

ESM Partner

Bauman College

Holistic Nutrition and Culinary Arts



Ed Bauman teaches free workshops twice a month at various locations in the Bay Area. He is President of the National Association of Nutrition Professionals (www.nanp.org), which is working towards an accreditation process for holistic nutrition consultants who have completed coursework from a select group of state licensed institutions, colleges, and universities.

Edward Bauman, M.Ed., Ph.D., a member of the ESM Network, is a groundbreaking leader in the field of whole foods nutrition, holistic health, and community health promotion. His desire to help nutrition professionals and clients find a healthy balance in our fast paced, stressful, and often toxic world inspired Ed to create Bauman College, which offers students a unique opportunity to train professionally as a Nutrition Educator, Nutritional Consultant, or Natural Foods Chef.

With campuses in Berkeley, Santa Cruz, and Penngrove, California, the curriculum at the college is based on a what Ed calls "Eating for Health," a program that emphasizes fresh, seasonal, chemical-free, nutrient rich, organic foods. Students learn how to reduce dependency on the commercial food that often contributes to the degradation of both the human body and our environment.

Bauman College offers a comprehensive, integrated system of conventional and holistic health care that restores metabolic balance. Classes present an integrated, in-depth understanding of ways in which individual biochemistry and nutritional needs can vary; it's an approach that focuses on individual needs, tastes, tolerances, and genetic tendencies in the context of nutrition counseling and food preparation. Graduates are prepared to create personalized diet treatment plans and provide leadership in promoting optimal health by helping others to prevent disease, manage chronic illness, and rediscover the joy of eating well.

The college is committed to a global orientation. "Traditional foods are nourished, bloodlines nurtured, and roots solidified," says Ed. "Students are encouraged to look back several generations at the foods their ancestors ate. Each person has unique needs and tastes. Many current diets feature a one-size-fits-all ideology that often isn't sensitive to individual differences or changes in season or health status." Students at Bauman College explore many aspects of food, such as the nutritional value and the life-energy in fresh, whole foods, and the ceremonial significance of certain foods in different cultures. Celebrating nutritional diversity and cultural heritage, the college draws on the elements of Asian, Mediterranean, European, Hispanic, African, and American (especially the organic trend in California) food traditions.

Ed Bauman and the college he created are strongly committed to helping others actualize their physical, mental, and spiritual potential through the restoration of their personal and natural environment.



Tools for Healthy Eating

System Requirements for Sustainable Nutrition

Ed Bauman identifies seven “system requirements for sustainable nutrition”: maximize intake of nutrient-rich foods; minimize intake of nutrient-poor foods; maintain adequate hydration, natural light and fresh air; maintain proper acid-alkaline balance; maintain adequate gastrointestinal flora and fiber; minimize exposure to harmful substances in air, water, and food; and supplement essential nutrients not adequately provided by the diet. He also offers a helpful way of looking at our food habits by identifying four levels of eating, described below.

Eating 4 Health



Four Levels of Eating: A Process, Not a Method

Level One: *Eating for Pleasure* gratifies the immediate need to satisfy hunger and can be a healthy way to enjoy the gifts of the earth and one’s companions. On the negative side, however, eating *only* for pleasure can become a self-medicating process in an ultimately unsuccessful effort to ease pain and suffering.

Level Two: *Eating for Energy*, while addressing a genuine physical need, can lead to eating fast food meals on-the-go. In this approach to eating, quality is often disregarded and health problems may result.

Level Three: *Eating for Recovery* involves cautious and deliberate food choices that tend to be more natural, less processed, and of some medicinal value. However, following a recuperative diet for too long can result in overly rigid eating habits and nutritionally unbalanced diets.

Level Four: *Eating for Self-Responsibility* or *Conscious Eating* involves eating with awareness of the effect of various foods on the body, and using this awareness and one’s intuition as guides to choosing healthful types and amounts of food. Conscious eating allows for flexibility and a deeper connection with the natural web of life. 🌱

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