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### 21st Century

Nutrition Overview  
(Chapter 1)

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Dr. Gary Fettke -

'Nutrition and  
Inflammation'

Belinda

Fettke\_Nutrition

Science\_How did

we get here\_May

2020 Walter Jehne

- The Soil Carbon  
Sponge, Climate  
Solutions and

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THE BEST  
NUTRITION BOOKS  
(MUST-READ!)

The  
three secrets of  
resilient people |  
Lucy Hone |  
TEDxChristchurch  
Understanding Diet  
and Health:  
Webinar with a  
Professor of  
Medicine Bruce

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the food you eat  
affects your brain -  
Mia Nacamulli  
Nutrition, a  
forgotten Science.  
It should be the  
flagship Science of  
Medicine Nutrition  
Renaissance by Dr  
T. Colin Campbell!

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Off stage Interview  
2020 - Author:  
Colin Campbell -

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Questioning

Nutrition As A  
Science In The med  
Basic Nutrition and

Macro - Nutrients

Video Animation by  
Train With Kane

How the Brain

Controls Fat Levels,  
Your Food

Environment, and

Cons of Low Carb -

Stephan Guyenet

PhD



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~~MACRONUTRIENTS:~~  
~~THE BASICS |~~  
~~Nutrition 101 Ep. 1~~  
~~Basic Nutrition~~  
~~Module 1 – Getting~~  
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~~101~~ The Perils of  
Dairy Top 10  
Healthiest Foods  
Nutrition 101: IIFYM  
is NOT a Diet (Alan  
Aragon Interview)  
What is a healthy  
and sustainable

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diet? The EAT-  
Lancet Lecture -  
Johan Rockström  
Walter  
Willett Belinda  
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Evolution of Plant-  
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Guidelines' Dr.  
Weston A. Price  
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Ruben Meerman |  
TEDxBundaberg A  
keto diet for  
beginners Dr. Gary  
Fettke - 'The  
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Education: Why is  
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Health (Chapter~~

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Your Brain to Focus  
| Chris Bailey |  
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thorough introductory guide, this text will equip students with the knowledge and skills required to optimise health and wellbeing.

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