

www.nutrition-network.org

MENOPAUSE AND PERIMENOPAUSE:

Science, Strategies & Lifestyle tools to Optimize Women's Hormones.

WHY YOU SHOULD DO THIS TRAINING

- **Address a critical gap in care:** Women's hormones and menopause remain underrepresented in medical education. This training fills that gap with robust, evidence-based content.
- **Gain global insights:** Learn from an international faculty of doctors, researchers, and coaches with unique expertise in women's health.
- **Build confidence in practice:** Acquire actionable tools to support your patients and clients in real-world settings.
- **Be part of a movement:** Join a growing global network of practitioners leading the revolution in women's healthcare.
- **CPD-accredited:** Earn professional development credits while advancing your skills.

TRAINING OVERVIEW:

The Women's Hormones & Menopause Training is a landmark course designed for healthcare professionals and coaches who want to transform the way women are supported through one of the most pivotal transitions in their lives.

For too long, women's health, particularly peri- and post-menopause, has been overlooked, misunderstood, or treated with one-size-fits-all solutions. This training brings together **leading experts from around the world** to provide evidence-based, practical, and compassionate tools to empower practitioners to deliver better care, hope, and outcomes for women.

With a blend of medical, nutritional, exercise, psychological, and cultural perspectives, this training equips professionals with the knowledge to guide women toward resilience, vitality, and long-term health.



ENROLMENT

Register for the course by visiting

<https://courses.nutrition-network.org/p/the-science-of-women-s-hormones-strategies-lifestyle-tools-for-perimenopause-and-menopause>



ABOUT THE TRAINING

The time has come to elevate menopause care. No woman should walk this journey unsupported, and no practitioner should feel unprepared to help.



EACH MODULE INCLUDES:

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature



CERTIFICATES

On completion of the training, participants will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.



**25 HOURS OF LEARNING
ONLINE, SELF-PACED STUDY**



Accreditation

This module's accreditation with The CPD Standards Office is currently pending. We do however expect to receive full international CPD accreditation. Once accredited, we have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.

TRAINING OUTLINE

→ THE HORMONAL SYMPHONY OF MENOPAUSE

Understanding the roles of estrogen, progesterone, testosterone, insulin, and cortisol.

→ NUTRITION FOR MENOPAUSE

Strategies to stabilize metabolism through every stage.

→ INTEGRATIVE & MEDICAL INTERVENTIONS

Hormone therapy, testing, and targeted solutions.

→ MOVEMENT & METABOLIC FLEXIBILITY

Exercise strategies to support hormonal health.

→ MIND & MOOD IN MENOPAUSE

Addressing emotional and mental health challenges.

→ THE STORIES OF MENOPAUSE

Cultural, social, and personal perspectives that shape care.

→ NATURAL & HERBAL APPROACHES

Supplements and holistic support alongside clinical tools.

→ ROOT CAUSE MEDICINE

From gut health to toxins: addressing underlying imbalances.

→ RESTORING INTIMACY & SEXUAL WELLNESS

A clinical approach to thriving relationships.

LECTURE OUTLINE

The importance of looking after your mitochondria

Why fasting is medicine for perimenopausal women : Cycle based nutrition and fasting

The healthy way to managing PCOS through life. Potentially ask to include a slide on fasting

Dr Nadia Patiguana, ND

Hormonal symphony: understanding progesterone, estrogen, testosterone in pre, peri and menopause and how they interact with insulin and cortisol

Dr Andrea Salcedo

Women are not just small men: A synopsis of exercise for women through the female lifecycle

Madison Kackley PhD

Supporting the female journey from menarche to postpartum

Dr Daphne Lyell

My peri-menopause journey and how it's enhanced my work

Tracey McBeath

Cultural perspectives on perimenopause and menopause

Emine Sporel Özakat, Ph.D.

LECTURE OUTLINE

Root causes of hormonal imbalance: GUT, liver, sleep, stress, toxins, nutrients deficiencies and how to assess them.

Dr Hassina Kajee, MD

Strength & Resistance Training in Peri/Menopause

Mubarak Ibrahim

Achieving Metabolic Flexibility: The Key to Thriving in Perimenopause

Roxanna Soetbeer, NNP

Mental health: Emotional aspects of perimenopause and menopause - coaching focus

Elizabeth Bromley

Herbs that help: Maca, shatavari, chaste berry, wild yam

**Hormone therapy
Vaginal oestrogen and reclaiming sexual health**

Cardio-Metabolic Health & The Menopause Transition

Dr. Lucy Burns

Women's Health, Menopause & Hormone Therapy

Dr Laura Buchanan

TRAINING OUTCOMES:

After completing this training, practitioners will:

- Feel confident addressing menopause in practice with evidence-based strategies.
- Gain new frameworks for supporting women holistically - across physical, emotional, cultural, and relational dimensions.
- Be equipped to improve quality of life for women, helping them thrive through and beyond menopause.
- Become part of a supportive global community, committed to reshaping women's healthcare.



Additional Resources:

The training is accompanied by a comprehensive practitioner's toolkit - including clinical reference guides, parameter sheets, and ready-to-use handouts, designed to support immediate application in practice.

WHO IS THIS TRAINING FOR?

- Medical doctors
- Allied healthcare practitioners
- Nutritionists & dietitians
- Health coaches
- Fitness professionals
- Anyone seeking to expand their knowledge and clinical competence in women's health

MEET THE LECTURERS

The content of this training has been reviewed by the Nutrition Network Medical Advisory Board



**DR NADIA
PATIGUANA, ND**

Naturopathic Doctor,
aut.hor, and podcast host



DR ANDREA SALCEDO

Board Certified OBGYN with a Master's in Public Health, Certified Nutrition Network Practitioner. Assistant professor of gynecology and obstetrics at Loma Linda University School of Medicine



DR DAPHNE LYELL

Homoeopath and integrative GP with a decade's experience in helping women balance their hormones and thrive through conception, pregnancy, postpartum and into the post-menopausal years.



MUBARAKAH IBRAHIM

Internationally recognized Muslim health and fitness expert, businesswoman, and influential voice on Islam in America.



DR LAURA BUCHANAN

Board-Certified Family Medicine physician and Metabolic Health Practitioner.



TRACEY MCBEATH

Author, health and life coach, Certified Nutrition Network Practitioner, qualified personal trainer, public speaker, and a podcaster.

MEET THE LECTURERS

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ROXANNA SOETBEER
MPHC NNP MHP PFC

Primal Health Coach,
Metabolic Health
Practitioner, Certified
Nutrition Network
Practitioner.



**EMINE SPOREL
ÖZAKAT, PH.D, NNP**

Sport Nutritionist (IOC),
Certified Nutrition Network
Coach Practitioner



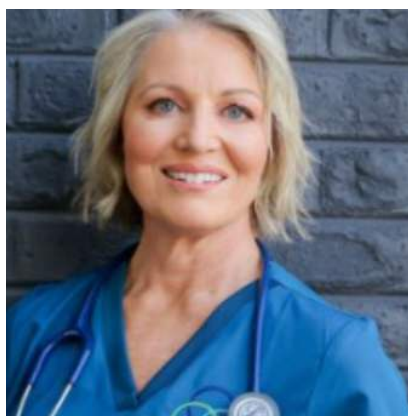
**DR HASSINA KAJEE,
MD**

Specialist Physician in
metabolic health and lifestyle
medicine.



MADISON KACKLEY
PH.D

Assistant Professor at The
Ohio State University



DR LUCY BURNS
MBBS, FRACGP,
FASLM

Lifestyle Medicine Doctor,
certified in clinical Hypnosis
, podcaster and speaker.



ELIZABETH BROMLEY

Owner and Director at YOU on
plum. Offering nutritional
coaching, weight-loss
guidance, strength training and
systemic health promotion.

MORE ABOUT US:

Together, the organisations aim to shift the paradigm from reactive to data-driven, preventative, and personalised care.

Nutrition Network:

The Nutrition Network is an education platform founded by The Noakes Foundation, providing professional training in therapeutic carbohydrate restriction and metabolic health. With a growing global community, the organization aims to transform healthcare through evidence-based nutrition education.

*For more information or further enquires
please feel free to reach out to us*

Best regards,
Nutrition Network Team!



support@nutrition-network.org



<https://nutrition-network.org/>