true by Dr. Ed Bauman, founder and president. Catalog effective dates are May 1, 2016, through October 31, 2016. Please note that policy changes and catalog updates are made periodically and are reflected on our website: baumancollege.org.

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Message from our Founder + President, Dr. Ed Bauman

Welcome to Bauman College! In 1970, I recognized the relationship between nutrient-poor, processed food consumption and degenerative illness. This led me to a lifelong and worldwide study of how fresh, whole food protects us from disease and enables us to recover when health has been lost. Bauman College was founded in 1989 to train future leaders, educators, and innovators in the fields of holistic nutrition and culinary arts to bring the revolutionary message that you are only as healthy as the food you eat.

Over the years, Bauman College has created a dynamic, living curriculum that reflects the latest research, business practices, and career guidance as well as a visionary approach to teach people to eat for personal, family, and community well-being. We teach our students how to think critically rather than jump on the latest diet bandwagon. Our culinary and nutrition students learn how to advise individuals and teach groups to create menus that are equally nutrient dense and delicious. Bauman graduates tailor food plans to meet the needs of their clients rather than convert people to the latest “foodology.” The educational process at Bauman College transcends books. Students share food and recipes in class; sample healing foods, herbs, spices, and nutrients at home; and work with clients as part of their life-learning experiences.

Bauman College is doing more than just teaching nutrition. We are changing the lives of our students and their families, coworkers, and communities. By blending the science of nutrition with the art of allergen-free, restorative cooking, Bauman graduates are teaching others the skills they will use to improve the quality of their lives. Our graduates are bringing the message that real food heals to the mainstream. Whole-food nutrition, from healthy soil to our cells, is a powerful and durable antidote to the damage caused by the chemical saturation of our air, water, and food supply. Join us to learn how to cleanse, heal, and grow stronger and teach others to create a culture of well-being—personally, locally, and globally.

ABOUT DR. ED BAUMAN

Dr. Ed Bauman has been a lifelong pioneer in the field of holistic nutrition. His vision and leadership have inspired thousands of people to transform their lives in the form of wellness, community, and peace. He received his M.Ed. from the University of Massachusetts and a Ph.D. in health promotion from the University of New Mexico. Dr. Bauman created the Eating for Health® model to teach individuals to make nutritionally comprehensive food choices and founded Bauman College in 1989 with a mission to change the world through better nutrition and healthful living. He is a special advisor for the National Association of Nutrition Professionals (NANP) and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. Dr. Bauman was co-editor of the *Holistic Health Handbook* and *Holistic Health Lifebook*, and author of *Confronting Cancer in Our Community*, *Recipes and Remedies for Rejuvenation Cookbook*, *The Whole-Food Guide for Breast Cancer Survivors*, *The Flavors of Health Cookbook*, and *Eating for Health: Your Guide to Vitality and Optimal Health*.

PROFESSIONAL TRAINING PROGRAMS

Natural Chef

The Natural Chef Training Program offers a fresh take on the culinary arts by combining traditional preparation techniques with restorative cooking. Students will learn to cater to the needs of individuals, not the parameters of a specific diet. Students will become experts in food preparation, flavor development, food presentation, and restorative cooking techniques and recipes. The professional culinary education we offer emphasizes the use of fresh, seasonal, organic, unprocessed, and local foods and goes beyond traditional culinary schools by teaching students how to cook for optimal health. This cutting-edge education will prepare natural chef students for a wide variety of food-related careers upon graduation.

COMPONENTS OF THE NATURAL CHEF TRAINING PROGRAM

- 450 hours — Includes in-house culinary skills hours and externship
- Classroom — 5 months plus a 50-hour independent culinary externship
- Classes begin every spring and fall; for Class Start + End Dates, see page 27
- Classes offered in Berkeley, CA
- For Tuition, Fees, + Payment Plans, see page 25

Classes explore a broad range of culinary topics such as alternative food preparation techniques; how flavor profiles from world cuisines can benefit health; restorative cooking with herbs and spices; and therapeutic applications of food for illness prevention, recovery, and optimal health. Students learn a unique approach to the culinary arts and leave prepared to promote health and wellness through food.

CAREER OPPORTUNITIES

Bauman College is dedicated to providing professional career and business development support for students to help prepare them to put their education to work. To meet this goal, we offer the Bauman Business Institute and Career Services to teach students how to navigate their career paths as entrepreneurs and/or as job seekers. We provide the necessary career tools and resources to help students become successful within their chosen vocations.

Natural chefs trained at Bauman College are leaders in the holistic nutrition and culinary arts industries. They are in high demand for their unique knowledge and training through the use of healthy alternative ingredients to promote and support people coping with illness, food sensitivities, or allergies or simply for people interested in healthy eating and living.

Natural chefs are prepared to work as: personal chefs, executive chefs, kitchen managers, sales associates, bakers, prep cooks, teaching and cooking assistants, line cooks, wellness chefs, cooking instructors, chef educators, sous chefs, food writers, bloggers, and more.

Students may choose to work directly for a company or organization, or start a personal or private chef business, catering company, or other food business. Many graduates become leaders in the education, print and publishing, telecommunication, and media industries. Graduates can become contributing writers to newspapers, magazines, journals, blogs, and school curriculums, or author books on pertinent health topics. They can also speak at conferences, lead workshops, and educate people on holistic nutrition and healthy culinary preparations.

BAUMAN BUSINESS INSTITUTE

The Bauman Business Institute is a comprehensive, online business training curriculum that prepares students to successfully put their education to work, either in their own culinary businesses or as employees.

Students will progress through the business curriculum concurrently with their culinary training, which will allow them the full length of the program to develop their career plans. See page 18 for more information.

PROGRAM DETAILS

Classes meet on site 3 days per week, totaling 15 class hours each week. Students should plan to spend a minimum of half as much time on homework and individual study as they spend in class. Students who are able to spend more time on homework will be able to create a richer learning experience.

Homework assignments require cooking; access to a kitchen is necessary.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. This includes the ability to print all homework exercises. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Natural Chef Training Program is recommended through the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected, support the rights of nutrition professionals, and stay abreast of the latest developments in the field of nutrition. For more information on NANP, visit nanp.org.

BOARD OF REGISTERED NURSING

Bauman College is an approved provider by the California Board of Registered Nursing, Provider #11401, for 358 contact hours for the Natural Chef Training Program.

DRESS CODE REQUIREMENTS

- Chef coats are provided by Bauman College.
- Skull caps to restrain hair are provided by Bauman College.
- Waist aprons are provided by Bauman College.
- Chef pants (black, houndstooth, or black and white checked) are independently purchased by students.
- Chef shoes (black, slip resistant, hard, closed toe and heel) are independently purchased by students.
- Socks must be worn at all times.
- Beards are permitted, but students may be asked to wear a beard snood.
- Mustaches must be kept neatly trimmed and may not extend below the corners of the mouth.
- No long fingernails, polish, decorations, or fake fingernails.
- No jewelry except plain and smooth bands. Students must be prepared to remove their facial piercings should they not comply with the safety and sanitation standards determined by Bauman College.

Curriculum (385 Hours)

The Natural Chef Training Program is an experiential, hands-on learning process that teaches students the skills required of professionally trained restorative chefs. Uniquely, the Natural Chef Training Program also provides a grounded foundation in the art and science of holistic, research-based nutrition. Our curriculum is organized as follows:

CULINARY FOUNDATIONS

This section introduces the Eating for Health® approach to culinary arts, a system founded on the principles of seasonal, organic, unprocessed, and local (S.O.U.L.) foods, which is the foundation of the Natural Chef Training Program. Students will be introduced to the basic tools and skills of the culinary profession through classes in culinary math, knife skills, and kitchen safety. Students will also take an online ServSafe® safety and sanitation course and will have the opportunity to take the exam to qualify as certified ServSafe® food managers. Classes in this module include:

- Orientation, Eating for Health®, + Pantry Essentials
- Culinary Math, Costing, + Recipe Writing
- Macronutrients + Diet Direction
- Knife Skills
- Micronutrients

CULINARY SKILLS LABS

Skills labs are an optional supplement offered at Bauman College. Occurring approximately twice a month, these labs offer students a chance to further hone any desired technique or recipe. Students have full use of the kitchen and the freedom to focus and work on any project they choose. Skills labs are facilitated by at least one Bauman College culinary faculty member who is there to answer questions, give guidance, and offer support to any student who wishes to attend.

FARM TO TABLE: CULINARY TECHNIQUES FOR OPTIMAL HEALTH

In this section, students will learn traditional, contemporary, and restorative cooking techniques for the natural chef. Students will also learn to cook with nutritious ingredients to replace the overly-consumed, commonly allergenic commercial dairy, wheat, and refined sugars that are staples of mainstream cuisine. Sections in this module include:

PREPARATION METHODS

- Dry Heat
- Moist Heat
- Raw + No Heat

BROTH VARIETIES AND APPLICATIONS

- Stocks + Broths
- Soups + Stews
- Sauces

PLANT FOODS

- Appetizers
- Salads + Dressings
- Leafy Greens + Mushrooms
- Crunchy + Starchy Vegetables
- Grain Technique

BOOSTER FOODS

- Sea Vegetables
- Herbs + Spices
- Nuts + Seeds

PROTEINS

- Legumes + Soy Products
- Egg Technique
- Seafood Technique
- Pasture-raised Poultry Technique
- Grass-fed Red Meat Technique

FOOD PRESERVATION

- Fermenting + Pickling
- Canning + Culturing
- Cheesemaking

NATURAL BAKING AND PASTRY

- Quick Breads + Pizzas
- Breads + Rolls
- Pies + Tarts, Cakes + Cupcakes

MIDTERMS

Students will spend two days on midterms, which are designed to evaluate their comprehension of basic culinary skills and techniques. Students will be tested on ingredient identification, knife skills, and basic culinary techniques, and they will complete a written exam.

EXTERNSHIP ORIENTATION + CULINARY CAREERS PANEL

After midterms, students will spend two days preparing for their future plans as natural chefs. The first day will be an orientation for their 50-hour externship; the second day will be spent with a comprehensive panel of representatives from different careers open to natural chefs. Students will be able to engage directly with the panelists over a networking lunch.

RESTORATIVE COOKING FOR OPTIMAL HEALTH

Arguably our most valuable and unique section in the curriculum, Restorative Cooking teaches students the role healthy food plays in the prevention, recovery, and management of specific health conditions. This education is cutting-edge with a powerful shift toward health promotion, natural longevity, and disease prevention and recovery. Students will learn to cook for optimal health and cater to a variety of conditions. Classes include:

- Restorative Menu Planning
- Digestive Wellness
- Blood Sugar Management
- Immune + Autoimmune Health
- Food Allergies + Sensitivities
- Endocrine Health + Stress Management
- Liver Detoxification
- Specialty Diets
- Heart Health
- Mental Health
- Cancer Prevention
- Cancer Support
- Life Cycle Nutrition I: Pregnancy, Infancy, + Early Childhood
- Life Cycle Nutrition II: Adolescence, Adulthood, + Fertility
- Life Cycle Nutrition III: Menopause, Andropause, + Aging
- Sports Nutrition + Musculoskeletal Health
- Weight Management

WORLD CUISINES: FLAVOR PROFILES + RESTORATIVE BENEFITS

Bauman College values global cooking traditions that embrace S.O.U.L. food choices. Students will study the fundamental flavor profiles and properties of various cuisines throughout the world. Particular attention will be paid to the unique use of spices, aesthetics, plating styles, and restorative cooking applications. In this section, students learn flavor profiles to prepare the following world cuisines:

- Japanese
- Chinese
- Southeast Asian
- Indian
- Eastern Mediterranean + North African
- Western Mediterranean
- South American
- Mexican + Central American

FINAL PRESENTATIONS

The final presentation is one of the most unique and beneficial parts of the Natural Chef Training Program.

Students are asked to draw on their personal interests, passions, and experiences to deliver a final presentation that is both technically proficient and expressive of their future work as natural chefs. These presentations demonstrate competency of all topics covered in the program and provide students an opportunity to practice hands-on demonstration skills and gain confidence in public speaking. Students will choose a specific health condition for their project; conduct research on the condition; provide information on how food aids in the prevention, recovery, or support of the condition; and create original recipes that demonstrate their understanding of restorative culinary arts.

CULINARY SHOWCASE

The culinary showcase demonstrates the students' mastery of food selection, preparation, and presentation as well as their knowledge of how to organize and execute a large-scale food event. Under the supervision of chef instructors, students gain hands-on experience in catering for a special occasion. The students' families and friends will have an opportunity to sample the students' work in a festive atmosphere. This very special theme-based meal illustrates the benefits of skillful planning, budgeting, and shopping as well as careful preparation and aesthetics. In the classes leading up to the showcase, students work in committees and learn to handle necessary tasks with ease and confidence. These artfully presented, imaginative, and delicious meals are special celebrations for students, staff, and guests. Classes include:

- Showcase Planning, Scaling, + Costing
- Showcase Recipe Testing
- Showcase Preparation
- Culinary Showcase
- Course Conclusion

In-House Culinary Skills Hours (15 Hours)

In preparation for their culinary externships in the field, students are required to complete in-house culinary work to hone their skills. In-house culinary skills hours will offer a variety of work relevant to the direction students wish to take their externship, e.g., preparing for Bauman College catering events, assisting in community classes, etc. In-house culinary skills hours are supervised by Bauman College faculty and staff and must be completed by the last day of classroom instruction.

Culinary Externship (50 Hours)

Students are required to complete culinary fieldwork in order to become certified natural chefs, which will build their competency and confidence. Students are required to meet with staff after midterms to receive guidance and discuss goals and options. Externship hours must be supervised and may include working in a restaurant, private home, catering company, corporation, nonprofit organization, resort, spa, health club, or food production company. Students must have an on-site supervisor and must have their externship opportunities approved by Bauman College staff.

Nutrition Consultant

The Nutrition Consultant Training Program provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health. In the program, students study the fundamentals of nutrition: physiology, anatomy, macro- and micronutrient selection, and the effects of food on the body. By the completion of the program, graduates are prepared to provide expert evaluation of diet and lifestyle and make recommendations for food selection, targeted nutrients, and lifestyle choices that will enable their clients to improve their health and slow or reverse the progression of chronic illness.

COMPONENTS OF THE NUTRITION CONSULTANT TRAINING PROGRAM

- 700 hours — includes practicum
- Classroom — 18 months
- Classes begin every spring and fall; for Class Start + End Dates, see page 27
- Classes offered in Sonoma County and Berkeley, CA, and online via Distance Learning
- For the Distance Learning Program, see page 16
- For Tuition, Fees + Payment Plans, see page 25

Each topic in the program introduces compelling research that enables students to confidently and precisely guide clients in the use of therapeutic foods, herbs, and nutrient support. The training is dynamic and constantly evolving to stay current with the latest nutrition information.

CAREER OPPORTUNITIES

Bauman College is dedicated to providing professional career and business development support for students to help prepare them to put their education to work. To meet this goal, we offer the Bauman Business Institute and Career Services to teach students how to navigate their career paths as entrepreneurs and/or as job seekers. We provide the necessary career tools and resources to help students be successful within their chosen vocations.

Nutrition consultants trained at Bauman College are leaders in the holistic nutrition industry. They are in high demand for their unique knowledge and training in helping individuals and groups cope with illness and promote wellness by using personalized assessments and tailoring nutrition plans using macro- and micronutrients, herbs, and therapeutic foods. As graduates, they are well-prepared to be professional and successful consultants and educators in the nutrition world.

Nutrition consultants are prepared to work as: holistic nutritionists, holistic nutrition consultants, health coaches, nutrition educators, education assistants, brand ambassadors, teaching assistants, in-store wellness practitioners, nutrition coaches, wellness consultants, nutritional product developers, health writers, bloggers, and more.

Students may choose to work directly for companies or organizations or start private practice or consulting businesses. Many graduates become leaders in the education, print and publishing, telecommunication, and media industries. Graduates can become contributing writers to newspapers, magazines, journals, blogs, and school curriculums, and they author books on pertinent health topics. They also speak at conferences, lead workshops, and educate people on holistic nutrition and healthy whole-food preparation.

BAUMAN BUSINESS INSTITUTE

The Bauman Business Institute is a comprehensive, online business training curriculum that will prepare students to successfully put their education to work whether their intentions are to get jobs or start their own practices. Students will progress through the business curriculum concurrently with the nutrition modules, which will allow them the full length of the program to develop their career plans. See page 21 for more information.

PROGRAM DETAILS

Classes are 3.5 hours in length and meet on average 5 times per month. Students should plan to spend as much time or more on homework and individual study as they spend in the classroom.

Students in our Nutrition Consultant Training Program have complete access to all of their curriculum materials, including lectures, homework assignments, and student records, via our unique learning management system, the Bauman College Student Dashboard. With this system, students communicate with teachers and staff, submit homework, view lectures, and check their current grades from home or in any location with an internet connection. The Bauman College Student Dashboard allows students to easily access course materials any time.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

CERTIFICATION

The nutrition consultant certificate title is valid in California and other states where there are no federal, state, or local requirements limiting the practice of nutrition consulting. Contact the local state government to become informed about the laws of the state in which you plan to practice.

PROFESSIONAL ASSOCIATION STANDARDS

Professional association standards require that nutrition consultants practice within the area of health education, with mutual consent between client and consultant, and with full disclosure on the part of the practitioner as to services provided, fees, training, and areas of competence. A nutrition consultant does not diagnose or treat disease. Bauman College carefully teaches students the proper language to use to emphasize their educational approach that is based upon creating health rather than treating disease. Nutrition consultants are encouraged to work with doctors and licensed health providers when educating clients with previously diagnosed conditions. Anyone who is currently licensed (R.D., R.N., M.F.C.C., M.D., etc.) by the state in which they reside should check with their professional licensing board regarding nutrition practice requirements. Bauman College recommends that its graduates obtain professional malpractice insurance, which is available at a very reasonable rate through national carriers.

NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Nutrition Consultant Training Program is a recommended and approved training program by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected to the latest research and business practices, connect with like-minded professionals in the integrative health field, attend annual conferences, gain continuing education credits, and support the right of holistic nutrition professionals to serve in an ethical and appropriate way. For more information on NANP, visit nanp.org.

HOLISTIC NUTRITION CREDENTIALING BOARD

Graduates of the Nutrition Consultant Training Program are eligible to sit for the Holistic Nutrition Credentialing Board's (HNCB) Board Examination. The HNCB is a division of NANP. NANP professional members who meet the board examination qualification criteria and successfully pass the board exam will earn the designation, "Board Certified in Holistic Nutrition®." This credential provides national recognition of professional excellence. For more information, including a list of board exam eligibility criteria, please visit nanp.org/hncb.

BOARD OF REGISTERED NURSING

Bauman College is an approved provider by the California Board of Registered Nursing, Provider #11401, for 281 contact hours for the Nutrition Consultant Training Program.

Term I : Foundations of Nutrition (217 Hours)

NC 101 EATING FOR HEALTH®

This module introduces the scope of a nutrition consultant practice. Students learn the benefits of a whole-foods, plant-based Eating for Health® model and how to use it to help people make beneficial lifestyle and nutrition choices. We examine health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, and poor-quality fats, and we critique a variety of diet programs and philosophies and compare them to the Eating for Health® model.

NC 102 DIGESTIVE PHYSIOLOGY

We discuss the processes of digestion, absorption, immunity, and elimination along with the anatomy of the digestive tract. Metabolism of macronutrients, blood sugar, and food allergies are introduced. The Food Sensitivity Cycle is presented, demonstrating the relationship of stress, toxins, trauma, and malnutrition to type I (acute) and type II (chronic) allergy patterns.

NC 103 BIOCHEMISTRY

In this module, we investigate food structure and how amino acids, fatty acids, and carbohydrates influence physiological functions. We learn to read food labels and understand different cellular responses to natural versus artificial ingredients. Also discussed are free radicals, antioxidants, phytochemicals, and how the molecules in food and the environment affect genetic expression and the composition of our bodies.

NC 104 NUTRITION ANALYSIS

Students learn to analyze the nutrient content of whole and refined foods and meal plans. By conducting dietary evaluations, students become familiar with foods that have excellent nutrient density and diversity and learn to contrast them with the nutrient-poor commercial foods. This module includes instruction on identifying nutrient ratios that determine a diet direction that is either cleansing, balancing, or building.

NC 105 MACRONUTRIENTS

We address the chemical nature and classification of the macronutrients. We discuss quality, quantity, and ratios of macronutrients in various food plans and detailed information on macronutrient form and function. Students are guided to vary their macronutrient ratios and observe resulting changes in mood, energy, and productivity.

NC 106 MICRONUTRIENTS

Students learn the importance of vitamins and minerals and how to devise menu plans that feature them prominently. Current findings regarding micronutrient deficiency and its connection to premature aging, morbidity, and mortality are discussed. We examine toxic elements in food and water such as mercury, lead, cadmium, and arsenic along with protective dietary recommendations.

NC 107 NUTRITIONAL COUNSELING

Students learn how to conduct a health and nutrition intake, use discretion in providing client feedback, establish rapport with diverse clients, and effectively gather data to determine a personalized diet plan. Students practice preparing for a client interview, establishing client goals, and developing a client-centered dietary approach. We demonstrate and practice verbal and non-verbal communication skills.

NUTRITION CAREERS PANEL

Students have an opportunity to engage with a comprehensive panel of representatives from different careers open to nutrition consultants. Panelists share their career journeys, and students have the chance to ask questions and network.

NC 108 CASE PRESENTATIONS

Students conduct initial comprehensive intakes, collect data via health surveys, and provide recommendations for health recovery. Students learn to meet clients where they are and provide customized nutritional wellness programs that are built upon week by week. Each student will deliver a case presentation to demonstrate mastery of the skills they learned.

MIDTERM EXAM

Students will complete a midterm exam through the Bauman College Student Dashboard to demonstrate their knowledge of current, practical, and relevant information presented in the course.

Term II Therapeutic Nutrition (308 Hours)

NC 201 STRESS + ENDOCRINE INTERACTIONS

The interaction of stress with the endocrine system and the influence stress has on our health are discussed. Students learn the stages of the stress response, its influences on the endocrine system, and corresponding nutrient needs. Research is presented on how metabolic and endocrine imbalances lead to biochemical insufficiencies. Students are introduced to hormonal synergies and the hypothalamus-pituitary-thyroid-adrenal feedback system.

NC 202 MEN'S + WOMEN'S HEALTH

The focus of this module is on life cycle issues and related dietary support for men and women. Nutritional needs and health concerns related to women such as conception, pregnancy, postnatal care, pediatrics, and menopause are discussed as well as men's health issues such as benign prostate hypertrophy and andropause (male menopause). Also covered are metabolic patterns of aging, common health issues of aging and the elderly, Alzheimer's disease, and Parkinson's disease.

NC 203 LIVER DETOXIFICATION

This module focuses on functional anatomy and physiology of the liver's role in clearing toxins with a focus on the two-phase enzymatic detoxification system. We explore foods, herbs, and nutrients needed to protect the liver from oxidative damage and free radicals, which are associated with heavy metal detoxification and hepatitis.

NC 204 GASTROINTESTINAL HEALTH

Students learn about health issues of the gastrointestinal tract and its associated structures with special attention paid to dysbiosis, leaky gut, irritable bowel syndrome, colitis, and related conditions. Students learn how to apply the 4R approach to GI healing: replace (enzymes), remove (antigens and toxins), reinoculate (with pre- and probiotics), and repair (gut mucosa).

NC 205 BLOOD SUGAR REGULATION

Students learn assessment, diet analysis, and research pertaining to nutrient needs addressing hypoglycemia, metabolic syndrome, diabetes mellitus types 1 and 2, and other blood sugar dysregulation disorders. We address diet, lifestyle, and nutrient management of each type of imbalance, emphasizing key foods, herbs, spices, nutrients, menu planning, and exercise.

NC 206 WEIGHT MANAGEMENT

This module focuses on weight, body composition, and fitness. The connection between diet, exercise, self-esteem, and social support is introduced as an essential component of an Eating for Health® weight management program along with specific counseling procedures such as creative mind/body techniques for dealing with client inertia, resistance, and ambivalence. Students learn to address the underlying issues embedded in weight loss resistance, including physical, mental, and emotional trauma as well as poor nutrition, compromised metabolism, and a history of erratic dietary habits and choices.

NC 207 CLINICAL ASSESSMENT

This module introduces the basic laboratory tests that a primary health care professional may order for a client to help direct a nutrition consultant to suggest a diet, lifestyle, and nutrient program to respond to areas of imbalance. Tests covered include a complete blood chemistry profile; a comprehensive digestive stool analysis; a mixed hormone panel with values for the adrenals, gonads, pancreas, and pituitary; a food sensitivity panel; and key biomarkers for inflammation.

NC 208 CARDIOVASCULAR HEALTH

This module examines the etiology of cardiovascular ailments. The role of genetics, diet, lifestyle, and risk factors are explored. The incidence and etiology of hypertension are examined, with nutrient drug interactions explained. Students learn an integrative blood pressure control program with key foods, herbs, spices, nutrients, and lifestyle practices.

NC 209 MENTAL HEALTH

We discuss the interplay of psychological, somatic, and environmental factors as they relate to mental health. Conditions such as substance abuse, eating disorders, depression, anxiety, and bipolar disorder are examined with recommendations for nutritional support. Students learn brain anatomy, physiology, and biochemistry along with the brain's dynamic interplay with the endocrine, immune, and gastrointestinal systems and the role of food, gut issues, and environmental sensitivities that can trigger mood disorders, ADD, and autism.

NC 210 MUSCULOSKELETAL HEALTH + SPORTS NUTRITION

This module introduces the functional anatomy of the musculoskeletal system. Natural herbal and nutritional alternatives to current treatments for musculoskeletal conditions are critiqued and discussed. We discuss research on pain management, osteoarthritis, and fibromyalgia as well as optimal nutrition and hydration for sports nutrition to promote strength, flexibility, endurance, lifelong fitness, and injury prevention.

NC 211 IMMUNE + AUTOIMMUNE

In this section, we examine health issues related to an overactive and underactive immune system. Hypoallergenic, elimination diets and nutrition-based care programs for autoimmune conditions are presented along with the therapeutic use of specific foods, fresh juices, herbs, spices, broths, and cleansing aids with special attention to cleansing and healing the organs of elimination.

NC 212 CANCER

Cancer prevention diets as well as specific nutrient needs and diet support for individuals undergoing surgery, chemotherapy, radiation, and hormone therapy are reviewed. Every component of the Eating for Health® food plan has value in protecting the body from cancer occurrence or recurrence.

NC 213 CASE PRESENTATIONS

See NC 108 for a full description of student case presentations. In this module, students apply their learning from the Therapeutic Nutrition section to deliver a more in-depth case presentation.

FINAL EXAM

Students complete a final exam through the Bauman College Student Dashboard to demonstrate their knowledge of current, practical, and relevant information presented in the course.

Term III Practicum (175 Hours)

NC 301 PRACTICUM PREPARATION

In preparation for their on-site practicum experience, students are trained to deliver Bauman College wellness programs in community and clinical settings. Students learn how to work with PowerPoint slides, create customized educational handouts, and deliver healing food demonstrations to participants in the one-hour classes they will be teaching. Additionally, students learn how to conduct a pre and post Diet, Lifestyle, and Health Concern Survey; provide holistic nutrition counseling; analyze data; and report on participant changes, challenges, and outcomes.

NC 302 ON-SITE PRACTICUM

After spending a year or more learning about health supportive and therapeutic nutrition, our students enter the real world to deliver Bauman College wellness programs based on lessons provided to them by Bauman College. Guided by Bauman College mentors, our students will provide on-site or virtual weekly nutrition classes and individual counseling to selected participants. Student responsibilities consist of preparing and teaching Eating for Health® classes, conducting individual client sessions, delivering written health plans, and supporting participants to improve their diets, lifestyles, and attitudes. Our students are guided and empowered by weekly mentor-hosted phone conferences to discuss the challenges and learning opportunities they encounter in doing nutrition education and consulting in real time with busy people who have varying degrees of health awareness, time, and commitment.

NC 303 PRACTICUM REPORTING

To complete the practicum component of our program, students prepare and share with their mentors a report on their personal insights gleaned from being a program leader and on the participant outcomes from the Bauman College wellness programs that they customized and delivered. Reporting includes a discussion on the demographics of the population, the types of services they provided, the venues in which they worked, the modes of supervision and evaluation they used, and examples of challenging interactions and how they responded. In delivering their practicum reports, many students state that they appreciate how much they have learned, how capable they are in teaching and counseling, and how rewarding it is to support others in making important dietary and lifestyle changes. By working through the steps of preparing, delivering, and reporting on this real-time, real-life program, students experience a major shift in their personal and professional self-esteem. It is a powerful completion of the Nutrition Consultant Training Program.

Nutrition Consultant Training Program via Distance Learning

The Nutrition Consultant Training Program is available online via distance learning. People who live far away, have time constraints, or simply prefer to work from home can receive our nutrition training on their own time and in a way that is organic to them. Distance learning is perfect for busy people who are independent, self-motivated, and who have a desire to improve the world through holistic nutrition.

Distance learning students receive a series of audio lectures linked to PowerPoint lessons prepared by Bauman College Founder and President Dr. Ed Bauman. These are augmented by current and comprehensive textbooks, workbooks, videos, and supplemental materials that keep the program fresh and science based. Students can download the lectures, view them in a multimedia PowerPoint presentation, or upload the audios to their MP3 players and learn on the go.

STRUCTURED YET FLEXIBLE SCHEDULE

Students may begin the Nutrition Consultant Training Program via Distance Learning at any time. Although we allow up to 30 months to complete the program, students may finish in a shorter time. Each student works at a different pace, but a minimum of 15-20 hours per week is a reasonable basic time commitment to finish the program. Students and mentors together work out a time frame for each lesson, which takes into account a student's other life commitments and responsibilities. A recommended pace to ensure completion of the program during the allotted time frame of 30 months would entail each module taking no longer than 30 days to complete. The key to a successful distance learning experience is that students make the time in their lives to research, write, interview, and complete their homework in a timely way and stay in close communication with their mentors. To ensure continuity in the studies, homework is graded and returned to the student within 10 days of being received. Emails are responded to within 2 business days.

STUDENT RESOURCES

Distance learning students receive the same curriculum as our classroom learning counterparts, including the practicum segment. Unlike many other distance learning programs, Bauman College students have the benefit of individual telephone consultations with a personal mentor throughout the program. Students will be guided and supported by these regular phone appointments, which allow students to ask in-depth questions, receive detailed feedback on homework for each course topic, review core competencies of the program, discuss client strategy and sequencing, get answers to questions, and monitor progress. Additionally, distance learners have an opportunity to connect with other Bauman College students through the Student Forum.

COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

BAUMAN BUSINESS INSTITUTE

There are many considerations when choosing a holistic nutrition or natural chef program. What does the curriculum cover? How long is it? What does it cost? What careers are available upon graduation? Potential students may not have considered how well a particular program will prepare them to start a business, seek employment, or give them the tools to build successful careers.

All students entering our programs are passionate about health and nutrition, but many have no idea how they are going to earn a living, and figuring that out alone can be very challenging. Bauman College takes its responsibility to prepare and support students to put their education to work very seriously. Whether students are embarking on a career change or adding new skills and knowledge to existing work, their success is measured by how effectively they can utilize the information they have learned. The Bauman Business Institute is designed to assist students in navigating the difficult process of deciding upon and succeeding in their career choices.

ONLINE FORMAT OFFERED THROUGHOUT THE PROGRAMS

With the Bauman Business Institute, we have created flexibility for our students by offering it online and in mobile-compliant format for both classroom and distance learning students. Business content and career support will now be available from the beginning of the students' chosen vocational tracks and will flow throughout the entire program. By teaching business practices in this way, students will have the full duration of their training to explore their strengths and career goals, receive support, and create their business portfolios to prepare them to confidently start their businesses or seek employment.

As our nutrition consultant and natural chef curricula are based on progressive learning, the business learning sequence will also be stepwise and progressive. Students will be able to build on concepts learned early in the course as they progress through more advanced business topics. Topics will be taught by faculty with specific subject experience and expertise. Students will learn from the best and in the end they will be ready for business!

ONLINE RESOURCES CLIENT MATERIALS, TOOLS, + TEMPLATES

The Bauman Business Institute will provide students with ready-made articles, assessment forms, PowerPoints, and recipes that they can use with their clients; these will all be easily accessible in our Resource Library and will bear the Bauman College brand to increase a student's or graduate's professional credibility. The Resource Library will also contain a business resources section, which will include highly recommended business books, different websites, online classes, and other resources that offer continued education opportunities on topics ranging from how to secure funding to setting up a legal structure. With these resources at their fingertips, students will be able to build their careers and work with clients without having to spend time developing presentations, handouts, client forms, and other materials.

MENTORING CALLS

As part of the Bauman Business Institute, students will have the opportunity to participate in mentoring calls throughout the program so they can converse with and ask questions of business mentors and other students in their cohort.

CAREER SERVICES PLATFORM

The new business format and content will go hand-in-hand with the Career Services Platform. This platform allows Bauman College students and alumni to:

- Build, update, and forward their online career portfolios to employers
- Create their own resumes with our free resume builder
- Search our exclusive job, internship, and externship listings
- Connect with other students, alumni, and employers
- Register for our latest career events
- Download free career advice documents and podcasts
- Learn expert job tips from over 100 free career videos
- Read our career-related announcements

We are so excited to be able to provide a comprehensive education so that, upon graduation, our students are ready to begin their careers with all the tools they need for success.

Bauman Business Institute for Natural Chef Students

The business curriculum for natural chef students is self-paced, flexible, and delivered primarily online and via mentoring calls so that classroom time can be dedicated to hands-on cooking. The Bauman Business Institute will provide students with ready-made articles, assessment forms, and PowerPoints to use with clients and for community demos. In addition to these resources, culinary students will have access to our revolutionary online recipe database that allows students to create shopping lists, search by ingredient or recipe, and contribute their best homework recipes to the database. Students will have access to this database even after graduation so they always have an ever-growing selection of Bauman-approved recipes.

At the end of the program, students will integrate their learning experiences through a business plan or job search strategy in their final portfolio projects. This expanded business program is included in the tuition for students enrolling in the Natural Chef Training Program. For more detailed information on the Natural Chef Training Program, see page 4.

Bauman Business Institute Natural Chef Program Modules

PUTTING YOUR EDUCATION TO WORK

Students will be introduced to the Bauman Business Institute and how it is designed to prepare them for career success.

PERSONAL BRANDING

Students will learn about personal branding—why it is important and how to know, communicate, control, and build their brands.

SELF-ASSESSMENT + EXPLORATION

This is the perfect place to begin a career journey. Students will ask themselves and respond to questions such as:

- What are your strengths and preferences?
- What are your personal values, and how do you find your purpose in this field?
- What does entrepreneurship mean, and is it something that suits you?

As they examine these questions, students will begin to set intentions for their ideal careers.

DEFINING A TARGET MARKET + DEVELOPING A SPECIALTY

Students will learn why developing a specialty is more likely to lead to success. They will learn to identify and define a target market aligned with their personal mission, vision, and strengths.

BUILDING YOUR PROFESSIONAL IDENTITY

We will cover the latest information on how to write successful resumes and bios and which documents students need to present to prospective employers, partners, and/or include in their marketing materials. Each student will develop a successful elevator pitch that describes who they are, what target market they serve, and what services they provide.

CULINARY CAREERS PANEL

This is a live, in-classroom career panel. The panel members will help students explore many different culinary career options that are possible for natural chefs as well as the challenges and rewards of each path. The panel will have a variety of culinary professionals currently working in the field in areas such as:

- Personal chef
- Corporate chef
(especially in the tech industry)
- Executive chef (restaurant)
- Catering
- Food product(s)
- Food trucks
- Culinary writing

MENTORING LAB IN CLASSROOM — CULINARY CAREERS

After the culinary careers panel, students will sit down to a networking lunch with the panel members. This is an opportunity for students to share what inspired them and make connections that may lead to externship opportunities.

COHORT MENTORING CALL

SOCIAL MEDIA I: BUILDING AN ONLINE PRESENCE

In this module, students will learn how to get started building their online professional identities through social media and how to master the “know, like, trust” factor.

SOCIAL MEDIA II: SOCIAL MEDIA PLATFORMS

In this module, we will cover the use of different social media platforms and how to vary content by platform. Students will learn the best technical practices to improve their effectiveness with each of these tools used individually and together.

SOCIAL MEDIA III: THE MARKETING FUNNEL

We will continue our exploration of using social media as a marketing funnel to turn followers into customers with effective communication using blogs, professional websites, and newsletters. Students will learn how these different tools interrelate and how to most effectively communicate a personal brand.

FOOD PHOTOGRAPHY + STYLING

An important part of any culinary brand is the quality of the visual imagery. In this module, students will learn the visual process of creating a brand identity with an emphasis on using smartphones.

ORGANIZING + MANAGING AN EFFECTIVE JOB SEARCH

Students will learn how to find the hidden job market, how to develop great job search plans, and how to use networking to build relationships that will result in interviews. Students will also learn what makes a great cover letter and how to fine-tune their resumes using the right keywords so that they move to the top of the pile and become must-see candidates.

JOB SEARCH FOLLOW UP + NEGOTIATIONS

Students will learn the secrets of successful interviewing including the best ways to prepare for and follow up on interviews and negotiate offers. Students will also learn the best ways to cultivate references, referrals, testimonials, and the importance of building long-term supporters.

WRITING A BUSINESS PLAN

In this module, students will learn how to translate their vision into a viable business model. We will cover how to develop a sound business plan with well-articulated goals, implementation steps, marketing strategies, and financial projections.

STARTING A CULINARY BUSINESS

For students whose intentions are to start culinary businesses, this module is designed to teach them about the process including:

- Securing a business name
- Choosing a legal structure
- Finding insurance
- Pricing services
- Developing contracts
- Enabling secure online payments
- Various options for funding
- Avoiding costly mistakes

COHORT MENTORING CALL

RUNNING A CULINARY BUSINESS

After starting a culinary business, there are many ongoing management systems to achieve financial sustainability and success. In this module, we will cover how to set up financial systems for both bookkeeping and billing and the basics of hiring employees.

FINAL PORTFOLIO PROJECT

At this point in the course, students are ready to put their education to work. This will be demonstrated by the creation and submission of a complete business plan or a job search strategy.

Bauman Business Institute for Nutrition Consultant Students

The business curriculum for nutrition consultant students is self-paced, flexible, and delivered online and through mentoring calls. We will provide access to an online resource library that will include ready-made articles, assessment forms, powerpoints, and recipes to use with clients.

At the end of the program, students will integrate their learning experiences through a final portfolio project of either a business plan or job search strategy.

This expanded business program is included in the tuition for students enrolling in the Nutrition Consultant Training Program. For more detailed information on the Nutrition Consultant Training Program, see page 9.

Bauman Business Institute Nutrition Consultant Program Modules

PUTTING YOUR EDUCATION TO WORK

Students will be introduced to the Bauman Business Institute and how it is designed to prepare them for career success.

PERSONAL BRANDING

Students will learn about personal branding—why it is important and how to know, communicate, control, and build their brands.

SELF-ASSESSMENT + EXPLORATION

This is the perfect place to begin a career journey. Students will ask themselves and respond to questions such as:

- What are your strengths and preferences?
- What are your personal values, and how do you find your purpose in this field?
- What does entrepreneurship mean, and is it something that suits you?

As they examine these questions, students will begin to set intentions for their ideal careers.

DEFINING A TARGET MARKET + DEVELOPING A SPECIALTY

Students will learn why developing a specialty is more likely to lead to success. They will learn to identify and define a target market aligned with their personal mission, vision, and strengths.

BUILDING YOUR PROFESSIONAL IDENTITY

We will cover the latest information on how to write successful resumes and bios and which documents students need to present to prospective employers, partners, and/or include in their marketing materials. Each student will develop a successful elevator pitch that describes who they are, what target market they serve, and what services they provide.

SOCIAL MEDIA I: BUILDING AN ONLINE PRESENCE

In this module, students will learn how to get started building their online professional identities through social media and how to master the “know, like, trust” factor.

FOOD PHOTOGRAPHY + STYLING

An important part of any nutrition brand is the quality of the visual imagery. In this module, students will learn the visual process of creating a brand identity with an emphasis on using smartphones.

NUTRITION CAREERS PANEL

This is a live, in-classroom career panel. The panel members will help students explore many different career options that are possible for nutrition consultants as well as the challenges and rewards of each path. The panel will have a variety of nutrition professionals currently working in the field in areas such as:

- One-on-one consulting
- Developing and managing group programs
- Corporate wellness
- Nutrition education
- Nutrition writing

MENTORING LAB IN CLASSROOM — NUTRITION CAREERS

After the nutrition careers panel, students will sit down to a networking lunch with the panel members. This is an opportunity for students to share what inspired them and make connections that may lead to future opportunities

SOCIAL MEDIA II: SOCIAL MEDIA PLATFORMS

In this module, we will cover the use of different social media platforms and how to vary content by platform. Students will learn the best technical practices to improve their effectiveness with each of these tools used individually and together.

SOCIAL MEDIA III: THE MARKETING FUNNEL

We will continue our exploration of using social media as a marketing funnel to turn followers into customers with effective communication using blogs, professional websites, and newsletters. Students will learn how these different tools interrelate and how to most effectively communicate a personal brand.

ORGANIZING + MANAGING AN EFFECTIVE JOB SEARCH

Students will learn how to find the hidden job market, how to develop great job search plans, and how to use networking to build relationships that will result in interviews. Students will also learn what makes a great cover letter and how to fine-tune their resumes using the right keywords so that they move to the top of the pile and become must-see candidates.

JOB SEARCH FOLLOW UP + NEGOTIATIONS

Students will learn the secrets of successful interviewing including the best ways to prepare for and follow up on interviews and negotiate offers. Students will also learn the best ways to cultivate references, referrals, testimonials, and the importance of building long-term supporters.

DESIGNING GROUP PROGRAMS

Group programs can be a great way to increase the range of people nutrition consultants can reach; they are also a way to increase income. Learn successful skills for generating content, managing and promoting group programs, and ultimately developing a unique signature program.

DELIVERING GROUP PROGRAMS

In this module, we will cover the most effective ways to deliver group programs including the use of webinar technology and how to deliver nutrition education.

COHORT MENTORING CALL

WRITING A BUSINESS PLAN

In this module, students will learn how to translate their vision into a viable business model. We will cover how to develop a sound business plan with well-articulated goals, implementation steps, marketing strategies, and financial projections.

STARTING A PRACTICE

If students' intentions are to start private practices, this module is designed to teach them about the process including:

- Securing a business name
- Choosing a legal structure
- Finding insurance
- Working within the nutrition consultant's scope of practice
- Avoiding costly mistakes

MANAGING A SUCCESSFUL PRACTICE

After starting a practice, there are many ongoing management systems to address. In this module, we will cover how to set up financial systems for both bookkeeping and billing. We will also cover how to keep electronic files that are secure and protect clients' privacy.

COHORT MENTORING CALL

CONFIDENCE + COMPETENCY

Still have concerns about being ready for business? This module will help students overcome their limiting beliefs and fears as well as set goals and develop accountability and support systems.

FINAL PORTFOLIO PROJECT

At this point in the course, students are ready to put their education to work. This will be demonstrated by the creation and submission of a complete business plan or a job search strategy.

BECOME A STUDENT

Which Location is Right for You?

Bauman College has two California locations in the greater San Francisco Bay Area—Berkeley and Sonoma County. For those unable to attend our classroom locations, we also offer our Nutrition Consultant Training Program online via Distance Learning.

BERKELEY

1007 University Ave., Berkeley, CA 94710

Berkeley is a picturesque, academic-minded, and welcoming city located just across the bay from San Francisco. It is world-renowned for its liberal mentality, its passionate activism, and its leadership in the American food revolution. Berkeley is also where the local-seasonal-organic focused “Cali-Cuisine” was conceived and developed.

The Berkeley facility is complete with huge commercial kitchens outfitted with top-of-the-line restaurant-quality equipment and spacious nutrition classrooms that invite creative expression and optimal learning.

In addition to the city of Berkeley itself, downtown San Francisco is easily accessible by public transportation, and both provide limitless access to cultural opportunities, delicious food, an array of ethnic food markets, and more.

SONOMA COUNTY

Main Administrative Office

PO Box 940, 10151 Main St., Ste. 128, Penngrove, CA 94951

In the middle of wine country, this location sits amidst expansive vineyards, rolling golden hills, towering redwood groves, family-owned farms, and it is just minutes from the dramatic Pacific coastline.

Sonoma County, and neighboring Napa County, are the premier wine-producing regions in the United States and provide limitless possibilities for exploring America’s best culinary markets.

The relaxed Sonoma County lifestyle, stunning natural beauty, and access to incredible locallysourced food make this an ideal location for learning. Located in the North Bay, this location provides easy access to all the resources of city life with the comforts of simple living.

Tuition, Fees, + Payment Plans: May 1 – Oct. 31

Our payment plans are customizable. Reduce your monthly payment and minimize finance fees by making a larger down payment than our current plans offer. For more information, contact us at admissions@baumancollege.org.

NATURAL CHEF

Tuition	14,500.00
Registration Fee	250.00
Materials ¹	884.00
STRF Fee ²	0.00
Total	\$15,634.00

Approximate fees for additional required items:

Chef shoes, black, slip resistant, hard, closed toe and heel: \$20-\$120
 Chef pants, black, houndstooth, or black and white checked: \$20-\$40
 Ingredients for individual final presentation: \$25-\$50
 numnums culinary portfolio membership: \$5/mo.
 Independent textbook purchases: \$156³

NUTRITION CONSULTANT

Tuition	9,950.00
Registration Fee	150.00
Materials ¹	344.95
(additional textbook purchases required)	
STRF Fee ²	0.00
Total	\$10,444.95

Approximate fees for additional required items:

Independent textbook purchases: \$167.24³

NUTRITION CONSULTANT VIA DISTANCE LEARNING

Tuition	9,950.00
Registration Fee	150.00
Materials ¹	344.95
(additional textbook purchases required)	
STRF Fee ²	0.00
In-state Shipping/Handling (UPS)	65.00
Out-of-state Shipping/Handling (UPS) ⁴	90.00
Total (CA resident)	\$10,509.95
Total (out-of-state)	\$10,534.95

NC materials are sent in 3 shipments at the beginning of each term.

Approximate fees for additional required items:

Independent textbook purchases: \$167.24³

1. Regional sales tax will be added to all material sales.
2. State law requires a non-refundable STRF fee to be applied to all California first-party-paid enrollments (see page 26).
3. Estimated costs are based on standard retail. The cost of books varies considerably depending on where they are purchased. The Bauman College Student Bookstore has all required books available new and used at a discount.
4. Actual Shipping/Handling charges will apply for international shipments.

NATURAL CHEF PAYMENT PLAN

Down Payment	
Registration Fee	250.00
Materials ¹	884.00
Tuition Payment #1	2,900.00
STRF Fee ²	0.00
Total Down Payment	\$4,034.00

Payments: The remaining tuition after down payment will be charged a finance fee of \$580.00, and the balance of \$12,180.00 will be paid in 4 monthly payments of \$3,045.00 using an automatic credit card payment plan.

NUTRITION CONSULTANT PAYMENT PLAN

Down Payment	Option A	Option B
Registration Fee	150.00	150.00
Materials ¹	344.95	344.95
Tuition Payment #1	552.78	3,487.78
STRF Fee ²	0.00	0.00
Total Down Payment	\$1,047.73	\$3,982.73

Option A: The remaining tuition after down payment will be charged a finance fee of \$939.72, and the balance of \$10,336.94 will be paid in 17 monthly payments of \$608.06 using an automatic credit card payment plan.

Option B: The remaining tuition after down payment will be charged a finance fee of \$646.22, and the balance of \$7,108.44 will be paid in 17 monthly payments of \$418.14 using an automatic credit card payment plan.

NUTRITION CONSULTANT VIA DISTANCE LEARNING PAYMENT PLAN

Down Payment	Option A	Option B
Registration Fee	150.00	150.00
Materials ¹	344.95	344.95
Tuition Payment #1	552.78	1,516.67
STRF Fee ²	0.00	0.00
In-State Shipping/Handling	65.00	65.00
Out-of-state Shipping/Handling ⁴	90.00	90.00
Total (CA resident)	\$1,112.73	\$2,076.62
Total (out-of-state)	\$1,137.73	\$2,101.62

Option A: The remaining tuition after down payment will be charged a finance fee of \$939.72, and the balance of \$10,336.94 will be paid in 17 monthly payments of \$608.06 using an automatic credit card payment plan.

Option B: The remaining tuition after down payment will be charged a finance fee of \$843.33, and the balance of \$9,276.67 will be paid in 24 monthly payments of \$386.53 using an automatic credit card payment plan.

Financial Assistance

FINANCIAL ASSISTANCE

Our admissions advisors are here to help you. Start by reviewing the opportunities provided on our website, then call us at 800-987-7530 or set up an appointment with an advisor via the website. Our advisors are well versed in many funding opportunities and can advise you on how to best support your education.

STUDENT TUITION RECOVERY FUND

The Student Tuition Recovery Fund (STRF) was established by the Legislature to protect any “California Resident” who attends a private post-secondary institution from losing money if they prepaid tuition and suffered a financial loss as a result of the school closing and failing to live up to its enrollment agreement or refusing to pay a court judgment. You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following apply to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program, or other payer, unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies: 1. You are not a California resident, or are not enrolled in a residency program, or 2. Your total charges are paid by a third party, such as an employer, government program, or other payer and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed, or if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act. However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, bppe.ca.gov, 888-370-7589, or by fax 916-263-1897.

PRIVATE STUDENT LOAN OBLIGATION

If you obtain a loan to pay for this educational program, you have the responsibility to repay the full amount of the loan plus interest and apply any Bauman College refunds to the loan.

Schedules

Class Start + End Dates

SCHOOL	START DATE	END DATE	TIMES
Berkeley			
Nutrition Consultant AM	09/21/16	03/22/18	Wednesdays + some Mondays 9:30 a.m. – 1:00 p.m.
Nutrition Consultant PM	09/22/16	03/22/18	Thursdays + some Tuesdays 6:00 p.m. – 9:30 p.m.
Natural Chef AM	09/12/16	02/27/17 ¹	Mondays, Tuesdays, + Wednesdays 10:00 a.m. – 3:00 p.m. ²
Natural Chef PM	09/14/16	05/17/17 ¹	Wednesdays + Fridays 5:00 p.m. – 10:00 p.m. ²
Sonoma County			
Nutrition Consultant	09/22/16	03/22/18	Thursdays + some Tuesdays 9:30 a.m. – 1:00 p.m.

¹ Six additional weeks are allowed for the completion of a required independent Culinary Externship.

² Please note that the Natural Chef Training Program may have some classes that run additional hours. Also, during the week of the Culinary Showcase, students may meet on different days and/or different hours.

When an unexpected closure occurs due to extraordinary conditions, such as inclement weather, students will be notified as soon as possible by phone and email by the school administrator. Classes are not held on the following holidays: New Year's Eve, New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and the Friday following, Christmas Eve, and Christmas Day.

Please contact our Admissions Department for detailed schedules.

Application + Enrollment

We Make Applying Easy

Applying to Bauman College is easier than ever with our online application process. From the Bauman College website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment". In order to successfully submit your online application, you will need to have all required items in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so make sure you have everything you need before you start the process.

Required documents include a copy of high school completion or higher education transcripts or diploma, a 500-word essay, a current resumé, two letters of recommendation, and a digital photo of yourself. Detailed document requirements can be found on the Application and Enrollment page of our website. Applicants will receive notification of acceptance within five business days by email.

Dates to Remember

AUGUST 5, 2016 – RECOMMENDED APPLICATION DATE

In order to avoid a late enrollment fee of \$100, we recommend that you apply by August 5, 2016, for the chance to be accepted and enrolled by August 19, 2016

AUGUST 19, 2016 – LATE ENROLLMENT FEE

Enrollment contracts received after this date will incur a \$100 late enrollment fee.

Enrollment for our online distance learning program is ongoing and does not incur late enrollment fees.

School Approval + Resources

Bauman College is a private nonprofit educational institution approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:

The Bureau for Private Postsecondary Education
2535 Capitol Oaks Drive, Suite 400
Sacramento, CA 95833
Phone: 888-370-7589
Fax: 916-263-1897
bppe.ca.gov

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589, or by completing a complaint form, which can be obtained on the Bureau's website at bppe.ca.gov.

Bauman College is not accredited by an accrediting agency recognized by the United States Department of Education. Bauman College does not participate in federal or state financial aid programs.

Bauman College is a solid and stable institution. We do not have a pending petition in bankruptcy; we are not operating as a debtor in possession; we have not filed a petition within the preceding five years; and we have not had a petition in bankruptcy filed against us within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

FACILITIES

Each Bauman College location contains attractive, modern, and professional offices and classrooms. There is a reception area and a nutrition classroom in each location, and in our Berkeley facility there is a culinary classroom equipped with two state-of-the-art kitchens. All students must utilize personal computers with internet, email, and word processing capabilities; WiFi is provided at each location to allow students internet access. Nutrition students utilize textbooks and workbooks and attend multimedia presentations, in the classroom or through the online Student Dashboard. Culinary students use written materials, such as required texts and the resource guide, and electronic materials, such as the Student Dashboard and Recipe Database, to follow along with course information. They also attend lectures in the classroom accompanied by slide presentations and participate in cooking labs that take place in our state-of-the-art commercial kitchens, using high-quality kitchen utensils and commercial-grade appliances.

HOUSING

Housing is available near all Bauman College locations. Rental prices vary depending on the situation chosen (shared housing, apartments, or single occupancy). Housing information is posted on the Bauman College Forum under Housing Hookup to assist students in finding local housing. Bauman College does not provide housing, dormitory facilities, or have any responsibility to find or assist students in finding housing.

STUDENT LIBRARY + RESOURCES

Each Bauman College location maintains a small library, consisting of nutrition textbooks, cookbooks, culinary reference books, wellness resources, and other reference materials available for student use. Students may access these resources during normal business hours of Monday – Thursday 9:00 a.m. – 4:00 p.m. Bauman College students are required to have computers to complete their studies and students may access free WiFi at all of our locations to facilitate their online research needs. Students may utilize our classrooms to study during normal business hours, provided the classrooms are not in use.

STUDENT SERVICES

Our student services manager counsels and assists students with any needs that they may have during their studies. Students who need additional assistance have access to faculty and graduate tutors. An active Community Forum, with excellent faculty participation, is utilized by students and alumni to discuss nutrition and culinary topics and provides guidance and clarity as students move through the curriculum.

Students and alumni have unlimited access to the Career Services Platform where they can create portfolios, search and apply for jobs, access career resources, and register for Bauman College events. Bauman College does not provide career placement; however, we create opportunities for employers and students to connect and engage on a professional level.

Policies + Procedures

General Program Policies: Classroom and Distance Learning

ADMISSION

Applicants must have a high school diploma or the equivalent; Bauman College does not offer an ability-to-benefit examination. Bauman College does not have an official transfer or articulation agreement with other institutions but will consider credits earned at other institutions; see Transcript Evaluation section for details. Acceptance into the program is subject to review of submitted application materials. A background in health sciences is beneficial but is not mandatory. Bauman College reserves the right to deny admission to any applicant.

APPLICATION PROCESS

From the Bauman College website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need all of the required documents (see page 27) in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so be sure you have everything you need before you start the process. Before beginning the application process, please review the computer skills and equipment requirements below. Applicants will receive notification of acceptance by email within five business days.

TRANSCRIPT EVALUATION

Professional health providers (M.D., L.Ac., D.C., etc.), those who have graduated from a regionally accredited university with a degree in nutrition (B.A. or M.A./M.S.), or those who have a certificate from a state-approved vocational program may apply previous nutrition training to satisfy 231 credit hours of the Nutrition Consultant Training Program and bypass Term I, Foundations of Nutrition. Candidates who fit the above criteria must submit their transcripts, a cover letter requesting evaluation, and a \$150 evaluation fee along with their complete application packet. When the transcripts have been reviewed, an appointment will be set for an interview with the Nutrition Program Director. The interview will determine if it is appropriate for the candidate to continue on with the process of taking the Foundations of Nutrition Challenge Exam. Candidates who score 80% or higher on the Foundations of Nutrition Challenge Exam will then take a prerequisite matriculation module with a competency exam. The fee for this is \$350. After successful completion of this process, the individual may enroll in the Therapeutic Nutrition portion of the program. Candidates who do not pass the Foundations of Nutrition Challenge Exam will need to begin the program at Foundations of Nutrition.

COMPUTER SKILLS REQUIRED

These computer skills are required for Bauman College students:

Basic Word Processing: Students must be able to use a word processor to create basic documents. This includes using templates; making tables; and inserting headers, footers, and graphics into documents. These skills will be required to complete homework assignments.

PDF Handling: Students will need to be able to open, view, and convert documents to PDF format as a part of their studies.

Basic Web Skills: Students will need to use the internet for a variety of tasks ranging from research to use of online nutrition analysis tools. Basic proficiency in the use of a web browser and the use of basic web applications will be necessary.

Web Application Skills: Students will be required to use the Bauman College Community Forum, a bulletin board style web system where questions can be posted and valuable information is shared. Students will be required to use a web-based system to post questions, access materials, and complete homework.

Email: Students are expected to have an active Gmail account and to regularly check and respond to email.

Students must also ensure that they possess a computer system with minimal hardware and software requirements. For a full discussion of skills and system requirements, please visit the FAQs page on our website. There you will find a Technical FAQs section where information on operating system, hardware, and software requirements are detailed.

INTERNATIONAL STUDENTS

Bauman College does not offer student visa services but will vouch for student status as necessary. Please note that international students participating in the online Distance Learning program are responsible for international calling fees for phone appointments with their faculty mentors. They are also responsible for the international shipping fees.

English Language Requirement: Bauman College accepts international distance learning students into the Nutrition Consultant Training Program who are proficient in the English language. No English language services are available. Instruction is not provided in any language other than English. Non-native English speaking students must demonstrate proficiency in the English language through submittal of a TOEFL certificate or English proficiency displayed in the application essay and through an interview appointment with the Admissions Department. It is required that all copies of student transcripts or diplomas are submitted in English.

PAYMENT PLANS

Bauman College payment plans can be arranged. An installment payment plan for any Bauman College program will incur a finance fee on the tuition balance due. Students choosing to be on a payment plan must commit to monthly automatic credit card charges. Payment in full of all fees must be received in order for a student to receive certification for a particular program and to continue on with additional training. Tuition payments are due once a month (see contract for exact dates). There will be a \$35 charge for all declined scheduled credit card payments. Educational services may be withheld from a student whose payment (including late fee) is more than 10 days late. Bauman College reserves the right to refuse payment plan services to any individual.

INTER-PROGRAM TRANSFER

A student transferring from the classroom to distance learning, or a student transferring from distance learning to the classroom, will be assessed a \$100 transfer fee (plus any additional fees assessed for shipping outside of the continental United States). Students who are enrolled in a classroom program may only transfer to distance learning if they are current and up to date with all homework assignments and quizzes.

GRADING, CREDITS, + RECORDS

All assignments are given numerical grades and content feedback. A file review is available by appointment to discuss any questions pertaining to coursework and progress in the program. After all requirements are satisfied, a certificate will be awarded. Replacement certificates can be purchased for \$25 each. Upon request, two transcripts will be provided at no charge. Additional copies will be available for \$25 each. Bauman College student records are kept confidential and maintained primarily through electronic files that are backed-up on a daily basis and stored in

two separate secure geographical locations. These records are kept forever. All physical files containing California Code requirements are kept for a minimum of 5 years following a student's completion or withdrawal. Bauman College reserves the right to terminate the enrollment of any student who consistently displays sub-standard work and/or performance and is deemed by the program director to lack the skills needed to achieve vocational certification (see Certification Requirements on pages 34 and 38). A prorated refund of tuition charges will be returned to the student should this situation occur.

STUDENT CONDUCT + GRIEVANCES

All students enrolled at Bauman College (classroom or distance learning) must conduct themselves in a manner that promotes a peaceful learning environment at Bauman College. Students are expected to behave with respect and care toward fellow students, faculty, and staff. The use of cell phones, including texting, is not permitted in the classroom. Bauman College has a zero tolerance policy for drugs, alcohol, and weapons. Students who display conduct issues will be referred to the student services manager for guidance and discipline. If necessary, the matter will be discussed with the Executive Council for appropriate resolution. Bauman College maintains the right to dismiss students for conduct that is disruptive to the class or conduct that reflects or impacts unfavorably on Bauman College's reputation or operation. Reinstatement after dismissal will occur only with the consent of the Executive Council in response to a written request and personal interview. In all cases, the student should be informed of the grievances against him/her, and the student shall be given a fair opportunity to refute them. The institution will not be arbitrary in its actions.

Students seeking to resolve problems or voice complaints should contact the student services manager who will investigate, record, and, if possible, resolve the issue. Matters that are unable to be resolved will be forwarded to the Executive Council for further review and action.

OBSERVABLE IMPAIRMENT POLICY

Bauman College seeks to maintain safety for all students in the classroom. If a student is observed to be performing unsafely in the classroom, even as a result of a legal drug prescription, they may not participate in actions that are deemed unsafe by the instructor. This may include utilizing knives or kitchen equipment. Students may still observe class at the discretion of the instructor.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Bauman College is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of the coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Bauman College to determine if your certificate will transfer.

Classroom Program Policies

LATE ENROLLMENT FOR CLASSROOM

It is important to apply and enroll early to secure a space in the class. Classes with insufficient enrollment may be cancelled. A non-refundable late enrollment fee of \$100 will be charged after the late enrollment deadline has passed.

CANCELLATION FOR CLASSROOM

Student's Right to Cancel: A student has the right to cancel the enrollment agreement and obtain a refund. The institution shall, for all students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$150 (Nutrition Consultant) or \$250 (Natural Chef) and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later. A student may withdraw from a program after instruction has started and receive a prorated refund for the unused portion of the tuition if 60% or less of the program has been completed. Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resalable condition will be granted if returned within two weeks after the first day of instruction. A student is not considered withdrawn until a written cancellation has been received. Cancellation shall occur when a student gives written notice of cancellation at the address of the school shown on the top of the student's enrollment contract. The cancellation notice can be sent by mail, fax, or hand delivery. If sent by mail, cancellation is effective when deposited in the mail, properly addressed, and with postage prepaid.

Students who are funded by third-party payers will have any cancellation refund paid directly from Bauman College to the third-party payer, not to the student. Refunds will be processed within 45 days of proper cancellation. Students who wish to cancel must be current with their financial obligations to the school. Tuition charges and fees will continue to accrue until a student's financial account is settled. Should a student wish to re-enroll after a cancellation, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student canceled. Re-enrollment will only be considered for the same program and must be processed within two years of the student's original enrollment date in order to receive credit for previous coursework.

LEAVE OF ABSENCE FOR CLASSROOM

NUTRITION CONSULTANT

If a student finds it necessary to take a leave of absence from a current program and all payments are current, the student must complete a Leave of Absence Form, indicating intent to resume studies at the same point in the following term. Return to the classroom is only accommodated on a space-permitting basis; distance learning is an option. Paid tuition fees will be applied toward the new term and the student will not be subject to additional fees upon return, unless tuition, STRF, and/or class materials have changed. Third-party funded students must gain consent from their funding resources in order to take a leave of absence and are subject to all stated policies. During a leave of absence, all access to Bauman College resources and services are suspended. The returning student must contact the school 30 days in advance of his/her re-entry date to complete registration and ensure space in the class. A leave of absence from a program is only permitted once. If the student does not return in the following term, he/she will receive a letter of termination from the school and a prorated refund for the unused portion of the tuition, if 60% or less of the course has been completed. Should a student wish to re-enroll after a termination, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student was terminated. A student must re-enroll into the same program within two years of the original enrollment date in order to receive credit for previous coursework.

NATURAL CHEF

Leave of absence is not available in the Natural Chef Training Program; however, should a student need to cancel enrollment, he/she may follow the procedures for re-enrollment as outlined in the cancellation policy.

ATTENDANCE FOR CLASSROOM

NUTRITION CONSULTANT

Students must attend at least 80% of class hours per term. A missed class may be made up by attending the same class if it is offered at an alternate time or location within the same term and by prior arrangement only. Three late arrivals, three early leaves, or a combination thereof constitute one absence. During Term III (NC 302), it is required for students to attend all scheduled events as these are student-led classroom and counseling sessions.

NATURAL CHEF

In order to complete certification requirements, students are allowed a maximum of six absences throughout the program. A late arrival or early leave counts as one-third of an absence. If a student arrives 1.5 hours late or leaves 1.5 hours early, that counts as an entire absence. The Knife Skills class and ServSafe® Food Manager training are required in order to begin working in the kitchen. If a student is absent from class, he/she may choose to arrange for a private tutorial with an instructor and pay a fee assessed by the college; this private tutorial makes up the content but does not excuse the student's absence from that class.

STANDARDS FOR STUDENT ACHIEVEMENT – CLASSROOM

Attendance: Students must comply with Bauman College attendance requirements.

Nutrition Consultant Grade Average: Students must achieve an 80% grade average to graduate and receive certification.

Natural Chef Grade Average: Students must achieve an 80% grade average to graduate and receive certification.

Homework Assignments: Students must have all homework assignments satisfactorily completed. Homework guidelines will be provided to students in their course materials. Students who engage in plagiarism will lose their chance at certification.

Nutrition Consultant Completion Projects: Written and oral case presentations and a practicum mark the successful completion of the Nutrition Consultant Training Program. Throughout this program, students are expected to present oral case histories demonstrating their ability to complete a client intake, conduct appropriate questionnaires, devise a nutritional wellness program, and monitor client progress.

Natural Chef Completion Projects: The final written and oral culinary presentation will demonstrate the competencies of the natural chef. Students will conduct research, provide nutrition information, and prepare dishes related to their chosen culinary focus. Natural chef students will also complete 15 In-House Culinary Skills Hours and a 50-hour independent culinary externship.

Natural Chef ServSafe® Manager Certification: Students must pass the ServSafe® Manager exam in order to be certified as a natural chef.

Cooking Demonstrations: To apply nutritional principles, all Bauman College students are expected to present food demonstrations.

Financial: Students must satisfy all financial contract agreements with Bauman College.

COMPLETION TIME FOR CLASSROOM

NUTRITION CONSULTANT

TERM I: Students who have successfully completed all quizzes with a grade of 80% or higher will be eligible to take the midterm exam. The midterm score plus homework average will determine

term GPA. An overall GPA of 80% or higher for the Foundations of Nutrition term must be achieved for a student to matriculate to Term II, the Therapeutic Nutrition component of the course.

If a student has not submitted all assignments on time, the student has two options:

1. Student may go on a leave of absence.
2. Student may cancel the program and receive a prorated refund for all unused tuition funds.

A student who did submit all assignments on time and completed the midterm exam but did not achieve an 80% GPA in Term I has the following two options: 1. Student may cancel the program and receive a prorated refund for all unused tuition funds, or 2. Student may petition the nutrition program director for consideration to remain in the program.

If the student's petition is approved for continued progression through the program, the student will enter into a 30-day period of academic probation. During academic probation, the student may continue to attend classes and the student may resubmit up to two sub-standard homework assignments in an attempt to improve GPA. A \$100 fee is required for administration and grading. Within these 30 days, if the student has met the GPA requirements, he/she will be released from academic probation. If the period of academic probation passes and the student has yet to bring his/her GPA to 80%, the student will be terminated from the program and all unused tuition funds will be returned.

TERM II: If a student has not submitted all assignments on time, the student has two options:

1. Student may go on a leave of absence.
2. Student may cancel the program. As more than 60% of the program has been completed, the student is not eligible for a tuition refund.

A student who did submit all assignments on time and completed the final but did not achieve an 80% GPA in Term II has the following two options: 1. Student may cancel the program, or 2. Student may petition the nutrition program director for consideration to remain in the program.

If the student's petition is approved for continued progression through the program, the student will enter into a 30-day period of academic probation. During academic probation, the student may resubmit up to two sub-standard homework assignments in an attempt to improve GPA. A \$100 fee is required for administration and grading. The student may continue to attend class but may not begin the practicum until he/she is released from academic probation. Within these 30 days, if the student has met the GPA requirements, he/she will be released from academic probation. If the period of academic probation passes and the student has yet to bring his/her GPA to 80%, the student will be terminated from the program. As more than 60% of the program has been completed, the student is not eligible for a tuition refund.

TERM III: The last opportunity to turn in practicum reports is 18 months from the first day of class. Certification will not be granted if all requirements are not met within this time frame.

REPEAT CLASSES FOR CLASSROOM

A Bauman College graduate, or a student needing to make up classes due to excessive absences in a previous term, may repeat a nutrition consultant class on a space-permitting basis for a fee of \$50.

NATURAL CHEF

Students have six weeks from their final class date to complete their culinary externship and In-house Culinary Skills Hours. Certification will not be granted if all requirements are not met within this time frame.

Distance Learning Program Policies

AUDIT CLASSES FOR DISTANCE LEARNING

A distance learning student may audit six on-site classes at no additional charge on a space-permitting basis. Any additional classes audited will incur a \$35 fee for each 3.5-hour class. Audits must be prearranged through the distance learning administrator. Students who have transferred from a classroom program to distance learning must pay a \$35 fee for any classroom audits.

COMPLETION TIME FOR DISTANCE LEARNING

All of the graduation requirements for the Nutrition Consultant Training Program via Distance Learning must be completed within 30 months from the date of the student's welcome call.

Students will submit each homework assignment through the Bauman College Student Dashboard by the due date determined with their mentors. A recommended pace to ensure completion of the program would entail each module taking no longer than 30 days to complete.

If a distance learning student has not turned in homework for more than 45 days and has not taken a leave of absence or made special arrangements with his/her mentor, the student will receive notification from Bauman College informing the student of his/her options:

1. Continue studies.
2. Take a Leave of Absence.
3. Cancel enrollment. The student must respond to the notification within 10 days stating his/her intention or enrollment will be automatically canceled and any refund will be issued according to the cancellation policy.

TERM I: If a student does not achieve an 80% GPA in Term I, The student has two options:

1. Student may cancel the program and receive a prorated refund for all unused tuition funds.
2. Student may petition the nutrition program director for consideration to remain in the program. If the student's petition is approved for continued progression through the program, the student will enter into a 30-day period of academic probation. During academic probation, the student may resubmit up to two sub-standard homework assignments in an attempt to improve GPA. A \$100 fee is required for administration and grading. Within these 30 days, if the student has met the GPA requirements, he/she will be released from academic probation and may continue with his/her studies. If the period of academic probation passes and the student has yet to bring his/her GPA to 80%, the student will be terminated from the program and all unused tuition funds will be returned.

TERM II: If a student does not achieve an 80% GPA in Term II, the student may petition the nutrition program director for consideration to remain in the program. If the student's petition is approved for continued progression through the program, the student will enter into a 30-day period of academic probation. During academic probation, the student may resubmit up to two sub-standard homework assignments in an attempt to improve GPA. A \$100 fee is required for administration and grading. Within these 30 days, if the student has met the GPA requirements, he/she will be released from academic probation. If the period of academic probation passes and the student has yet to bring his/her GPA to 80%, the student will be terminated from the program. As more than 60% of the program has been completed, the student is not eligible for a tuition refund.

TERM III: The last opportunity to turn in practicum reports is 30 months from the date of the student's welcome call. Certification will not be granted if all requirements are not met within this time frame.

LEAVE OF ABSENCE FOR DISTANCE LEARNING

If a student finds it necessary to take a leave of absence and all payments are current, the student must complete a Leave of Absence Form after which their academic and administrative file is placed in suspension for a maximum of six months. The maximum completion date (time with a mentor) will be adjusted accordingly. A leave of absence from a course is only permitted once. A leave of absence from the distance learning program may only be taken within the first 18 months following the student's original start date (date of welcome call). A student must contact the student services manager within six months to resume their studies. Paid tuition fees will be applied toward the new term and the student will not be subject to additional fees upon return unless tuition, STRF, and/or class materials have changed. If the student does not return within six months of the leave of absence, he/she will receive a letter of termination from the school and a prorated refund for the unused portion of the tuition if 60% or less of the course has been completed. Should a student wish to re-enroll after a termination, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student was terminated. A student must re-enroll into the same program within two years of the original enrollment date in order to receive credit for previous coursework.

CANCELLATION FOR DISTANCE LEARNING

Student's Right to Cancel: A student has the right to cancel the enrollment agreement and obtain a refund. The institution shall, for all students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$150, if the notice of cancellation is sent prior to midnight of the eighth business day after the initial course materials have been mailed. After this date, a student will be charged for the first program module (NC 101). Cancellation must take place within eight days after the student has accessed curriculum materials for the next module(s) from the Student Dashboard; otherwise, the module(s) will be charged in full. No refunds will be granted for cancellations that occur after 60% of the student's 30-month completion allowance (18 months from welcome call). Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resalable condition will be granted if returned within one month after the student's welcome call. A student is not considered withdrawn until a written cancellation has been received. Cancellation shall occur when a student gives written notice of cancellation at the address of the school shown on the top of the student's enrollment contract. The cancellation notice can be sent by mail, fax, or hand delivery. If sent by mail, cancellation is effective when deposited in the mail, properly addressed, and with postage prepaid.

Students who are funded by third-party payers, such as worker's compensation insurance, will have any cancellation refund paid directly from Bauman College to the third-party payer, not to the student. Refunds will be processed within 45 days of proper cancellation. Students who wish to cancel must be current with their financial obligations to the school. Tuition charges and fees will continue to accrue until a student's financial account is settled. Should a student wish to re-enroll after a cancellation, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student canceled. Re-enrollment must be processed within two years of the student's original enrollment date in order to receive credit for previous coursework.

STANDARDS FOR STUDENT ACHIEVEMENT – DISTANCE LEARNING

Grade Average: Students must achieve an 80% grade average to graduate and receive certification.

Homework Assignments: Students must have all homework assignments satisfactorily completed. Homework guidelines will be provided to students in their course materials. Students who engage in plagiarism will lose their chance at certification.

Nutrition Consultant Completion Projects: Written and oral case presentations and a practicum mark the successful completion of the Nutrition Consultant Training Program. Throughout this program, students are expected to present oral case histories demonstrating their ability to complete a client intake, provide appropriate questionnaires, devise a nutritional wellness program, and monitor client progress.

Financial: Students must satisfy all financial contract agreements with Bauman College.

FACULTY

Ed Bauman – PH.D.

Founder + President

Ed has been a lifelong pioneer in the field of holistic nutrition. His vision and leadership have inspired thousands of people to transform their lives in the form of wellness, community, and peace. He received his M.Ed. from the University of Massachusetts, and a Ph.D. in health promotion from the University of New Mexico. Dr. Bauman created the Eating for Health® model to teach individuals to make nutritionally comprehensive food choices and founded Bauman College in 1989 with a mission to change the world through better nutrition and healthful living. He is a special advisor for the National Association of Nutrition Professionals and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. Dr. Bauman was co-editor of the *Holistic Health Handbook* and *Holistic Health Lifebook*, and author of *Confronting Cancer in Our Community*, *Recipes and Remedies for Rejuvenation Cookbook*, *The Whole-Food Guide for Breast Cancer Survivors*, *The Flavors of Health Cookbook*, and *Eating for Health: Your Guide to Vitality and Optimal Health*.

Camila Loew – PH.D.

Academic Dean

Camila holds a Ph.D. in humanities from the Universitat Pompeu Fabra. She studied Natural Energetic Cooking in Barcelona, Spain, and Health Supportive Cooking at the Natural Gourmet Institute in New York, NY. Camila lived in Barcelona for 15 years where she founded Desayuno con guisantes, a business through which she was able to write about and teach healthy cooking and eating. She moved to Berkeley, CA, in late 2013 and founded Sobremesa, a Mediterranean food services company. She teaches Mediterranean cuisines at 18 Reasons in San Francisco, The Cooking School at Cavallo Point, Ramekins in Sonoma, and at Bauman College. In addition to teaching, Camila practices nutrition consulting as a certified nutrition consultant.

Jacquelyn Buchanan – N.E.

Culinary Program Director

Chef Jacquelyn has worked in the Bay Area culinary world in many diverse roles - as executive chef, culinary programs director, and even as a vineyard and winery owner in Sonoma County. As an executive chef, she worked at landmark Bay Area restaurants such as The Union Hotel, The General's Daughter, and Hayes Street Grill. In her role as a Culinary Programs Director she worked at institutions such as Lucasfilm, COPIA, and Laura Chenel's Chevre. Jacquelyn is a graduate of the California Culinary Academy and is a certified nutrition educator from Bauman College.

Rosie Ueng – M.S.**Nutrition Program Director**

Rosie holds a B.A. in biochemistry from the University of California, Berkeley. Some intractable health issues led her to learning about food and nutrition as a mode of healing. She went on to obtain an M.S. in holistic nutrition from Hawthorn University. She has worked at Three Stone Hearth in Berkeley and as a professional caterer for almost a decade. Cooking satisfies her love of science, her interest in nutrition, as well as her curiosity for experimentation. Rosie is currently the owner of Rosewater Cooking & Science, which offers nutrition consultations and hands-on classes involving cooking and the science of cooking.

Julia Mallon – B.S.**Bauman Business Institute Manager**

Julia holds a B.S. in food science and human nutrition from Colorado State University. To combine her passion of cooking and nutrition, she became a certified natural chef through Bauman College. Since then, she has founded Trailside Kitchen and developed the Trailside Method, a 6-week solution to building intuitive and strategic eating habits to optimize exercise performance, recover quickly, and set the stage for long-term health. In addition to teaching culinary classes at Bauman College, Julia is working toward her M.B.A. at Sonoma State University.

Marie Brennan – B.S.**Lead Natural Chef Instructor**

Chef Marie graduated from the University of Wisconsin with a degree in dietetics. An avid traveler, she has explored her love of food while on the road. Marie has worked in the kitchens of numerous meditation centers around the world. Her travels have taken her to study cheesemaking in Tasmania, Thai cuisine in Bangkok, tea and fermented foods in the mountains of Korea, and raw food in Western Australia. She presently works as a private chef and consultant in addition to teaching and community outreach.

Susan Arthur – B.A., N.C.**Nutrition Consultant Instructor**

Susan has a B.A. in psychology from Sacramento State University and has been teaching and counseling in the field of holistic health and nutrition for 25 years. She is a certified nutrition consultant from Bauman College and has been an instructor at Bauman since 2006. Her studies in psychology included an emphasis on nutrition and behavior modification. In her nutrition practice, she emphasizes the whole person, working on all aspects of their life experience to encourage lasting change and well-being. Susan has provided hundreds of clients from diverse backgrounds with individualized nutritional support.

Anasuya Basil – N.C., DIPL. A.B.T., C.S.T.**Nutrition Consultant Instructor**

Anasuya has been the director of a holistic health practice, My Body Wisdom, since 1996. She is a Bauman College certified nutrition consultant and is Board Certified in Holistic Nutrition®. Anasuya was on the faculty of the Acupressure Institute in Berkeley for eight years, teaching traditional Chinese medicine theory applications for women's health as well as nutrition for pain and depression. She is board certified as a Diplomate of Asian Bodywork Therapy (NCCAOM) and certified by the Upledger Institute in craniosacral therapy.

Susan Blanc – B.A., N.C.**Nutrition Consultant Instructor**

Susan graduated from the University of California, Berkeley, with highest honors in 1980. She studied herbalism for six years and in 2007 received her nutrition consultant certification from Bauman College. She owns a private practice, Kitchen Table Remedies, and teaches regularly at the Castro Valley Adult School as well as the California School of Herbal Studies. She has also served as consultant to the California Association of Naturopathic Physicians. Susan is a member of the American Botanical Council, the American Herbalists Guild, and the National Association of Nutrition Professionals.

Nishanga Bliss - D.SC., L.AC.**Natural Chef Instructor**

Nishanga is a holistic doctor and educator with over 20 years of experience. She is a licensed acupuncturist, nutritionist, and professor of Chinese medicine at the Acupuncture and Integrative Medicine College in Berkeley, CA. Nishanga is the author of *Real Food All Year: Eating Seasonal Whole Foods for Optimal Health and All-Day Energy*, and has a blog, Gastronicity, where she writes about the intersections of food, health, and sustainability.

Nataliya Bryantsev – R.N., B.S., M.D., N.C.**Nutrition Consultant Instructor**

Nataliya's long-time interests are yoga, Ayurveda, and holistic wellness. She passed the Nursing and Medical Licensing Board Examinations and worked as a registered nurse and internal medicine resident. In 2012, Nataliya graduated from Bauman College. She is a member of the National Association of Nutrition Professionals and is Board Certified in Holistic Nutrition®. Nataliya teaches holistic nutrition and hatha yoga for the community as well as work site yoga and healthy food demonstrations at the employee wellness meetings in South San Francisco Parks and Recreation. As a Bauman wellness instructor, she teaches holistic nutrition and lifestyle at Alameda Health System and provides coaching sessions for their employees. She enjoys developing her Being In Best Health business and sharing how healing foods, together with yoga and spiritual practice, can help achieve healthy weight, robust metabolism, and vibrant energy.

Susan Chritton – M.Ed., P.C.C., N.C.C.C.**Bauman Business Institute Instructor**

Susan is an executive career coach, career management fellow, master personal brand strategist, and author of *Personal Branding for Dummies*. She guides professionals looking to engage their authentic selves in the world by looking within to discover not just what they can do but who they are. With her wealth of credentials and extensive experience in career development, Susan is able to draw on her ability to identify each individual's uniqueness and then arrange the variables in his or her life to map out a strategic direction. Susan's work in career development stems from more than two decades in the career field including teaching graduate career counseling at the University of San Francisco.

Emily Dashiell – B.S., N.D.**Nutrition Consultant Instructor**

Emily is a Doctor of Naturopathic Medicine and has a family practice in Santa Monica, CA. She earned her B.S. in biochemistry and molecular biology from the University of California, Santa Cruz, and went on to receive her N.D. from Bastyr University in Seattle, WA. As a naturopathic doctor, she blends conventional medical diagnosis and treatment with the use of natural therapeutics. Dr. Dashiell has been an instructor with Bauman College since 2006.

Kathryn Dejong – M.A., N.C.**Nutrition Consultant Instructor**

Kathryn holds an M.A. in education and teaching credential from Sonoma State University. She retired from a thrilling teaching career in 2006, instructing adult education, elementary school, and preschool. After retiring, she pursued her passion for cooking and nutrition at Bauman College, completing both the nutrition consultant and natural chef training programs and eventually teaching affordable nutrition for Bauman College. Presently, she co-teaches in Petaluma and runs her own nutrition consultant practice. Kathryn is a candidate for board certification in holistic nutrition.

Karla Delong**Natural Chef Instructor**

Chef Karla is a graduate of the Bauman College Natural Chef Training Program. She is the lead instructor at Mountain Feed and Farm Supply where she teaches food preservation and homesteading skills classes. She also works with The Farmer's Guild, The Homeless Garden Project, Everyone's Harvest, and Santa Cruz Re-skilling to promote healthy and sustainable food practices. She is also the president of the Santa Cruz Beekeeper's Guild. Karla's culinary passion is to inspire people to eat well and be happy by being a part of their local food community.

Karen Diggs – N.C.

Natural Chef Instructor

Chef Karen is a graduate of the California Culinary Academy and a certified nutrition consultant from Bauman College. She has worked in many aspects of the culinary world including cooking at the Mandarin Oriental Hotel in Hong Kong, opening and managing restaurants in Asia and the US, and working with celebrity chefs on many cooking shows on PBS. Karen now combines her love of cooking and knowledge of holistic nutrition through private consultations, cooking classes, and public lectures.

Sabina Feinberg

Natural Chef Instructor

Chef Sabina began her holistic health education at the National Holistic Institute and practiced massage therapy. Her passion for healthy living has brought her to Bauman College where she is currently pursuing a certificate as a nutrition consultant. She is graduate of the Contra Costa College culinary program and has a Designated Subjects Teaching Credential in culinary arts from San Jose State University. Sabina's culinary path has led her to nourish and support others in their journey through life. She teaches culinary arts at the Life Learning Academy, a charter high school for at-risk youth where she has been teaching for the past 14 years, and spends summers working with and cooking for kids of incarcerated parents at the Project Avary camp. She is also the chef at the Kyoto Japanese Meditation Archery Retreat.

Diane Fischler – B.A., N.C.

Nutrition Consultant Instructor + Distance Learning Administrator

Diane is a Bauman College certified nutrition consultant and has a B.A. in anthropology from the State University of New York at Stony Brook. She has been a Bauman College faculty member since 2005 and a distance learning mentor since 2007. In that time, she has successfully ushered many enthusiastic students through the program. She teaches nutrition at Northern California Functional Restoration Program, a pain management clinic. Diane has a lifelong interest in health and wellness, with an emphasis on stress reduction and cardiovascular health.

Mary Sheila Gonnella – B.A., N.C., C.M.T.

Nutrition Consultant Instructor

Mary Sheila received a B.A. in environmental education from Sonoma State University and earned her teaching credential from Chapman University. She received her certification as a nutrition consultant from Bauman College and is Board Certified in Holistic Nutrition®. She also received a certificate in clinical Ayurveda with DeAnna Batdorff and is certified as a Pilates mat and rhythm workout instructor. Mary Sheila has a private nutrition practice called Occidental Nutrition and is the nutrition consultant for a cleansing program at Osmosis Day Spa. She also teaches nutrition and cooking to students at Salmon Creek School.

Thais Harris – B.A., N.C.**Bauman Business Institute Instructor**

Thais has a B.A. from the California Institute of Integral Studies and is a certified nutrition consultant from Bauman College. She is the co-founder of Nourish Together, a business she runs with her husband, where she helps couples thrive in health and in love. Together they guide couples in setting and reaching health goals, connecting in a deeper way, finding ways to communicate their needs, and discovering new roads to intimacy. She also works as the nutrition education manager at Ceres Community Project, a nonprofit organization supporting primarily low-income people struggling with serious illnesses by providing free and home-delivered nourishing, organic, and locally produced meals, nutrition education, and the caring support of the community. As a business owner, Thais draws from her past experience as a graphic and web designer, human resources manager, and accounts payable representative.

Nori Hudson – M.S., N.C.**Nutrition Consultant Instructor**

Nori holds a B.A. in English, an M.S. in business administration, is a Bauman College certified nutrition consultant, and is Board Certified in Holistic Nutrition®. She has instructed at Bauman College since 2002 and owns a private practice, Radiant Vitality, which focuses on health issues of children and the elderly. Nori teaches widely within her community at schools and seminars. She also introduced a nutrition course, Success!, into the minimum security dorm at San Quentin State Prison.

Jada Hughey – N.C.**Nutrition Consultant Instructor**

A certified nutrition consultant, lifestyle educator, and registered yoga teacher, Jada was invited to teach at Bauman College in 2012. Prior to her career in health, she spent over a decade supporting small businesses as a finance and systems expert. In her private practice as a holistic health and wealth coach, Jada supports women to have great health and energy as they grow their businesses. She resides in Denver, CO, with her husband and son.

Celeste Johnson – B.A., N.C.**Nutrition Consultant Instructor**

Celeste is a certified nutrition consultant from Bauman College and holds a B.A. in journalism from California State University, Fresno. She has a private practice in Walnut Creek, CA, providing individual consultations and workshops focused on family nutrition, foods for happiness (mood), and bringing more energy to life. She truly enjoys sharing information and “making a difference with food.” She is also a member of the National Association of Nutrition Professionals. Prior to her nutrition career, she spent 14 years working in corporate communications for Hewlett-Packard and Nestle. She was also a photographer. Celeste lives in Pleasant Hill, CA, with her wonderful husband and two children.

Laura Knoff – B.S., N.C.**Nutrition Consultant Instructor**

Laura holds a B.S. in chemistry from Florida Atlantic University and was a senior research associate in the Lipoprotein Group at Lawrence Berkeley National Laboratory. Laura also worked as an electron microscopist from 1982 until 2000. She is a Bauman College certified nutrition consultant, a member of the National Association of Nutrition Professionals, and is Board Certified in Holistic Nutrition®. She is the author of *Veggiewoman's Guide to Health; Gluten Free, Dairy Free, Sugar Free Eating*; and *The Whole Food Guide to Overcoming Irritable Bowel Syndrome*. Laura has a private practice at the Labrys Healthcare Circle in Oakland, CA.

Erin Livers – B.A., I.C.N.T.**Nutrition Consultant Instructor**

Erin earned a B.A. in journalism and fine arts in 1984 and later graduated from the Seven Bowls School of Nutrition, Nourishment, and Healing in Longmont, CO. She became an integral member of the faculty and staff at Seven Bowls where she developed curriculum, a student nutrition clinic, and also served as a program director. She went on to teach western nutrition at the Colorado School of Traditional Chinese Medicine in Denver before finding her home at Bauman College. Erin maintains a private practice in nutrition therapy called Food As Medicine and offers public workshops and seminars on a variety of health-related topics that reflect her holistic philosophy on wellness. She is also a member of the National Association of Nutrition Professionals.

Susan Machtinger – J.D., N.C.**Nutrition Consultant Instructor**

Susan received her B.A. with honors from the University of California, Santa Barbara, and her J.D. from Golden Gate University. She remains a member in good standing of the State Bar of California. Susan completed the Bauman College Nutrition Consultant Training Program in 2003 and began teaching at Bauman in 2006. She also maintains a private nutrition consulting practice at Indigo Healing Arts in Tiburon, CA, and presents public lectures on a variety of nutrition-related topics at venues throughout Northern California. Susan is currently writing a book on the philosophy of food.

Donna Morton – P.T., N.C.**Nutrition Consultant Instructor**

Donna is an orthopedic physical therapist with nearly 30 years of experience and a Bauman College certified holistic nutrition consultant. She was inspired to bring nutrition into her physical therapy practice to bridge a large gap in the conventional treatment of musculoskeletal pain and dysfunction. She is on the faculty at the Nyingma Institute in Berkeley where she has been teaching Tibetan yoga and meditation for over 12 years. She also facilitates group classes, retreats, and workshops in the areas of nutrition education, natural posture and movement training, meditation, and yoga. Her whole-person integrative approach employs modalities from east and west to guide and support individuals, groups, and communities toward realization of greater health, well-being, and sustainable living.

Stacee Novotny – B.S., H.F.S., N.C.**Nutrition Consultant Instructor**

Stacee graduated from Colorado State University with a B.S. in human nutrition and dietetics in 1995. She is a certified nutrition consultant from Bauman College and an active member of the National Association of Nutrition Professionals. She holds certifications through The American College of Sports Medicine as a health and fitness specialist and cancer exercise trainer. Stacee has been in the nutrition and fitness industries for over 14 years and has a private practice, S.N.A.C.K.S. for a Healthy Journey, where she consults with individuals on nutrition and fitness in their homes and in the outdoors.

Diane Sanfilippo – B.S., N.C.**Bauman Business Institute Instructor**

Diane is the owner and founder of Balanced Bites, a certified nutrition consultant, the *New York Times* bestselling author of *Practical Paleo* and *The 21-Day Sugar Detox*, the co-author of *Mediterranean Paleo Cooking*, a serial entrepreneur, and a business and marketing expert. Diane holds a B.S. from Syracuse University where she majored in consumer studies (a cross section of retail, marketing, and management). She also has certifications in graphic and digital design from The New School for Design, holistic nutrition consultation from Bauman College, holistic lifestyle coaching from the CHEK Institute, and Poliquin BioSignature Modulation.

Trudy Schafer – M.A.**Natural Chef Instructor**

Trudy Schafer is a natural chef who brings a holistic healing approach to both home and professional kitchens. She runs a personal chef business, The Healing Hearth, where she specializes in preparing nourishing and appetizing cuisine for people healing from illnesses. She is the holistic chef at Alegria Community Living, where she works with the staff to cook nutrient-dense meals for the residents. She received her culinary training from Bauman College and her M.A. in holistic health with a specialization in holistic nutrition from John F. Kennedy University.

Shaun Tai – M.S.**Bauman Business Institute Instructor**

Shaun Tai is the executive director of Oakland Digital, an award-winning 501(c)(3) community-building design studio in Oakland, CA, that enhances technological literacy among underserved, minority, and at-risk populations. Oakland Digital's programs provide digital literacy training, career-related resources/training, and employment opportunities that enable Oakland and East Bay residents to achieve economic independence, opportunity, and self-sufficiency. He has taught at San Jose State University, where he received an M.A. in architectural and urban design and a B.S. in advertising management. In 2002, Shaun graduated with honors from California State University East Bay with a B.A. in digital graphics. Now on its seventh operating year, Oakland Digital has directly impacted the lives of over 4,000 under-resourced Oakland and East Bay community college students, female entrepreneurs, and at-risk youth, boosting the local economy by \$3.2 million and providing opportunities for 21st century employment.

Amy Vig – B.A.

Natural Chef Instructor

Chef Amy received her natural chef certificate from Bauman College and has her B.A. in organizational behavior from the University of California, Berkeley. She started her career as a business consultant and struggled with finding her own path to wellness and health, which ultimately led her to Bauman College. For the past six years, she has been using her natural chef skills while training customers and team members at Whole Foods Market. Her focus and passion are on increasing everyone's knowledge about healthy eating and helping remove the barriers to cooking and eating nutritious food at home. She is also an experienced blogger, personal chef, and caterer.

Juliette Wells – B.S.

Natural Chef Instructor

Juliette has a B.S. in organizational management and psychology. She has over 25 years in the culinary field as a restaurant owner, avid vegetable gardener, personal chef, and caterer. She also has over 10 years experience in education administration and job placement including program/employment specialist at the Center for Women's Employment and Education in Denver, job placement Specialist at the Community College of Denver, and assistant director of SOAR High School in Broomfield. Her devotion to providing healthy, local food has grown into the larger community conversation about our relationship to food. She has been active with Everybody Eats! and other community efforts that are focusing on developing a resilient local foodshed in Boulder. Primarily, she loves cooking nourishing and wholesome food for people. As a grower of vegetables emphasizing local and "seed to plate" cuisine, she has taken her skills to a new level and enjoys sharing this knowledge with other budding chefs.

Denise Woodward

Bauman Business Institute Instructor

Denise began taking photos when her grandmother gave her a camera at the age of 5, and she never stopped shooting. She studied photography with an emphasis on black and white film production at the College of Marin in the 1990s. After starting her food blog, *Chez Us*, she started to focus on food and travel photography. Her food photography has appeared in *Gourmet Live*, *Food and Wine Magazine*, *Saveur Magazine*, and *Rodale's Organic Life*. She is also a co-founder of a boutique webcasting/video production company, FullView Media, located in the Bay Area. When not working, she enjoys cooking, spending time outdoors, and teaching photography and video production at Learn to Shoot Food.

1

AWESOME SCHOOL

Our mission is to educate future leaders, thinkers, and creators in the holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

2

GREAT PROGRAMS

The Nutrition Consultant Training Program provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health.

The Natural Chef Training Program is an experiential learning process that trains students in the professional execution of nutrition-based, restorative cooking with an emphasis on seasonal, organic, unprocessed, and local foods.

3

REASONS TO ATTEND

The Bauman Business Institute is designed to assist students in navigating the difficult process of deciding upon career paths and succeeding in their choices.

Through Career Services, we support students and graduates with their professional development needs as they embark on the journey of creating businesses or finding jobs.

Our small class sizes, coupled with our dedicated staff and faculty, provide a personalized experience for our students so that they get the one-on-one attention they deserve.

∞

INFINITE POSSIBILITIES

Many people come to Bauman College because they want to begin careers that positively impact people's lives; sometimes people come so they can create change in their own lives. No matter the reason why students walk through our doors, Bauman College gives each one the tools to make their dreams a reality in a matter of months.

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