



HAWTHORN UNIVERSITY

A Leader in Online Holistic Nutrition Education

www.hawthorn.edu

September 2019 Newsletter

Hello Joe,

Hawthorn is proud to announce the launch of our new website <http://www.hawthorn.edu> which coincides with our expanding role as a leader in online holistic nutrition education.

Our new website provides a clear description of [Hawthorn's online degree and certificate programs in holistic nutrition](#). Training to pursue a career in holistic nutrition or to advance your current career is available to you.

Hawthorn may be one of holistic nutrition's best kept secrets. [Learn more about us](#) on the new website which features a clean design and a consistent site-wide navigation system with improved menu functionality that directs you to the information most relevant to you. It is also fully responsive with mobile devices, making it easy to navigate on a wide range of web browsers and portable devices.

Listen to Hawthorn graduates on [All About Alumni](#). They share personal and professional stories, trials, and recipes for success.

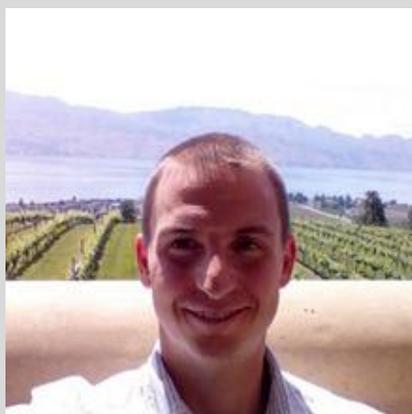
For upcoming webinar information click into the [HUB - Hawthorn University's Blog](#) or use the link on the bottom menu bar on the new website when you visit us at <http://www.hawthorn.edu>. We are DEAC Accredited.

Degree Programs Tuition Discount!

Earn your Doctorate in Holistic Nutrition (DSc) with a 25% tuition discount if you enroll and begin by October 31, 2019. **A \$6,000 savings!**

Enroll in one of Hawthorn's signature Master's programs and take advantage of **a 20% tuition discount**. Applications must be submitted by September 18, 2019 and you must begin by Oct 5, 2019.

Two Hawthorn Alumni were recently featured on The HUB. Check out the excellent guest blogs by Hawthorn Graduates on the HUB:



Andrew Aussem helps us understand "[The Carbohydrate Debate - Part 1](#)" in his August 6 post by reviewing the scientific evidence on the diets of populations free of modern diseases. He discusses Low Carbohydrate and Ketogenic Diets and analyzes the benefits and drawbacks of Low Carbohydrate Diets on endocrine function, gut bacteria, physical performance, and nutrition.

In [Part 2](#) Andrew answers the question, "How many carbohydrates should we eat?"

Andrew Aussem holds a Master of Science in Holistic Nutrition (MSHN) from Hawthorn University and an Honors Bachelor of Kinesiology. A personal change in his lifestyle 8 years ago led Andrew to pursue further education in holistic nutrition.

[CLICK HERE](#) to Learn more about the MSHN program.



Amy Panetta is a 2019 graduate of Hawthorn University's Nutrition Consultant (NC) certificate program. Amy empowers women who are feeling stressed, weighed down, and exhausted to find balance, lose excess weight, and feel vibrant.

Amy Panetta, MA, NC, describes the stress response in her July guest blog post on the HUB - ["Trying to Manage it All? How Stress Can Affect Our Health."](#)

Part two, ["5 Simple Ways to Ease Tension and Lower Stress Hormones,"](#) published on August 5, 2019, will give you tools to get into the flow and experience more joy!

In her NC thesis, Amy focused on the connection between chronic stress, allostatic overload, and obesity in women. She works with individual clients and groups creating transitions towards whole foods diets, providing education on supplementation, and guidance on lifestyle changes.

[CLICK HERE](#) to Learn more about the NC program.

Take Whole Foods Nutrition at a 50% discount!

Pay only \$225 **for the course** if you start by 10/5/2019.

Whole Foods Nutrition is the foundation course for the [Nutrition Consultant \(NC\)](#) and [Scientific Foundations of Holistic Nutrition \(SFHN\)](#) programs.

Our Mission

Hawthorn University is a not-for-profit University. We are dedicated to providing supportive, comprehensive, and professional education in the fields of holistic health, nutrition, and the health sciences through the utilization of distance education methods. Hawthorn offers online certificates, graduate and postgraduate degrees, and continuing education programs to a diverse community of adult learners working to enhance health and wellness around the world.

Hawthorn University is accredited by the Distance Education Accrediting Commission. We are proud to have reached this important milestone. Accreditation is a reliable indicator of the value and quality of the education that Hawthorn offers. As an accredited school we have updated our URL to <http://www.hawthorn.edu>.



[Contact us for information on Hawthorn's programs or questions.](#)

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