

KrisCross University

eLearning
Nutrition Curriculum

FOUNDER

Kristy Dotson

Nutrition & Wellness
Speaker/Author/Inventor

Kristy@KrisCrossEnterprises.com

FREE! INTRO COURSE

Fight to Live

ENROLL NOW!

KrisCrossUniveristy.Thinkific.com

All classes \$39 each.



Providing holistic nutrition education for the everyday eater

FRESHMAN COURSES

- 100 - Stop Dieting!
- 101 - Color-Coded Eating Made Easy
- 102 - Food Truths or Consequences
- 103 - Dodging Diabetes
- 104 - In the Drink! (Juicing)
- 105 - Fat (the Good, the Bad, and the Ugly)
- 106 - Restaurant Remedies
- 107 - Suitcase Nutrition

SOPHOMORE COURSES

- 200 - Color-Coded Recipe Library
- 201 - Kitchen Ready
- 202 - Lickety-Split Breakfasts
- 203 - Snack Hacks
- 204 - Sensational Salads
- 205 - D'Licious Desserts

JUNIOR COURSES

- 300 - Dump the Junk Detox
- 301 - Disease Begins with Digestion
- 302 - Acidity Matters
- 303 - Attack Fat

SENIOR COURSES

- 400 - The Cost of Being Sick
- 401 - Supplemental Solutions
- 402 - Nutrition Deficiency Testing (Catching Disease Before It Starts)

POST-GRAD COURSES (COMING SOON!)

- Brain Sustain
- The Birds and the V's
- Nutrition & Cancer
- Guard Your Heart
- 9 Months of Nourishment
- The Immune System - Your Personal Police Force
- Harnessing Your Hormones