

Edward Bauman, PhD



Dr. Ed Bauman has been at the forefront of the holistic health and nutrition renaissance for the past 50 years. He holds a MEd from the University of Massachusetts, a MS in Nutrition from Heartwood College, and a PhD in Community Health Promotion from the University of New Mexico. He is the founder of **Bauman College: Holistic Nutrition and Culinary Arts**, and co-founder of the **National Association of Nutrition Professionals (NANP)**. After studying traditional health and nutrition systems for more than 30 years, Dr. Bauman created the *Eating for Health* approach, which forms the basis of his professional and community nutrition programs.

Dr. Bauman's current passion is on providing an antidote to the pandemic of global unwellness by launching **Bauman Wellness**, a non-profit institute that nourishes cultures of wellness through healing foods, arts and community learning. Bauman Wellness is a diverse and inclusive community of professional, family and individual members. Dr Bauman's theory of change is that individuals, groups and cities that learn and practice **5 Wellness Skills**: eating for health, movement, mindfulness, relationship and community building, will demonstrate improved health outcomes, lower sick care spending and enhanced mood states.

BaumanWellness offers an accessible learning hub for people to connect around topics, chats, events, programs, partnerships, wellness campaigns, challenges and cultural celebrations.

Bauman Wellness offers an array of interactive and self-paced programs, for individuals, companies and organizations. These include **Affordable Nutrition**, **Brighten Up: Healing Depression, Anxiety and Insomnia**, **Kidz Culinary Academy**, **Nutrition Essentials for Everyone** and **Spice for Life**. Bauman Wellness offers an affordable facilitator/teacher training for each of these scalable community programs to certified holistic nutritionists and health professionals.

Dr Bauman is the co-author of many renowned books, including the *Holistic Health Handbook*, *Holistic Health Lifebook*, *Foundations of Nutrition Textbook*, *Therapeutic Nutrition Textbook*, *Flavors of Health Cookbook*, *Whole Food Guide for Breast Cancer Survivors*, *Spice for Life: Self-Healing Recipes, Remedies and Research*, *Affordable Nutrition*, and *Nutrition Essentials for Everyone*.

Dr Bauman is a tireless advocate for integrating holistic nutrition and wellness skills into mainstream education, health care, and community development to empower people from all backgrounds to become more self-reliant and resilient to create a world where wellness is a unifying principle of collective evolution.