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NUTRITION: YOUR LIFE SCIENCE helps you understand the fundamental principles of nutritional science though an interactive, flexible, and fun learning experience that partners a modular print text with online lessons and study tools.

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Dr. Thompson is Professor of Nutrition and the Director of the Nutrition Program at Weber State University, where she has been for 27 years. Because the Department of Nutrition is housed in the School of Health and Human Performance, Dr. Thompson has had the opportunity

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to reach out to young adults and share sound strategies for promoting lifelong good health.

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Nutrition through life This section is for people who want to find out about the science of nutrition through life and how this affects health. It will be helpful for those studying or working in the field of nutrition and health and also those who would like more detail on nutrition science.

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Bio. Nancy is the founder of Your Life Nutrition. Having been in practice for over 25 years, Nancy is a nationally recognized pioneer and expert in eating disorder care and recovery. Nancy's work with adolescents, teens and adults is focused on empowering individuals to experience unmistakable peace and health through eating well, movement, self-acceptance, self-expression and self-care.

Your Life Nutrition - Pasadena, California

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