



AN ESTIMATED **1 IN 3** ADULTS GLOBALLY HAS METABOLIC SYNDROME RIGHT NOW.



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FOUNDATIONS OF METABOLIC COACHING

METABOLIC COACHING STARTS HERE.



Each module includes:

- Topic outline, learning objectives, and lesson overview
- Expert speaker presentation/lecture
- Downloadable toolbox & 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**.

Metabolic disease is one of the defining health crises of our time.

Obesity, type 2 diabetes, insulin resistance, and cardiovascular disease are preventable. Most are reversible. Yet millions are managing these conditions without a qualified guide who understands the root causes, or the evidence-based tools to address them.

That guide could be you.

The Foundations of Metabolic Coaching course brings together some of the most respected minds in metabolic health, nutrition science, and coaching psychology – including Professor Tim Noakes, Dr. Robert Cywes, Bitten Jonsson, Dr. Hassina Kajee, Dr. Neville Wellington, and Craig Emmerich, alongside master coaches and behavioral specialists.

This is not a generic wellness course.

It is an essential foundation training in your path to becoming a **certified Metabolic Coach**.

Whether you're a health coach ready to deepen your clinical understanding, or a clinician who wants the coaching skills to make that knowledge actually land with patients – this was built for you.

You'll leave with the science, the frameworks, and the practical tools to do this work with real confidence.

Training Outcomes

By the end of this programme, you will be able to:

Understand the Science Deeply

- Explain the **foundations of metabolic health** and the mechanisms behind chronic diseases, including type 2 diabetes, obesity, and cardiovascular conditions.
- Describe the role of low-carbohydrate and whole-food nutrition in **reversing metabolic dysfunction**, drawing on the work of Prof. Tim Noakes, Dr. Neville Wellington, Dr. Robert Cywes, and others.
- Understand ketosis, fasting, insulin resistance, and the impact of sugar, and explain these clearly to clients at any level.
- **Interpret key health metrics**, including blood results, anthropometric measurements, and CGM data, to support and monitor client progress.

Work Across Diverse Client Contexts

- Confidently support clients with common metabolic conditions, understand **medication implications**, and know when and how to refer to a medical professional.
- Apply **culturally humble and identity-aware** coaching practice, as explored by Shashikant Iyengar, to serve clients from diverse backgrounds.
- Support women navigating **menopause** and perimenopause with the knowledge provided by Claire Grant.
- Introduce healthy eating principles to families and navigate real-world environmental and toxicity considerations.

Coach with Skill and Confidence

- Apply **structured coaching frameworks** across goal-setting, accountability, behaviour change, and long-term sustainability.
- Use motivational interviewing and **communication strategies** to meet clients with empathy and draw out lasting change.
- Draw on positive psychology, strength-based approaches, and tools from Colleen-Joy Page and Lucia Fernandez Segura's work on identity and readiness to help clients follow through.
- Support clients through the **psychological and emotional dimensions** of health change, including trauma-informed practice and an understanding of sugar addiction as a disease concept.

Build a Professional, Ethical Practice

- Uphold the **ethical standards** of coaching, including confidentiality and scope of practice.
- Leverage **technology** and digital tools effectively in your coaching practice.
- Measure, monitor, and communicate client progress in a meaningful and motivating way.

A well-trained metabolic coach bridges the gap

Metabolic health coaching sits at the intersection of nutritional science, behavioural change, and clinical understanding. A well-trained metabolic coach bridges the gap between what the science says and what a real person can actually sustain in their daily life. They work alongside doctors and dietitians, they support patients through complex medication changes, and they hold space for the emotional and psychological dimensions of health transformation that a 15-minute clinical appointment simply cannot address.

This course exists because that role matters enormously - and because doing it well requires proper preparation. The curriculum draws on the expertise of clinicians, researchers, and master coaches who have spent careers at the forefront of metabolic health.

It covers not only the science of metabolism, nutrition, and chronic disease, but also the human side of coaching: communication, behaviour change, trauma-awareness, cultural humility, ethics, and the practical tools that separate a good coach from a transformative one.



Chronic metabolic disease now affects more than one billion people globally, and the numbers are rising. Despite decades of public health messaging, conventional approaches have largely failed to reverse this trend. What is missing is not more information — **it is skilled human support.**

THE WORLD NEEDS MORE METABOLIC COACHES. TRAINED ONES. THIS IS WHERE THAT JOURNEY BEGINS.

Meet The Lecturers:

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



**DR ROBERT CYWES,
MD**

Pediatric Surgeon with a special interest in Keto/LCHF Metabolic Management and Bariatric Surgery



**PETER CUMMINGS,
MHP, NNP**

Certified Personal Trainer with 22 Years coaching experience, Certified Nutrition Network Practitioner and Metabolic Health Professional



**SHASHIKANT
IYENGAR, MHP, NNP**

Accredited Metabolic Health Coach & Nutrition Network Practitioner. Founder of Metabolic Health India



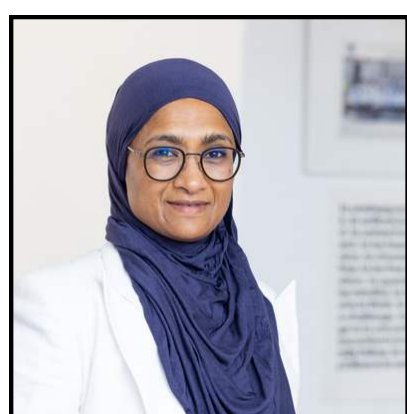
TAMZYN MURPHY

*Registered Dietitian
Head of Content at Nutrition Network*



**DR NEVILLE
WELLINGTON**

*General Practitioner and diabetologist.
Nutrition Network Medical Director*



**DR HASSINA KAJEE,
MD**

*Specialist physician.
Nutrition Network Medical Director*

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**KELSEY BUCHALTER,
NNP**

*Certified Nutrition Network
Practitioner
"The Human Theatre" Podcast
Host, TEDxCapeTown Speaker.*



CLAIRE GRANT, NNP

*Certified Nutrition Network
Practitioner,
Women's Health Specialist &
Nutrition Network Ambassador.*



**KRISNA HANKS, MBA,
MPH**

*Certified Health Coach &
LCHF/Keto Nutrition Advisor
MS Kinesiology*



**LUC VAN DER
HOFSTADT**

*Founder & Executive business
coach at the Mentally Fit.*



ANDRE OBRADOVIC

*ICF PCC-level Leadership
Coach, Primal Health Coach,
Certified Low-Carb Healthy-Fat
Coach, and Certified Personal
Trainer.*



COLLEEN-JOY PAGE

*MCC Master Coach and CEO of
InnerLifeSkills.*

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**FARANAK AMINI, NNP,
MHP, CAIMS, TAP**

Certified Nutrition and Metabolic Health Practitioner specializing in LCHF/Keto Nutrition and Treatment with more than 15 years of experience.



CRAIG EMMERICH

Bestselling author, health coach, and keto/carnivore expert who has spent 15+ years helping people improve metabolic health.



**EMINE SPOREL
ÖZAKAT, PH.D.**

Sports Nutritionist (IOC), a Nutrition Network Coach Practitioner, Insulin IQ coach & Certified Metabolic Health Practitioner.



**LUCIA FERNÁNDEZ-
SEGURA**

Nutrition Network Coach Practitioner, Health & Wellbeing Advisor



JANA RETIEF

Foundation Manager of The Noakes Foundation



BITTEN JONSSON, RN

Nutrition Network practitioner, Registered nurse, addiction specialist and ADDIS®/SUGAR®-authorized.

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ELI BROMLEY

Health Coach

Lecture Outline

MODULE 1: Metabolic Health Foundations for Coaches

What is Metabolic Health Coaching	<i>Eli Bromley</i>
Longevity secrets: Pillars of health	<i>Dr Hassina Kajee</i>
Role of Nutrition in Reversing Chronic Disease	<i>Dr Hassina Kajee</i>
Nutrition & Metabolism: Foundations	
Introduction to Carbohydrate Reduction	<i>Prof Tim Noakes</i>
Carb Restriction Basics	<i>Tamzyn Murphy</i>
Ketosis 101	<i>Craig Emmerich</i>
Fasting	
Introduction of healthy eating to the family	<i>Emine Sporel Özakat</i>
Understanding Fat, Cholesterol, Heart Health & Statins	<i>Professor Tim Noakes</i>
Diabetes: Etiology & Treatment on a Low Carb Diet	<i>Dr Neville Wellington</i>
Diabetes: Low Carb Advice for Advisors	<i>Dr Neville Wellington</i>
Obesity & Diabetes: Towards Resolution	<i>Dr Robert Cywes</i>
Educational Tools	<i>Jana Retief</i>

Lecture Outline

Sugar Addiction Disease Concept	<i>Bitten Jonsson</i>
Biohacking for Metabolic Health: Evidence-Based Tools Beyond Diet	<i>Kelsey Buchalter</i>
Clients with Medical Conditions	<i>Faranak Amini</i>
Menopause & Metabolic Health: What Coaches Need to Understand	<i>Claire Grant</i>
Coaches guide to measuring & monitoring (incl. interpreting blood results, anthro, CGM, etc.)	<i>Faranak Amini</i>

Lecture Outline

MODULE 2: Core Coaching Frameworks and Tools	
Self Belief	<i>Professor Tim Noakes</i>
The Art of Coaching	<i>Krisna Hanks</i>
Session Structure, Goals & Accountability, Strategies for Sustainability & Long-Term Success	
Coaching skills: 3 critical coaching skills	<i>Colleen-Joy Page</i>
Goal setting, contracting and overcoming obstacles	<i>Colleen-Joy Page</i>
From Readiness to Identity - Practical Approach to Helping Clients Follow Through	<i>Lucia Fernández-Segura</i>
Building a Vision for Future Success	<i>Luc van der Hofstadt</i>
Coaching skills: Coaching tips & tools	<i>Andre Obradovic</i>
Communication Skills & Motivational Interviewing	
Positive Psychology & Strength-Based Coaching	<i>Emine Sporel Özakat</i>
Trauma-Informed Coaching	
Culture, Identity & Coaching Humility	<i>Shashikant Iyengar</i>
Leveraging Technology for Coaching	<i>Peter Cummings</i>
Ethics in Nutrition Advisory Practice	<i>Kelsey Buchalter</i>

Who Is This Training For?

- Allied healthcare practitioners
- Nutritionists & dietitians
- Health coaches
- Fitness professionals
- Anyone seeking to expand their knowledge and clinical competence in metabolic health

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.

More About Us:

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!



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