



MASTERING METABOLIC METRICS:

Testing, Tracking & Transforming Health

- Blood, breath, and urine ketone testing
- Glucose tracking and GKI for specific disease states
- Clinical and home-use testing protocols
- Medication monitoring and de-prescribing
- The future of continuous ketone monitoring
- Remote care, anthropometry, and bio-individuality
- Cardiovascular risk assessment tools, including imaging
- The role of additional diagnostics like genetic and microbiome testing

www.nutrition-network.org



Master the use of biomarkers like ketones, glucose, and the Glucose-Ketone Index (GKI), and understand how to apply them in clinical and real-world settings.

TRAINING OVERVIEW:

Master the use of biomarkers like ketones, glucose, and the Glucose-Ketone Index (GKI), and understand how to apply them in clinical and real-world settings

A first-of-its-kind online training focused on **Testing, Tracking, and Diagnostics** - a critical yet under-addressed area in the field of therapeutic nutrition and lifestyle medicine.

The training is designed to equip medical professionals, health coaches, and wellness practitioners with the skills and understanding needed to interpret and apply diagnostic data effectively, helping improve outcomes in patients dealing with obesity, diabetes, neurological disorders, cardiovascular disease, and other metabolic conditions.



ENROLMENT

Register for the course by visiting:
<https://nutrition-network.org/online-training/testing-tracking-and-diagnostics/>



ABOUT THE TRAINING

This training has been developed as a joint initiative between Keto-Mojo and Nutrition Network



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.



**20 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.

LECTURE OUTLINE

Welcome & Introduction

Franziska Spritzler, RD, CDCES

- Overview of the course structure and objectives
- The importance of diagnostics in nutrition and lifestyle medicine
- Who this training is for and how it can be applied in practice

Understanding Ketone & Glucose Testing

Franziska Spritzler, RD, CDCES

Foundations of Ketone Testing

- Types of ketone testing: blood, breath, urine
- Accuracy, pros and cons, and choosing the right method

Glucose, Ketone, and GKI Monitoring

- Understanding the Glucose-Ketone Index (GKI)
- Clinical relevance in various disease states
- Case studies and interpretation of data

Testing Protocols & Clinical Considerations

- When and how to test
- Patient adherence strategies
- Interpreting patterns and trends

Lab Work & Blood Markers

Siobhan Huggins

- Key blood markers in metabolic and chronic disease
- Frequency of testing and clinical significance

LECTURE OUTLINE

Anthropometry & Clinical Measurements Dr. Hassina Kajee, MD

- Using anthropometric data in clinical decision-making
- Waist circumference, BMI, skinfolds, and body composition
- Red flags and patient education

Medication Monitoring & De-Prescribing Dr. Neville Wellington, MD

- Adjusting medications with dietary/lifestyle interventions
- De-prescribing protocols
- Risk management and safety guidelines

Dietary Assessment Tools Beth McNally, MS, MA, CNS®, LDN, CKNS

- Using FFQs, food diaries, 24-hour recalls, and photo journaling
- Accuracy, pros and cons, and application in practice

Validated Lifestyle & Psychological Assessments Karen Heath

- Health tech assessments and questionnaires
- Tools for evaluating stress, sleep, behavior, and adherence

LECTURE OUTLINE

The Continuous Remote Care Model

Franziska Spritzler, RD, CDCES

- Remote patient monitoring and virtual interventions
- Structuring a sustainable follow-up model
- Benefits and limitations of remote care

Home Monitoring & Lifestyle Programs

Peter Cummings, NNP, MHP

- Tools and technologies that support self-tracking
- Creating personalized, patient-centric care plans

Genetic Testing in Nutrition Practice

- When and why to consider genetic testing
- Interpreting basic panels for clinical relevance

Microbiome Testing

- Gut health assessments and implications for metabolic disease
- Clinical application and limitations

Cardiovascular Risk Testing

Dr. Matthew Budoff MD, FACC, FAHA

- Key markers for heart health
- Integrating cardiovascular risk into metabolic assessments

MEET THE LECTURERS

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



**DR. MATTHEW
BUDOFF MD, FACC,
FAHA**

A preventive cardiologist and Professor of Medicine at the David Geffen School of Medicine (UCLA)



**PETER CUMMINGS,
NNP, MHP**

Certified Nutrition Network Practitioner and accredited as a Metabolic Health Professional with the Society of Metabolic Health Practitioners.



**BETH MCNALLY, MS,
MA, CNS®, LDN,
CKNS**

Certified Nutrition Specialist® and Licensed Nutritionist. Lead author of Therapeutic Carbohydrate Reduction in Type 1 Diabetes: A Guide for Dietitians and Nutritionists



**FRANZISKA
SPRITZLER, RD, CDCES**

Registered dietitian, certified diabetes educator, and author.



**DR. HASSINA KAJEE,
MD**

Specialist physician in metabolic health and lifestyle medicine.



SIOBHAN HUGGINS

Researcher in lipidology and immune health.

MEET THE LECTURERS

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



**DR NEVILLE
WELLINGTON**

An advocate of low carbohydrate lifestyles as well as the use of effective monitoring in patients.



KAREN HEATH

PHD degree in physiology and brings over 15 years of experience in research and communication.

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.

Keto-Mojo:

Keto-Mojo is a leader in affordable, accurate ketone and glucose testing solutions. Committed to empowering individuals on their health journey, Keto-Mojo develops innovative tools that support data-driven decision making and long-term metabolic health.



We are honored to collaborate with the Nutrition Network, a leading force in advancing metabolic health through education. At Keto-Mojo, we've had the privilege of supporting hundreds of clinics and contributing to over 90 clinical trials. This work has given us deep insight into how data-driven tracking drives better adherence and, ultimately, better outcomes. Every month, tens of thousands of people use Keto-Mojo to improve their metabolic health. This new training brings together everything we've learned and makes it actionable – empowering practitioners to deliver more personalized, preventative, and effective care.” – Dorian Greenow, Founder, Keto-Mojo

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

Best regards,
Nutrition Network Team!

Contact Us



support@nutrition-network.org

Website



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