



## Table of Contents

### Module Three

#### The Primary Building Blocks 2

- Course Instructions . . . . . 3
- PSN Video Knowledge Updates . . . . . 3
- Student Study Tips & Habits . . . . . 3
- Recommended Listening . . . . . 3
- Recommended Reading . . . . . 4
- Student Self-Test Questions . . . . . 4
- CSNA Masters Program . . . . . 4
- CSNA Master Teacher Program . . . . . 4
- Advisor's Preface . . . . . 5
- Student Questions & Support . . . . . 6
- Credits . . . . . 7
- Table of Contents . . . . . 8

#### Module Three A Brief Outline 10

- The Primary Building Blocks . . . . . 10
- Important Terms and Concepts . . . . . 11
- Educational Objectives . . . . . 11
- Student Assignment . . . . . 12

#### Recipe For Health 13

- Clean Air . . . . . 15
- The Oxygen Paradox . . . . . 17
- Hyperbaric Oxygen Therapy . . . . . 18
- Hydrogen Peroxide Therapy . . . . . 18
- Ozone Therapy . . . . . 19
- Pure Water . . . . . 20
- Distilled or Natural? . . . . . 22
- Distillation . . . . . 24
- Reverse Osmoses . . . . . 24
- Carbon Filters . . . . . 24
- A Stitch in Time...Hurts! . . . . . 24
- Different Strokes for Different Folks . . . . . 25
- Sound Advice . . . . . 25
- Fresh Juices . . . . . 26
- Whole Foods . . . . . 27
- What Do People Eat? . . . . . 29

- Natural Light . . . . . 32
- Indoor Tanning . . . . . 34
- Physical Exercise . . . . . 37
- Personal Hygiene . . . . . 43
- Sauna and Brush Massage . . . . . 43
- Periodic Cleansing . . . . . 45
- Adequate Rest and Sleep . . . . . 47
- Special Guest Article  
by Tracy Kaye Holly  
Sleep – Restore the POWER  
of your Body . . . . . 50
- Supplements and Your Brain . . . . . 51
- Meditation . . . . . 52
- Brain Entrainment . . . . . 53
- Nutritional Supplements . . . . . 54
- The Other Side of the Supplement Coin . . . . . 55
- A New Paradigm of Sports Nutrition . . . . . 59
- Become “One” with Your Blender . . . . . 60
- Whey Protein Isolate . . . . . 60
- Sports Specific EFA Oil Blend . . . . . 60
- Essential Vitamin and Minerals . . . . . 60
- Electrolytes and Hydration . . . . . 61
- Nutritional Supplement Protocols . . . . . 61
- Food State Vitamins . . . . . 63

#### Super Foods 65

- Sprouts . . . . . 65
- Bee Pollen . . . . . 66
- Propolis . . . . . 67
- Honey . . . . . 67
- Garlic . . . . . 68
- Fresh-Pressed Seed & Nut Oils . . . . . 69
- Flax Seed Oil . . . . . 70
- Hemp Seed Oil . . . . . 70
- Walnut Oil . . . . . 71
- Wheat Germ Oil . . . . . 71
- Olive Oil . . . . . 71
- Everyday Healthy Salad Dressing . . . . . 72
- Ghee . . . . . 72
- Green Foods . . . . . 72
- Organ Meats . . . . . 73
- Yogurt . . . . . 75

**The Athlete's Food Pyramid 76**

The Athlete's Food Pyramid Chart .....	77
Dietary Supplements.....	78
Filtered Pure Water.....	79
Fresh Live Juice .....	79
Fresh Organic Vegetables.....	80
Fresh Organic Fruit .....	80
Tissue Protein .....	81
Cultured Dairy Products .....	82
Peas, Beans, Lentils, Legumes, Whole Grains, Nuts & Seeds .....	83
Fresh Live Oils .....	84
Natural Sweeteners .....	85
Mediterranean Diet Pyramid.....	86
Asian Diet Pyramid.....	86
USDA Food Guide Pyramid .....	87
USDA New MyPyramid .....	87
Canada Food Guide.....	88

**Nutrition Myths 89**

Myth #1 - Cholesterol is Bad .....	92
The Much Maligned Egg .....	95
Fat Substitutes .....	97
Myth #2 - The Best Diet is a High Carbohydrate Diet .....	99
Myth #3 - A Balanced Diet Gives You Everything You Need.....	101

**Traditional Native Diets 103**

Vegetarian and Omnivorous Diets .....	104
Special Guest Article by Lauren Plaviak A Radical Change for the Better .....	108

**The Importance and Safety of Protein 112**

Why Athletes Require More Protein..	114
Protein is Safe .....	114
Microwave Cooking.....	117

**Engineered Designer Foods 118**

Meal Replacement Powders (MRPs) .	118
Sports Bars.....	123
Sport Bar Sample #1 .....	124
Sport Bar Sample #2 .....	124
Sport Bar Sample #3 .....	125
Soy Designer Foods .....	126

**Artificial Sweeteners 129**

Accepted Daily Intake (ADI).....	130
Sucralose .....	131
Acesulfame Potassium .....	131
Aspartame .....	132
PKU .....	132
Polyols .....	133
Stevia .....	134

**Future of the Human Diet 136****Points to Remember 139**

Student Assignment .....	140
Student Self-Test Questions .....	141

**References 145****Education 155**

Suggested Reading .....	156
The Cory Holly Series.....	157

**Module Four A Brief Outline 158**

Dietary Supplement Review .....	158
---------------------------------	-----

**The Precautionary Principle 12**