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PROFESSIONAL ONLINE TRAINING



Women's Health

Professional online training in women's health & wellbeing

For Medical and Allied Healthcare Professionals

- Discover nutritional requirements through female life stages.
- Become familiar with optimal gynecologic health and common diseases of womanhood.
- Understand how cancer, addiction, insulin resistance, stress, hormones, and exercise uniquely impact women.
- Learn sustainable female-specific therapeutic treatments and interventions.

12 CPD
HOURS OF LEARNING

Self-Paced

Lecture Outline

All content reviewed by the Nutrition Network Medical Advisory Board.

TOPIC	LECTURER
What is a Healthy Woman – An Integrative Perspective	<i>Jayne Bullen</i>
A Metabolic Approach to Female Reproductive Cancers	<i>Dr Nasha Winters</i>
Fitness & Fueling for Women: A Health- Focused Perspective	<i>Dr Madison Kackley, PHD, CSCS</i>
Food Addiction in Women	<i>Bitten Jonsson</i>
Menopause and Perimenopause: Metabolic Risk and Reversal	<i>Dr Elaine Hart, MD</i>
Nutrition in Pregnancy and Lactation	<i>Tamzyn Murphy, RD</i>
Nutrition Requirements Through the Life Stages: Panel Discussion	<i>Panel Discussion</i>
Fitness & Fueling for Women: A Health- Focused Perspective	<i>Dr Catherine Seanz, PHD</i>
Gynecologic Diseases	<i>Dr Andrea Salcedo</i>
Endometriosis and the Gut Biome	
Normal Menstrual Physiology	
Women & Public Health / EBSA	<i>Dr Georgina Pujol-Busquets Guillén</i>
Menopause the Lesser-Known Solution	<i>Dr Estrelita Janse van Rensburg</i>



Women's Health

Presented by national and international medical and allied healthcare experts in their field, on a range of topics related to LCHF nutrition and its implementation into clinical practice.

 nutrition-network.org

USE THE LINK ABOVE TO ENROL

Lecturers & Topics

Presented by national and international medical and allied healthcare experts



Dr Elaine Hart

A board-certified Obstetrician and Gynecologist and academic leader specializing in women's health.



Tamzyn Murphy, RD

A registered dietitian, science writer, and nutrition educator with an extensive background in clinical research and a specialist focus on ketogenic and low-carbohydrate nutrition science.



Dr Nasha Winters

A globally recognized naturopathic oncologist, best-selling author, and researcher specializing in integrative, metabolic approaches to cancer care and complex chronic illness.



Dr Catherine Sean, PhD

An assistant professor of exercise science, registered dietitian, and strength conditioning specialist whose research investigates exercise metabolism, nutritional ketosis, and female athletic performance.



Jayne Bullen

Nutrition Network Managing Director



Dr Madison Kackley, PhD, CSCS

Women's health researcher and Assistant Professor at The Ohio State University



Bitten Jonsson

A registered nurse and internationally acclaimed pioneer in sugar and carbohydrate addiction treatment, known for developing standardized diagnostic and stabilization models for food addiction.



Dr. Andréa Salcedo

A board-certified OB/GYN and Menopause Society Certified Practitioner who utilizes therapeutic carbohydrate restriction and metabolic therapies to treat conditions like endometriosis, PCOS, and abnormal uterine bleeding.



Dr. Georgina Pujol-Busquets Guillén

A medical researcher and public health specialist contributing international expertise on systemic health patterns, preventive medicine, and evidence-based clinical practices.



Dr. Estrelita Janse van Rensburg

A qualified physician-pathologist and former professor of laboratory medicine and medical virology who transitioned into preventative and nutritional medicine after exploring the reversal of chronic illness through diet.

Key Learning Objectives

- Discover nutritional requirements through female life stages.
- Become familiar with optimal gynecologic health and common diseases of womanhood.
- Understand how cancer, addiction, insulin resistance, stress, hormones, and exercise uniquely impact women.
- Learn sustainable female-specific therapeutic treatments and interventions.

What You Will Learn

Gain a better understanding of common women's health issues and how to manage them effectively.

Learn evidence-based approaches for treating women's health conditions, including lifestyle interventions and medication when appropriate.

Expand your knowledge of nutrition and women's health, including how to optimize dietary choices to support reproductive health, hormonal balance, and overall well-being.

Increase your knowledge of alternative and complementary therapies for women's health, such as acupuncture, herbal medicine, and mind-body practices.

Enhance your ability to communicate effectively with female patients/clients about women's health issues, and provide counseling and support to help them make informed decisions about their health and treatment options.

Understand the impact of social, cultural, and economic factors on women's health and healthcare access, and learn how to provide more inclusive and equitable care to diverse populations of women.

Training Format

Flexible online learning—work through the content at your own pace, in your own time.

EACH LECTURE INCLUDES

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and journal article references
- Quiz to assess what you have learned

TRAINING MATERIALS

- Video lectures, interviews and panel discussions
- Physiology and scientific evidence
- Practical clinical implementation guidelines
- Screening and assessment tools
- Speaker presentations and reference lists
- Patient education resources

Certificates & CPD Accreditation

CERTIFICATE OF COMPLETION

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

CPD STANDARDS ACCREDITATION

This module is accredited with full international accreditation with The CPD Standards Office.

Who Is This Training For?

ELIGIBLE PARTICIPANTS

- Medical professionals
- Allied healthcare workers
- Nutritionists and dietitians
- Health and wellness coaches