

## **Master of Science in Anti-Inflammatory Nutrition Program**

SUNM's online Master of Science in Anti-Inflammatory Nutrition academic program is designed in a manner to guide students from the tenants of basic nutritional principles and analyze those principles through the lens of anti-inflammatory nutrition. Students will learn to apply knowledge of these principles when working with clients to improve health and wellness.

### **Program Outcomes**

**Program Outcome 1** - Appraise research to answer clinically relevant questions related to anti-inflammatory nutrition.

*Foundation* – The concept of Anti-Inflammatory Nutrition is relatively new. Prior to the modern diet being inundated with processed food and the implementation of farming practices that strip the soil of nutrients, inflammation primarily occurred as a reaction to injuries or illnesses. When working with clients, it is imperative that the anti-inflammatory nutrition specialist stay abreast of research in the field to best serve a diverse client base.

**Program Outcome 2** - Demonstrate the application and pragmatic use of anti-inflammatory nutrition principles, theories and techniques in a safe, effective, and professional manner.

*Foundation* – An anti-inflammatory nutrition professional must synthesize basic science knowledge with concepts regarding diet and other lifestyle choices that impact inflammation.

**Program Outcome 3** - Conduct health evaluation and treatment with nutritional supplements.

*Foundation* – Many people experience inflammation due to lack of certain nutrients in their diet. An anti-inflammatory nutrition professional must apply the knowledge of nutrient deficiencies with the benefits and consequences of using nutritional supplements.

**Program Outcome 4** - Apply appropriate interventions to address physiological imbalances and illness states.

*Foundation* – Inflammation is the root cause of many health issues. An anti-inflammatory nutrition professional must demonstrate the ability to and skills to apply the knowledge physiological imbalances and illness states to recommend changes to diet and lifestyle to minimize the physiological imbalances and illness states without the consequence of other physiological imbalances or illness states.

**Program Outcome 5** - Integrate whole food nutrition with strategies for health promotion and disease prevention.

*Foundation* – The typical modern diet often revolves around processed food or whole food grown in a manner that depletes nutrients.

**Program Outcome 6** - Demonstrate a depth and breadth of basic science knowledge as it applies to anti-inflammatory nutrition.

*Foundation* – Basic science knowledge is at the core of understanding the benefits of anti-inflammatory nutrition.

#### Course Descriptions Year 1 Quarter 1

Principles of Anti Inflammatory Naprapathic Nutrition PAIN 500 – 3 credits  
Introduces the student to how anti-inflammatory nutrition can benefit the body, including the benefits of manual medicine to address the whole person. Fundamental concepts to functional medicine, regarding anti-inflammatory nutrition. Covers how nutrition can affect the immune system, organ function disruption, physical, chemical and emotional responses to stress, and chronic infection. Includes philosophy that health is normal and if there is a health issue, something is interfering with the normal state of the body.

Food as Medicine FOAM 500 – 3 credits  
Designing meal plans to optimize health, address specific illness states, weight management and encourage healthful food behaviors. Development of appropriate documents to support food selection, meal prep, patient preference, operating within a budget cultural influences and creation of sustainable plans. Guide to show benefits of an anti-inflammatory food plan included. Information provided about regenerative farming and how this knowledge benefits a nutritionist.

Information Literacy and Nutrition Research ILNR 500 – 3 credits  
Assist students in developing information literacy skills needed to utilize an evidence-based approach to anti-inflammatory nutrition for their Capstone and future practice. Sets the foundation to become informed practitioners through problem solving, reflective practice, decision-making and evaluating medical research. Integrity and ethics are also discussed in this course. APA format and academic writing guidelines are covered.

#### Course Descriptions Year 1 Quarter 2

Biochemistry Concepts and Nutrition BCON 500 – 3 credits  
Assesses nutritional testing, describes the effects of antioxidants and glycolysis pathways, and energy production. Provides discussions about heavy metal toxicity and DNA, as well as epigenetics and how a nutrition professional can communicate these topics with patients. Genetic testing and immune function knowledge are also covered in this course. Course includes information on how microbiomes can influence inflammation and explains how a nutrition professional uses knowledge of ketogenesis when treating patients.

Physiology and Anti-Inflammatory Nutrition PHAN 500 – 3 credits

Functional medicine approach to understanding the nervous system and the digestive, immune, respiratory, urinary, cardiovascular, musculoskeletal, integumentary and neurological systems. Includes understanding the metabolism of the GI system with an emphasis placed on the nutritional implications of digestion and absorption, GI microbiome, and enzymes. Health disorders presented for a nutritionist to understand the relationship between disorders and nutrition.

#### Course Descriptions Year 1 Quarter 3

Diagnostic and Interpretation of Lab Results (DILR 500) – 3 credits

Completion of a symptom survey to determine a set of diagnostic modern tests. Lab testing, review digestive labs, and introduce albumin, globulin, and the differential complete blood count. An evaluation of historical and relevant diagnostic tests used to determine heart rate variability, live blood cell analysis, heart sound recording, tongue evaluation, iridology course, pulse diagnosis.

Pathology for the Nutrition Professional PANP 500 – 3 credits

Functional approach to how anti-inflammatory nutrition works with the body to repair and prevent disease. Course covers tissue repair, mechanism of foam cells, recurrent blood vessel damage, cancer therapy, different types of anemia, immune response, fungal and bacterial infections. Environmental toxins as inflammatory drivers in the body are also covered in this course. Students will learn more about various diseases such as arthritis, edema, and issues that pertain to an unhealthy body to help give a foundation for why anti-inflammatory nutrition is so important.

#### Course Descriptions Year 1 Quarter 4

Inflammation and Metabolic Syndrome INMS 500 – 3 credits

Discusses metabolic syndrome and how anti-inflammatory nutrition can help this condition. Prevalence of metabolic syndrome is explained, and specified demographics are discussed. Lifestyle changes presented and specific nutrition options are covered including their help in treating metabolic syndrome.

Endocrine System and Hormone Labs ESHL 500 – 3 credits

Examines the actions, relationships, control mechanisms and dysfunction of neurotransmitters, neuroendocrine factors, hormones, and immune mediators. Effects of diabetes, stress, diet, nutrient deficiencies, digestive disorders, drugs and specific foods on neurotransmitters and hormones. Lab testing to indicate dysfunction discussed. Roles of nutrition and diet in the pathogenesis of endocrine disorders covered in this course.

#### Course Descriptions Year 2 Quarter 1

Nutrition Across the Lifespan and Community Nutrition NALC 600 – 3 credits

Analyzes and evaluates the specific nutritional needs of humans in various stages of their lives including infants, children, teens, adults, and senior adults. Community nutrition is also discussed and presented, with ideas for using anti-inflammatory diets to aid in communities and cultures. Food deserts and

assessment of how nutrition habits can impact chronic disease is included in this course.

#### Genetics and Epigenetics GEEP 600 – 3 credits

Explains the roles of genetics and epigenetics in health. Includes discussion about methylation, genetic testing and nutrition, how genes are affected by nutrients, and genetic determinants of eating disorders. The relationship between genetics, disease and nutrition is covered in this course.

#### Course Descriptions Year 2 Quarter 2

##### Supplements to Enhance Health SUEH 600 – 3 credits

Functional medicine approach to developing a standard process of determining which available supplements are needed for optimizing wellness and illness in a patient to include supplement lines, homeopathic, herbs and nutrient content of foods, organic and conventional foods.

##### Detoxification Methods DETX 600 – 3 credits

Discusses and evaluates the cleanse types and templates for colon toxicity, the role of colonic, cryotherapy, sauna treatments, cupping and oil pulling. Assess the benefits of fasting on nutritional health. Heavy metal toxicity and allergy desensitization are also addressed in this course.

#### Course Descriptions Year 2 Quarter 3

##### Cultural Competency and Nutrition CCON 600 – 3 credits

Explains cultural competency, food production, global food habits, sustainability, and how different cultures should be addressed in relation to anti-inflammatory nutrition. Analyzes nutritional practices in various cultures including African, Central American, Hispanic, Asian, Indigenous Native American and European diets.

##### Nutrition for Sports and Exercise NUSE 600 – 3 credits

Discusses the basics of sports nutrition and connects nutrition to exercise and performance. Addresses nutrition needs for professional athletes as well as those who participate in recreational sports. Explores how water intake, vitamins, electrolytes, and sleep play an important role in exercise and nutrition. Specifics of the importance of carbohydrates, protein, fats relating to sports and exercise are included in this course.

#### Course Descriptions Year 2 Quarter 4

##### Special Topics in Anti-Inflammatory Nutrition STAN 600 – 3 credits

Exploring topics related to nutrition such as the psychology of eating, processed foods, eating disorders and obesity, the evolution of the American diet, functional

foods, and the marketing of foods. The role organic food plays in an anti-inflammatory diet is also addressed in this course.

Business Practice for the Anti-Inflammatory Nutrition Professional BPAN 600 – 3 credits

Discussion of topics for a nutritional profession to consider when opening or running a business, including a marketing plan, business plan, mission statement, budgeting, hiring staff, social media and ethics. Communication skills and client interactions are also addressed in this course to prepare the nutrition professional for a successful business.

#### Course Descriptions Year 3 Quarter 1

Anti-Inflammatory Nutrition Capstone AINC 600 – 3 credits

Create a research project on a subject related to anti-inflammatory nutrition. Students will learn the importance and process behind an evidence-based approach to healthcare and nutrition. The Capstone Project should be a culmination of theory synthesis, application of intervention, analysis of outcomes and dissemination.

#### Admissions

#### Master of Science in Anti-Inflammatory Nutrition

##### Non-Discrimination

SUNM admits students without regard to race, gender, sexual orientation, religion, creed, color, national origin, ancestry, marital status, age, disability, or any other factors prohibited by law.

Students should apply for admission as soon as possible in order to be accepted for a specific starting date.

The specific requirements of entrance into the program leading to the Master of Science in Anti-Inflammatory Nutrition degree are:

- Completion of at a minimum a bachelor's degree at an accredited institution of higher education. Coursework must include a minimum of 24 quarter credit hours of general education with a GPA of 2.5 on a 4.0 scale, including a minimum of 6 quarter credit hours in each of the following:
  - English composition
  - Humanities
  - Natural and Physical Sciences - including Biology and Organic Chemistry
  - Social Sciences
- Submission of official transcripts from all institutions attended, forwarded directly from the institution to the Registrar.
- Students submitting documentation not in English must use an international evaluation service to translate and/or evaluate their previous education by a recognized member of the National Association

of Credential Evaluation Services (NACES)

<http://www.naces.org/members.htm>. SUNM will only accept foreign transcripts previously evaluated by a NACES member

- Submission of the SUNM Application for Admission.
- Submission of the Application Fee.
- An admissions interview with the Admissions Representative.

Once an applicant has completed and submitted the application, paid the application fee, provided all necessary documentation, and the Admission Interview has been completed, the Admissions Representative will review the submitted information. In addition to verifying that the submitted information is authentic and complete. If in the view of the Admissions Representative the information does not meet the above admissions criteria, is otherwise incomplete or the applicant does not appear ready for the intended course work, the Admissions Representative will deny the application. Applicants are notified in writing regarding acceptance or denial via U.S. Postal Service and email. An Enrollment Agreement is sent with the acceptance letter. Students may not register for a class until the Enrollment Agreement and a copy of an unexpired government issued ID has been submitted.

### English Proficiency

SUNM does not provide English as a second language (ESL) instruction. Students are required to communicate both orally and in writing in English when an instructional setting necessitates the use of English for educational or communication purposes. All courses are taught in English.

For applicants whose first language is not English, English Proficiency can be recognized by:

A minimum score of one of the following:

- 60 on the paper-delivered Test of English as a Foreign Language (TOEFL PBT)
- 71 on the Internet Based Test (iBT)
- 6.5 on the International English Language Test (IELTS)
- 50 on the Pearson Test of English Academic Score Report
- 100 on the Duolingo English Test
- 55 on the 4-skill Michigan English Test (MET)
- 650/LP on the Michigan Examination for the Certificate of Competency in English (ECCE)
- 650/LP on the Michigan Examination for the Certificate of Proficiency in English (ECPE)

### Provisional Admissions

Students may be admitted provisionally if unofficial transcripts were provided during the application process. If admitted provisionally, official transcripts must be received within the first Quarter of enrollment. Students may not complete more than 12 quarter credit hours or one Quarter until official transcripts have been received by SUNM.

### Program Costs Master of Science in Anti-Inflammatory Nutrition

The cost for this program at the Southwest University of Naprapathic Medicine (SUNM) is as follows, subject to the terms and policies as stated in the Enrollment Agreement (Agreement).

<b>TOTAL PROGRAM COSTS</b>	
Tuition: Doctor of Naprapathic Medicine	\$17,905.32 total
Application Fee	\$100
<b>TOTAL PROGRAM COST</b>	<b>\$18, 005.32</b>