

# KrisCross University

## Course Listing

Courses assess available by enrolling in the Connecting the Dots Group Masterclass, Self-paced Program, or Online Course.

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### FRESHMAN COURSES

#### **Course 100: Food Truths or Consequences**

Think you're a smart shopper? Test your ingredient IQ in this course as Kristy reveals the ten categories of foods that cause dis-"ease" and red flags to look for on food labels. This introductory class is the foundation for achieving optimal health.

#### **Course 101: Dodging Diabetes**

One in three people have prediabetes...but over 80% don't even know they have it! Given that prediabetes puts you at a high risk of developing diabetes, heart disease, and stroke – it is important that you get the skinny on what causes diabetes.

#### **Course 102: Color-Coded Eating Made Easy**

Confused about the difference between a protein, carb, or fat? Learn how to distinguish each food AND how to shop using primary colors – red, yellow, blue, and green. You'll be surprised how easy it is!

#### **Course 103: The Birds and the V's**

Considering going vegan or vegetarian? Tempted to try the "fake" meat products that are readily available? Guess again. This course will explain the global anti-meat narrative and why it can lead to poor nutritional outcomes.

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### **Course 104: In the Drink! (Juicing)**

Can't stand the taste of cabbage, beets, and Brussels sprouts? Learn how to consume an abundant supply of vegetable in a great-tasting drink through "juicing". You will learn what to juice and the health benefits of doing so. Demo included.

### **Course 105: Fat – The Good, the Bad, and the Ugly**

The most misunderstood food group is FAT. There's good fat and there's bad fat. In this course you will get the TRUTH on both and learn what to avoid AND what to supplement with to help prevent heart disease, diabetes, inflammation, and arthritis.

### **Course 106: Stop Dieting! Master Your Metabolism with Metabolic Profiling**

Confused? Learn why one-size-fits-all diets of any kind do not work. Instead you will be introduced to the nutritional methodology of METABOLIC PROFILING which is all about eating to your GENETIC BODY TYPE. Metabolic Assessment included.

### **Course 107: Restaurant Remedies**

Afraid that as you begin a healthy lifestyle, you'll have to give up eating out? Not so. Know what that you can still eat out occasionally, as long as you know where to go and what to look for on the menu to provide a clean, balanced meal.

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### **Course 108: Suitcase Nutrition**

This course is for the busy professional who spends more time on the road than at home. There is a trick to traveling and not packing on the pounds. Enroll and learn how to conquer corporate travel.

## **SOPHOMORE COURSES**

### **Course 200: Kitchen Ready**

What types of pots and pans are best for your health? What's the benefit of having a food processor? This course answers these questions and will ensure that you have all the right gadgets in your kitchen to cook up a storm!

### **Course 201: Lickety-Split Breakfasts**

Do you find yourself grabbing a muffin as you head to work? Would you like to serve your kids something more nourishing than a bowl of sugary cereal? This course will teach you how to make several quick breakfasts that will jumpstart your day.

### **Course 202: Snack Hacks**

Looking for something to nibble on that is still healthy? Then search no more. These recipes and demonstrations offer much better options than potato chips and cookies.

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### **Course 203: Sensational Salads**

A hack to getting healthy is to make your diet as colorful as possible. Making a salad daily makes this possible! This course provides recipes and demonstrations for simple salads and salad dressings.

### **Course 204: D'Licious Desserts**

Can you have your cake and eat it too, AND still eat healthy? Yes! From ice cream to brownies, this course provides recipes that will surely satisfy your sweet tooth!.

### **Course 205: Color-Coded Recipe Library**

You have access to a litany of easy-breezy recipes that you can whip up super fast! Whether you are looking for "Red Foods" or "Green Foods" – you will find plenty from which to choose.

## **JUNIOR COURSES**

### **Course 300: Disease Begins with Digestion**

One-third to one-half of adults have a digestive illness and many have erroneously accepted gas, constipation, and bloating as the norm. Let's fix this! Your level of health is merely a by-product of what you eat, absorb, and eliminate.

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### **Course 301: Acidity Matters**

The human body strives to maintain a delicate balance between acid and alkaline. In fact, having overly acidic blood and tissues underlines all diseases. Learn how to test your body's pH, ascertain your acidity level, and bring it back into balance.

### **Course 302: Dump the Junk Detox**

Chemicals from the air, water, and food become trapped in body tissues and organs, contributing to health challenges including fatigue, cancer, and the inability to release weight. Learn what detoxification is, its benefits, and how to get started!

### **Course 303: Attack Fat**

This course explains how to incorporate a modified eating plan where your body becomes an efficient fat-burning machine. Learn how to burn bad fat, while still maintaining good fat. Supportive lean-body supplements are identified.

## **SENIOR COURSES**

### **Course 300: Disease Begins with Digestion**

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### **Course 400: Supplemental Solutions**

What are supplements? Why do we need them? Are retail supplements safe? There are so many; what should I be taking? If you have pondered these questions, then take this course and get answers?

### **Course 401: Nutrition Deficiency Testing (Stopping Disease Before It Starts)**

Did you know that you can find out exactly what micro-nutrients your body is missing? This course will educate you on the benefits of utilizing an in-home test kit to uncover and correct nutritional imbalances before they become chronic diseases.

### **Course 402: Better Bloodwork**

Tired of repeat visits to the doctor only to be told that "your labs are fine", but you don't feel fine? What you need is a Functional Health Report. Learn what it is and how it can be used to get to the root cause of your symptoms.