

Women's Health

15 HOURS OF LEARNING
ONLINE, SELF-PACED
STUDY

PROFESSIONAL ONLINE
TRAINING IN WOMEN'S
HEALTH & WELLNESS

**For Medical and Allied
Healthcare Professionals**

- Discover the nutritional requirements through the 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



TRAINING FORMAT

Flexible online learning. Work through the content in your own time and at your own pace

Each lecture includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature
- Quiz to assess what you've learned



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** - our application is currently being processed.

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, SELF-PACED STUDY

LECTURE OUTLINE

- 01.** Nutrition Requirements Through the Life Stages: Panel Discussion
- 02.** Coaching Session on Managing Stress: Boundaries, Sleep, Exercise, Breathing, Movement
- 03.** Menopause and Perimenopause: Metabolic Risk and Reversal
- 04.** Normal menstrual physiology, its regularity, and a sign of optimal gynecologic health
- 05.** Gynecologic disease of womanhood
- 06.** Gut microbiome and its role in endometriosis
- 07.** Fitness & Fueling for Women: A Health Focus Perspective
- 08.** Food Addiction in Women
- 09.** Menopause The Lesser Known Solution
- 10.** A Metabolic Approach to Female Reproductive Cancers
- 11.** Women / Public Health Connection / EBSA
- 12.** Nutrition in Pregnancy and Lactation

LECTURERS & TOPICS

Online Training Material on the Identification, Treatment & Management of Women's Health



A Metabolic Approach to Female Reproductive Cancers

DR NASHA WINTERS ND, FABNO



Nutrition Requirements Through the Life Stages: Panel Discussion

TAMZYN MURPHY RD MSC DIST



What is a Healthy Woman? An Integrative Perspective

JAYNE BULLEN MANAGING DIRECTOR



Nutrition in Pregnancy and Lactation

TAMZYN MURPHY RD MSC DIST



Menopause and Perimenopause: Metabolic Risk and Reversal

DR ELAINE A HART, MD



Fitness & Fueling for Women: A Health-Focused Perspective

DR CATHERINE SEANZ PHD



Food Addiction in Women

BITTEN JONSSON RN



Fitness & Fueling for Women: A Health-Focused Perspective

DR MADISON KACKLEY PHD, CSCS, ACSM EP-C



1. Normal menstrual physiology, its regularity, and sign of optimal gynecologic health

2. Gynecologic disease of womanhood

3. Gut microbiome and its role in endometriosis

DR ANDREA SALCEDO DO, MPH, FACOG



Women & Public Health: EBSA Program Lessons



Menopause, The Lessor Known Solution

DR GEORGINA PUJOL-BUSQUETS GUILLEN, PHD

DR ESTRELITA JANSE VAN RENSBURG MD

ABOUT THE TRAINING

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

Training format

The training is made up of:

- Video lectures, interviews & panel discussions, presenting
 - Physiology and scientific evidence
 - Practical clinical implementation guidelines
- Supporting documents, including:
 - The speakers' PowerPoint presentations
 - Reference lists
 - Patient education resources to use in your practice.

Enrolment

Register for the course by visiting:
<https://courses.nutrition-network.org/p/womens-health/>

Timeline & testing

You may start the course at any time, and work through the content completely at your own pace.

Before being awarded your certificate:

- You will need to answer a quiz for each module/topic to test what you've learnt

Who is eligible to do the course?

- Medical professionals
- Allied Healthcare Workers
- Health Coaches
- Nutrition Network Graduates

Giving Back

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

