



HAWTHORN UNIVERSITY

Learn More At Hawthorn

A Leader in Online Holistic Nutrition Education



Start your holistic nutrition program in 2020
with a 10% tuition discount.

Fall Application Deadline: September 10, 2020

Summer 2020 News

Maintaining health is more important than ever.
Step up your professional opportunities with a program in
holistic nutrition or health and nutrition education.

**Congratulations to the following outstanding Hawthorn Graduates.
We know you'll go far.**



Elizabeth Tay

Master of Science in Holistic Nutrition
Magna Cum Laude

Thesis: *Chemotherapy Damage to the
Gastrointestinal Health of Cancer Patients
and Strategies to Minimize the Damage.*

Elizabeth also holds a Master of Science in Marketing from the University of Leicester, UK. She is a breast cancer survivor whose diagnosis changed her perspective of life and sparked a passionate pursuit to study human health, cancer and nutrition. She is the Marketing Director for a nutraceutical company, Anagenix, headquartered in New Zealand. Elizabeth's primary role is to create brand assets, position products in the market, develop sales toolkits and communicate the science behind Anagenix's products.

Sydney McStravick

Master of Science in Holistic Nutrition



Summa Cum Laude

Thesis: *Reducing Workplace Environmental Toxin Burden with Cleaner Building Materials and Detoxification.*

Sydney also holds Bachelor of Business Administration degrees in Marketing and Management from the University of Oklahoma. She is currently the director of marketing at Merriman Anderson/Architects, Inc. in Dallas, Texas. She plans to combine her knowledge of nutrition, environmental toxins and building health to lead her company's wellness and healthy building initiatives.



Stephanie Buck

Master of Science in Holistic Nutrition
Summa Cum Laude

Thesis: *Preparing for Pregnancy After 30: Fertility and Nutrition Program.*

Stephanie additionally holds a Master of Art in International Policy and Commerce from George Mason University. She is a birth and postpartum doula, trained through DONA International. Her focus is on fertility, prenatal and lactation nutrition. Here's her recent blog post; [*Are your Sprouts getting enough Sun?*](#)



Barbara Heiz

Master of Science in Holistic Nutrition
Summa Cum Laude

Thesis: *A Guide to Preventing and Supporting Anorexia Nervosa Holistically by Optimizing the Gut-Brain-Axis.*

Barbara holds a bachelor's degree in International Management. Barbara intends to work in a private practice as a consultant promoting good, healthy food. She plans to focus on engaging teenagers who are struggling with weight issues and eating disorders.



Sarah Kostusiak

Master of Science in Health and Nutrition Education
Summa Cum Laude

Thesis: *Daily Mindfulness Practice Positively Influences Risk Factors for Cardiovascular Disease.*

Sarah holds a Bachelor of Sciences in Education for the Hearing Impaired from Ball State University. She has completed health coach certifications with Dr. Sears Wellness Institute and the Primal Health Coach Institute and is a Certified FASTER Way to Fat Loss Coach. She works with clients to establish whole food nutrition practices, exercise routines, appropriate sleep habits and stress management skills. She uses genetic data to help target supplementation to each client's specific DNA in her health coaching business, Simply Abundant Health.



Kerrian White

Nutrition Consultant Certificate
Magna Cum Laude

Kerrian White's nutritional experience started when she worked as a mammographer and involved women with breast cancers. Her love for nutrition led her to further her education in science-based studies at Hawthorn. Kerrian's post-graduate plans include educating individuals and families about improving diet, lifestyle and attitudes to promote optimal health with an emphasis on the benefits of whole foods and appropriate supplementation.

10% Fall Enrollment Tuition Discount
Start your first course by September 24, 2020
Application Deadline: September 10, 2020

Ruth Ann Foster

Doctor of Science in Holistic Nutrition
Summa Cum Laude



Dissertation: *Magnesium Missing in Drinking Water - A Link to Heart Disease?*

As a nutrition researcher and health advocate, Ruth Ann Foster has testified before the North Carolina Legislature and has worked on a national level as an educator in food-related issues. Ruth's earlier experiences include raising and homeschooling three children and working in the film and television industry. Her interest in nutrition began when working as an RN in a Neonatal Intensive Care Unit. Across her varied careers, the common thread in Ruth's body of work evidences a passion for inspiring others through innovative problem solving and creative information sharing. Combining her careers in nursing, film production and nutrition, her next goal is to produce a documentary highlighting the importance of magnesium in drinking water.



Brigid James

Nutrition Consultant Certificate
Cum Laude

Brigid's goal is to help people heal their bodies through connecting to themselves, their communities and their environment. Her health coaching work focuses on encouraging people to find balance through whole-foods nutrition, traditional herbs and conscious lifestyle. She offers one on one coaching sessions and group educational programs around sustainable eating, locally produced food and environmental supportive lifestyle. Brigid's educational work focuses on building healthy communities by connecting children, youth and adults to the earth through local, sustainably grown food. Pulling from a deep love of nature and building upon her passion for ecologically regenerative farming, she uses a whole-body approach to discover health and balance. Because health is more than what we eat and drink, Brigid's practice makes room for art and nature therapies, body-positive movement, mind and spirit work, intuitive eating and herbal medicines.

Ludmilla Branigan

Nutrition Consultant Certificate
Summa Cum Laude



Lu holds a Bachelor of Science degree in Secondary Education as well as a Master's in Education and has over 35 years of experience in education and counseling. Developing three autoimmune diseases by the time she was 40 propelled her to change her lifestyle and return to her roots... and vegetables! Adopting a real food diet helped her drastically reduce auto antibodies and put her autoimmunity into remission. Now, symptom free, she is inspired to share her experience and knowledge so that others may benefit. Lu is presenting educational talks in an upcoming lecture series. Titles include: "Sick, Tired, Overweight? How to reclaim your health with real food", "Digestion 101: Good health begins in the gut" and "Eat to be Calm: How food impacts your ability to manage stress".

**Can't make a live Hawthorn event?
Many Hawthorn webinars are [archived and available online](#).**

Gail Kincaid, a graduate of the [Nutrition Consultant program](#), discussed her professional practice, Nutritional Balance, which provides services such as diet evaluations, goal setting, meal planning, meal prep and pantry clean up.



Inspired by family members who suffer from chronic illnesses such as diabetes, kidney failure, kidney disease, hypertension and heart disease, Gail started creating a cookbook, transforming traditional recipes to healthier ones. Her cookbook, *Just Plants*, is in progress with a 2020 publishing date.

Click here to listen to [In Search of the Right Ingredients for Nutritional Balance](#).

Become board certified in holistic nutrition with an accredited online program from Hawthorn University.

Schedule a call with an Admissions Representative

Hawthorn University | 707-986-4153
www.hawthorn.edu

Hawthorn University | PO Box 275, 475 Hungry Gulch Road, Suite C,
Whitethorn, CA 95589

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