Nutrition for a Healthy Heart

Discover how optimal nutrition can reduce your risk of heart disease and how to implement heart healthy practices into your everyday life from world-renowned faculty such as T. Colin Campbell PhD, Thomas M. Campbell MD, Caldwell Esselstyn MD, Doug Lisle PhD and Lindsay Nixon.

You will have the opportunity to examine historical and contemporary research, learn the steps for practical application in your   life, and be better prepared to engage in productive conversations on biomedical science and perceived truth in science with friends, colleagues, clients, or patients.

This course is created in partnership with the T. Colin Campbell Center for Nutrition Studies.

Who Should Enroll?

This course is designed for all individuals seeking to improve their own personal health or that of others: parents, caretakers, those with cardiovascular disease or its risk factors (high blood pressure, high cholesterol), and those seeking to avoid it. Medical, nutritional, and health education professionals will also find enough scientific research and references to enhance their skills and education in their prospective fields.

Enroll now:
eCornell.com/healthyheart

Inside the Program:

- Course begins every two weeks
- Expect 3-4 hours of coursework per week
- Course is instructor-led and highly engaging
- Course and materials are accessible online for 24 hours a day during your course and for one week after

Tuition

Regular Course Pricing: $525

You Will Be Able To:

- Understand the state of nutrition and reflect on your personal nutritional background
- Discuss the history of heart disease and nutrition research
- Describe the fundamental processes and treatments of heart disease
- Compare popular diets by nutritional content
- Articulate a heart disease reversal diet, along with the science that supports it
- Stock a kitchen with the food and items you need to be heart-healthy
- Understand the forces behind your motivation and the barriers to your success
- Collaborate and network with students from around the world