



METABOLISM AND THE MIND

Metabolic psychiatry is a cutting-edge field focused around the essential role of metabolism in mental health. *Metabolism and The Mind* is a training that equips healthcare practitioners with an understanding of the intricate relationship between metabolic processes and mental health, enabling more effective treatment and support for mental disorders.

TRAINING CONTENT

- Ketogenic Metabolic Therapy for Mental Health: Practical Applications
- Autism Spectrum Disorder
- What if Sugar is Causing You Energy Depletion, Feelings of Dread, and Anxiety? How to Heal
- Approaching Clients with Addiction Disorders
- Forbidden Fruit: Ketones in Pregnancy
- Dietary Strategies and Biomarker Monitoring for Health
- Ketogenic Diet for Anxiety: A Case Study
- Keto for the Treatment of Mood Disorders
- Ketogenic Diet for Major Depression or Anxiety Disorders
- From Pharm to Farm: What the Medical Professional Needs to Know About Treating Psychiatric Disorders with a Ketogenic Diet
- The Emerging Role of Therapeutic Nutrition in Eating Disorder Treatment

INVESTMENT & ENROLMENT

To apply to enrol, visit www.nutrition-network.org

TRAINING OBJECTIVE

This training delves into key concepts such as depression, anxiety, bipolar disorder, eating disorders, addiction and nutritional psychiatry, and the impact of exercise and sleep on mental well-being. Healthcare practitioners will learn to integrate these insights into personalized treatment or support plans, leading to improved patient outcomes. Additionally, the training emphasizes interdisciplinary collaboration, empowering doctors to work closely with other healthcare professionals to deliver comprehensive care that addresses both metabolic and psychiatric aspects of health.



All trainings are **online**



You may **start** at any time



Work through the course content at your **own pace**

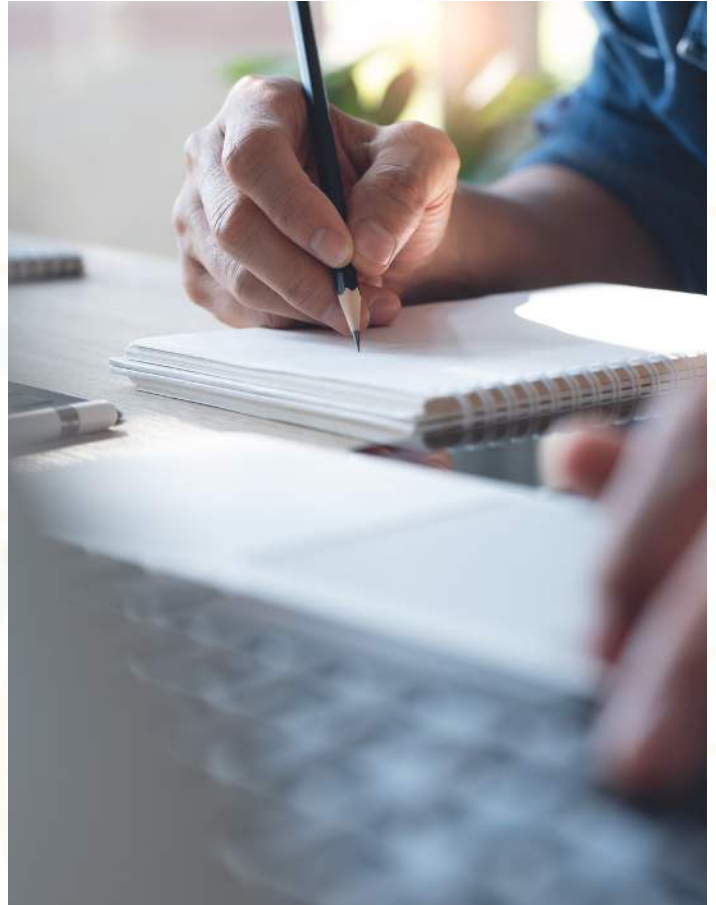
TRAINING FORMAT

Eligibility

- Participants should have a basic understanding of human biology, nutrition and metabolism
- Medical professionals
- Allied healthcare workers
- Health coaches
- Nutritionists

Content

- Topic outline, learning objectives, and lecture summary
- Expert speaker presentation
- Questionnaire to test your understanding of each topic
- Downloadable toolbox of resources
- Reference lists for relevant journal articles and literature



Certificate

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

Continued Professional Development (CPD)

We anticipate that this module will receive full international accreditation with The CPD Standards Office. 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.

ONLINE, FLEXIBLE, SELF-PACED STUDY

The majority of proceeds from this course will contribute towards The Noakes Foundation and the research work they are doing.

LECTURERS & TOPICS

Designed for healthcare practitioners across all disciplines, including doctors, nurses, dietitians, health coaches, nutritionists, and other allied health professionals.



DR. ANDREA SALCEDO, DO, MPH, FACOG
OBSTETRICS AND GYNECOLOGY

Forbidden Fruit: Ketones in Pregnancy



**DENISE POTTER, RDN, CDCES, REGISTERED
DIETITIAN NUTRITIONIST (RDN)**

Ketogenic Metabolic Therapy for
Mental Health: Practical Applications



DR. DOMINIC D'AGOSTINO, PHD
RESEARCHER AND PROFESSOR

Dietary Strategies and Biomarker
Monitoring for Health



BITTEN JONSSON, RN
SUGAR ADDICTION AND REGISTERED NURSE

What if Sugar is Causing You Energy
Depletion, Feelings of Dread, and
Anxiety? How to Heal



DARIA GREEN
**FOOD ADDICTION PROFESSIONAL &
FUNCTIONAL MEDICINE HEALTH COACH**

Approaching a Client with an Addiction
Disorder



**DR. ROB CYWES, MEDICAL DOCTOR,
PH.D. BARIATRIC SURGEON**
Autism Spectrum Disorder



TAMZYN MURPHY, RD
Ketogenic Diet for Anxiety: A
Case Study



**DR. IGNACIO CUARANTA, MD, A BOARD-
CERTIFIED CLINICAL PSYCHIATRIST**
Keto for the Treatment of Mood
Disorders



DR. LORI CALABRESE, MD, PSYCHIATRIST
Ketogenic Diet for Major Depression
and Anxiety Disorders - New
Beginnings



BETH ZUPEC-KANIA, RDN, CD
From Pharm to Farm: What the
Medical Professional Needs to Know
About Treating Psychiatric Disorders
with a Ketogenic Diet



MICHELLE HURN, RD, LD
The Emerging Role of Therapeutic
Nutrition in Eating Disorder Treatment