



Bauman College™: Healing Food Education

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**BAUMAN
COLLEGE**

Bauman College: Holistic Nutrition and Culinary Arts™ is unique, special, and ever-evolving. Conceiving and implementing a whole food healing curriculum was a seed idea that came to me over 50 years

ago. At that time, nutrition education and research was funded by the commercial food industry. Dietetic education vilified the organic food movement. I took that personally! I studied, taught, wrote, practiced, and codified a system of learning into the first, state-licensed whole food nutrition curriculum in 1984.

My preparation to write a paradigm-shifting curriculum was stepwise: organic farmer, food coop buyer, chef/owner of a natural food restaurant, master's degrees in education and nutrition, naturopathic medicinal student, **Berkeley Holistic Health Center™** founder, director, and practitioner, **Holistic Health Handbook™** co-author, world traveler, student and teacher of ancient and modern healing arts and sciences. Fertile experience for me to craft the **Eating for Health™** food system in 1990, the foundation of subsequent Bauman clinical and professional education. **Eating for Health™** is a sustainable alternative to the commercial USDA model and other whole food, but reductionistic diets, protocols, and products.

Learning how to work with the **Eating for Health™** approach to design person-specific, not symptom-specific meal plans is what differentiates Bauman College Nutrition Consultants and Whole Food Chefs from graduates of other programs.

Bauman College™ has often been imitated but never duplicated. We have created an optimal learning environment where we teach students how to think, not what to think. The joy of learning to source, prepare, enjoy and share S.O.U.L.™ (seasonal, organic, unprocessed and local) food is at the heart of **Bauman Education**. Our aim is to teach people how to



better care and feed themselves. Our students are a work in progress, as are we all. Students often come in with one set of diet beliefs, and come out with a wider, more thoughtful way to apply healing food guidance to match client needs and resources.

Bauman College™ values cultural diversity. We love to connect people to the roots of their family food traditions. We use research to validate the healing properties of whole food, culinary herbs and spices, teas, tonics, and ferments from around the world.

After being at the helm of Bauman College for 30+ years, I retired from being dean, director, and faculty trainer. The school is in great hands under the guidance of the **National Holistic Institute™** (NHI.edu). They honor the unique DNA of **Bauman College: Holistic Nutrition and Culinary Arts™** professional training that transmits heart and soul along with art and science. Food, love, and skills make us able to connect and serve people anywhere in the world.

It's my legacy to have conceived **Bauman College™**, trained tens of thousands of graduates, and remain a living testament to the benefits of **Eating for Health™**. Let's walk our talk and be a light of guidance to folks ready to eat well to weather the relentless storms of change.