



FUNCTIONAL NUTRITION: AN EXPANDED VIEW OF NUTRITION, CHRONIC DISEASE, AND OPTIMAL HEALTH

CSPH 5431

2 Credits | Fall 2017

Online

**Instructor:
Andrew Litchy**

This course will present a novel approach to the principles of nutrition as they relate to optimal health and the prevention, control or intervention in a disease process. This is a model of nutrition application that complements and expands beyond normal growth and development, an approach that attempts to reduce chronic disease by looking for underlying factors or triggers of disease. This model of nutrition considers system dysfunction a pre-disease state and looks for ways to apply nutrition and restore function. The purpose of the course is to provide an overview of this novel application of nutrition. The course will emphasize the importance of nutrition as a component of self-care.

Visit z.umn.edu/CSPH5431 for more information.