

Bauman Nutrition presents a powerful and practical perspective on biochemistry for Nutrition Professionals and Students



Nutritional Biochemistry

A Twelve-Hour Course by
Sondra Barrett, Ph.D.

Sundays, Nov 11, 18 & Dec 2, 9, 2007

10 AM – 1 PM

In Berkeley

Wednesdays, Nov 7, 14, 28 & Dec 5, 2007

7 PM – 10 PM

In Penngrove



Sondra Barrett, Ph.D.

UNDERSTANDING NUTRITION AT A DEEPER LEVEL

Students and practitioners of nutrition often wish to go deeper in their understanding of cellular mechanisms and metabolic events governing health. Gaining this insight and perspective requires increased knowledge of the chemical actions occurring deep in the human body - the domain of biochemistry.

Join us for this enlightening course taught by scientist-educator Sondra Barrett, PhD.

COURSE TOPICS

1. Basic Language of Biochemistry, structure and function
2. Cellular Nutrition – anatomy and function
3. Carbohydrate Basics
4. Carbohydrates, Personal Energy and ATP
5. Protein Basics
6. Fats
7. Oxidative Stress and Antioxidants
8. Food additives, pesticides and the environment
9. Nourishing Relationships and Human Biochemistry

(For full outline and course details, visit www.BaumanNutrition.com)

Sondra Barrett, Ph.D. is an award-winning scientist-photographer, Bauman College instructor, and former UC Medical School faculty. As a biochemist investigating human leukemias, Sondra deciphered microscopic patterns that proved to be useful indicators to cell maturity and clinical management. Her expertise with the microscope has inspired compelling photographs revealing the hidden beauty of cells and molecules that bring nutritional biochemistry alive. A pioneer in bodymind medicine, she offers practical skills for implementing lifestyle change individually and in group settings. (www.SondraBarrett.com)

COST & Nutrition CEU Credits

\$225 if paid before Oct 22, 2007

\$275 thereafter

Approved for 11.5 CEU's (NANP)

LOCATIONS

Bauman College, Berkeley Campus

901 Grayson St., Berkeley, CA

Bauman College, Penngrove Campus

10151 Main St., Penngrove, CA

Space is limited: call or email Bauman Nutrition, (707) 824-0776, tom@BaumanNutrition.com