

LearnNatural Course Catalog

Level 100 – Natural Grocery & Wellness Basics

(all courses below are Level 100)

** Indicates coming soon*

Intro to Product Labels and Certifications

Understanding the Basics of GMOs

We take this rather complex topic and break it down into bite-size nuggets. We'll discuss the two main types of genetic modification of food crops, and how genetic modification impacts meat and dairy as well as crops. Most importantly we cover why many customers want to avoid GMO foods and how you can assist them.

Introduction to Fair Trade Certifications

Want to know how the Fair-Trade movement got started and why consumer demand for it is at an all-time high? Let us explain! We will tackle the three main Fair-Trade certifications, what they mean and what they look like, so you can answer customer questions about Fair Trade logos with confidence.

Organics 101

We make Organic simple! This training explains what organic certification means from a consumer's perspective. We cover the basic organic standards, why organic products cost more and the difference between organic certified and Non-GMO Project certified...and more.

Food as Medicine

Balance with Adaptogenic Herbs * Coming Soon!

What do the herbs schisandra, rhodiola and ashwagandha all have in common (beside the fact they all end in the letter "a")? You guessed it! They are all adaptogens. Discover what adaptogens are, how they work and the different forms available these days.

Collagen Products * Coming Soon!

Did you know there's a substance in the body that holds everything together... kind of like a human glue? Enter collagen! It's most known for its' beauty benefits but does more than that. Stick with us to learn more about this amazing substance.

Medicinal Mushrooms

Who knew mushrooms could benefit brain health, support healthy blood pressure, and make your skin glow? What's more, these fabulous fungi are showing up in some surprising places like chips, jerky and even ice cream! Join us – we'll make a mycophile out of you.

The Emerging World of Functional Beverages

Let's dive into functional beverages – beverages formulated to have health benefits. Empty calorie soda is losing market share to these beverages with benefits. From sports performance and recovery drinks to enhanced waters, we'll get you up to speed on this category.

Turmeric Time * Coming Soon!

Turmeric is a medicinal root that has stood the test of time. Native to southern India and Indonesia, some people credit turmeric for the low rate of dementia in these countries. Golden milk anyone? Join us to learn more about turmeric products.

What's the Buzz on Apple Cider Vinegar and ACV Supplements * Coming Soon!

Apple Cider Vinegar has been around forever....so why is it all the rage of late? Proponents claim this tart and tangy liquid can assist with detox, weight loss and more. It's been used medicinally for centuries. ...but today you can even get it in squeeze-dried form.

Healthy Lifestyle

A Look at Eye Health

What do poor diet and blue light from computer screens have in common? If you guessed they both can contribute to eye problems and poor vision, you're right! The good news is that there are a lot of foods, supplements, and other products to support eye health. Get some insight into them in this course.

Brain Health

Did you know the brain is the fattiest organ in the body? Or that there is no evidence that a large brain is smarter than a small one? Those are just a few of the fun facts we'll cover in this course! We'll also discuss foods, beverages, and supplements that shoppers are looking for to support their brain health.

Gut Health

Gut health is a very important factor to overall health and can become unbalanced easily. We're going to look at some of the ways your gut can become unbalanced and ways to keep it healthy. There are several foods and supplements which could aid in digestion and gut health! We have a gut feeling you'll learn a lot in this course.

Quality Sleep: Products and Best Practices

With 58% of Americans experiencing sleep issues these days, natural sleep aids are flying off the shelves. Knowing what supplements to steer your sleep-deprived customers towards will earn you associate appreciation points for sure.

Successful Stress Management

Want to help customers looking for stress relief? Or maybe YOU could use a little stress relief yourself! Learn about the vitamins, minerals, amino acids, herbs and more that can help you chill.

Wellness Department Essentials

Homeopathy * Coming Soon!

Tiny amounts of natural substances can stimulate the body to heal itself. This is the basis of the fascinating field of homeopathy. We'll cover the basic principles of homeopathy so you can understand homeopathic product labels. When you're done, you'll know your arnica from your thuja.

Natural Allergy Relief * Coming Soon!

Goodbye Sudafed – hello Sabadilla. Neti pots, essential oils, herbal supplements, and homeopathic remedies are some of the tools in the allergy-fighting arsenal for the natural organic shopper. Become knowledgeable about natural allergy products and your sneezy, stuffy natural shoppers will thank you.

Natural Oral Care * Coming Soon!

Brushing, flossing, and rinsing those pearly whites with non-toxic, environmentally friendly products is what the natural consumer wants. Xylitol and tea tree oil are a few of the popular ingredients in natural oral care products. Learn why and much more in this course.

Skin and Hair Care * Coming Soon!

Who doesn't want a glowing complexion and a beautiful mane of hair? but without the risky chemicals commonly found in conventional skin and hair care products. Experts say 60% of what you put on your skin ends up in the blood stream. For this reason, a lot of shoppers want clean body and hair care products. Learn more!

Natural Grocery

Allergy Friendly

Did you know—The FDA has identified 8 foods as major food allergens in the US? A ninth food will be added to the list in 2023? There are 14 declared food allergens in Canada? Food allergies are nothing to sneeze at. Find out what these top allergens are and what the related food labeling requirements are. Become knowledgeable on this important topic. Your customers will thank you.

Dairy, Eggs and Dairy Alternatives * Coming Soon!

Ever wonder what the difference is between free range eggs and cage free eggs? Or why there are so many dairy alternatives now and why they're so popular?

FODMAP Diet in the Consumer's World

FODwhat???? FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. These fibers and sugars are problematic for people with IBS, Irritable Bowel Syndrome. Learn what foods contain them and what apps, certifications and products exist to help customers who are on a low FODMAP diet.

Grains * Coming Soon!

So many grains, so little time. From amaranth to teff, we will explore some of the common and some less common grains and pseudo-grains. We'll explain a bit about techniques like soaking and sprouting, and why that's significant to some shoppers. Lastly, we'll address whole grain benefits.

How Sweet it Is – Natural Sweeteners

Who doesn't have a sweet tooth? Most of us love that taste but also know sugar isn't good for us. Fortunately, there are a lot of healthier sweeteners on the market today. We will explain many of them, from allulose to xylitol, giving you both the upside and the downside of each. Plant Based Diets: Levels, Lifestyles and Products

Meat, Poultry and Fish * Coming Soon!

There are a number of differences between organic and conventional meat, poultry and fish. Understand these differences and why many customers are willing to pay more for organic.

Nuts, Beans and Seeds * Coming Soon!

They might be small, but they can be nutrition powerhouses! Like grains, some consumers prefer their nuts, beans and seeds soaked or sprouted. Some customers will only buy beans that are organic. Find out why when you take this course.

Plant Based Diets: Levels, Lifestyles and Products

Let us demystify the difference between vegetarian, vegan and plant-based diets. Learn the reasons people may choose to go vegetarian and how to ensure adequate protein and vitamin B12 intake without meat. We'll also cover common vegan, vegetarian and plant-based certifications.

Produce * Coming Soon!

Which produce items might be GMO? Which produce items are on the Dirty Dozen list and which are on the Clean 15 and why? You'll be able to answer those customer questions and more after taking this course.

Trending Diets

Gluten Free Basics

What was once a niche category, gluten free is now mainstream. With about 20% of the population having some form of gluten intolerance, this category is here to stay. We'll teach you what gluten is, where it is found and how to help your gluten-intolerant customers find products that meet their needs.

Ketogenic Diet Explained

Want to know why so many people are crazy over Keto? We'll cover that as well as what the diet consists of and what products qualify as Keto. We'll fill you in on the two certifications that are helpful to keto shoppers too.

Overview of Trending Diets * Coming Soon!

Diets come and go but there always seem to be several trending at any point in time. We'll cover the basics of Paleo, Ketogenic, Whole30, Vegan, Vegetarian and Plant Based, FODMAPS and Gluten Free and maybe even a few more.

Paleo Diet Explained

Aka the Caveman Diet, the Hunter/Gatherer Diet and the Stone Age Diet- essentially the diet of our early ancestors. So why would people want to adopt this way of eating? We'll explain that, along with what some critics of this popular diet have to say.

Understanding Natural and Organic Labels

Natural Speak—Natural Food Terms Explained

Biodynamic, antioxidant, cold-pressed? Then there are the acronyms - CFU, ACV, BPA, HFCS...and the list goes on. Natural/organic lingo can almost be like a foreign language. Let us simplify it for you so you can speak the language with confidence.

Reading Food Labels

You might think that deciphering ingredient labels and nutrition facts boxes can be tricky. We agree! By the time we're done, label reading will be your new favorite hobby.

Level 200 Courses—Coming Soon