

Table of contents

INTRODUCTION

Preface: How to use this text	6
Nutrition: The big picture	11
Case study	31

UNIT 1

Nutritional science 35

CHAPTER 1

Cells	37
-------	----

CHAPTER 2

Through the GI tract	57
Case study	91

CHAPTER 3

Energy transformation & metabolism	93
Case study	124

CHAPTER 4

Energy balance in the body	127
Case study 1	153
Case study 2	155

CHAPTER 5

Aerobic & anaerobic metabolism	157
Case study	176

CHAPTER 6

Macronutrients	179
Case study	220

CHAPTER 7

Micronutrients	223
Case study	258

CHAPTER 8

Water and fluid balance	261
Case study	285

UNIT 2

Nutritional practice 287

CHAPTER 9

What it means to be a good coach	289
Case study	309

CHAPTER 10

The PN Coaching methodology	311
Case study	338

CHAPTER 11

Working with nutritional levels	341
Case study	361

CHAPTER 12

Working with Level 1 clients	365
Case study	413

CHAPTER 13

Working with Level 2 clients	415
Case study	459

CHAPTER 14

Working with Level 3 clients	461
Case study	498

CHAPTER 15

Special scenarios	501
-------------------	-----

CHAPTER 16

Business 101 for fitness & nutrition pros	553
--	-----

CHAPTER 17

Continuing ed for the coach	571
-----------------------------	-----

GLOSSARY AND INDEX OF KEY TERMS	587
---------------------------------	-----

REFERENCES	616
------------	-----