



CARDIOVASCULAR HEALTH

A Metabolic Perspective

- Gain a clear, evidence-backed understanding of how insulin resistance drives cardiovascular disease.
- Learn to challenge outdated cholesterol myths and navigate clinical conversations with confidence.
- Discover practical tools, nutrition protocols, and risk stratification methods you can apply immediately.
- Receive guidance from leading clinicians and researchers across cardiology, nutrition, endocrinology, and lifestyle medicine.

www.nutrition-network.org



This training aims to address how lifestyle, metabolic health, and nutrition can positively impact cardiovascular outcomes.

TRAINING OVERVIEW:

Cardiovascular disease remains the world's leading cause of death - and yet much of the prevailing narrative around its causes and treatment is outdated, incomplete, and heavily influenced by legacy dogma.

This training is designed to challenge and expand the conventional view. It equips practitioners with a deep understanding of cardiovascular health through the lens of metabolic science, insulin resistance, and lifestyle interventions - empowering you to safely and confidently support your patients using therapeutic carbohydrate restriction and other evidence-based strategies.

We explore everything from cholesterol, statins, and diagnostic markers to emerging risk factors, diet, supplements, and even the psychological and social aspects of recovery after a cardiac event.



ENROLMENT

Register for the course by visiting:
<https://nutrition-network.org/online-training/cardiovascular-health/>



ABOUT THE TRAINING

If you've ever felt backed into a corner by the fear-driven mainstream approach, unsure how to navigate statin pressure, cholesterol myths, or high-risk patients, this training is for you.



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.



**25 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.

TRAINING OUTLINE

→ **CARDIOVASCULAR SYSTEM & PATHOPHYSIOLOGY**

- How the heart and vascular system function – and what happens when they go wrong.
- Key markers of cardiovascular health and early signs of dysfunction.

→ **THE ROOT CAUSE: INSULIN RESISTANCE**

- The central role of insulin resistance in the development of CVD.
- How hyperinsulinemia drives inflammation, endothelial dysfunction, atherosclerosis, and hypertension.

→ **BEYOND LDL: RETHINKING CHOLESTEROL**

- Deep-dive into the lipid-heart hypothesis, familial hypercholesterolemia, LP(a), and LMHR profiles.
- Understanding LDL particle size, cholesterol transport, and their true relevance in predicting risk.

→ **STATINS AND OTHER MEDICATIONS**

- A balanced and critical look at statins: their benefits, risks, mechanisms, and side effects.
- Discussion of other pharmacological agents and their place alongside, or in contrast to, lifestyle medicine.

→ **LIFESTYLE, NUTRITION & SUPPLEMENTATION**

- Low-carb and ketogenic nutrition strategies for cardiovascular support.
- The impact of fasting, sleep, stress, movement, and circadian rhythm.
- Key nutraceuticals with cardioprotective effects, and how to apply them in practice.

→ **ASSESSMENT & MANAGEMENT**

- How to use blood tests, imaging, and clinical signs to assess and track progress.
- Coaching strategies to support long-term lifestyle change and patient empowerment.
- Special considerations for post-event care, including depression, self-image, and rehab.

→ **IDENTIFYING HIGH-RISK POPULATIONS**

- How genetics, lifestyle, metabolic conditions, and socio-environmental factors influence CVD risk.

LECTURE OUTLINE

The Cardiovascular System - From Health to Disease

Dr Rolandos Pavlou, MD

Insulin Resistance and Cardiovascular Disease

Dr Malcolm Kendrick

Is Cholesterol the Cause of CVD?

Dr Rolandos Pavlou, MD

Familial Hypercholesterolemia

Professor Tim Noakes

Statins - Their Use in Clinical Practice

Dr Rolandos Pavlou, MD

Going Back to Ethical Evidence Based Healthcare

Dr Aseem Malhotra, MD

Congestive Cardiac Failure and Diet

Dr Manjunath Markandaya, MD

Pharmacological Interventions - Interview

Dr Mark Cucuzella, MD FAAFP

LECTURE OUTLINE

Testing & Diagnostics: Training for Medical Professionals

Dr Matthew Budoff, MD

Cardiovascular Risk Assessment: Moving Into the 21st Century

Dr Lily Johnston, MD MPH FSVS NNCP

Lipoprotein(a) Clinical and Practical Consideration

Siobhan Huggins

From MIND to MYOCARDIUM: The role of stress in cardiovascular disease

Dr Hassina Kajee, MD

Sleep and Circadian Rhythm in Cardiovascular Health

Dr Stephen Hussey

Smoking & Alcohol: Insulin Resistance and Cardiovascular Health

Emine Sporel Özakat, Ph.D

Environmental Toxins

Emine Sporel Özakat, Ph.D

A Guide for Successful Cardiac Rehabilitation

Peter Cummings, NNP, MHP

LECTURE OUTLINE

Dietitian's Assessment & Intervention for Cardiovascular Disease

Vicky Kuriel

Behaviour Change and Patient Empowerment

Faranak Amini, NNP, MHP

Heart Failure as a Metabolic Disease

David Renauld, NNP



Additional Resources:

The training is accompanied by a comprehensive practitioner's toolkit including:

- Clinical reference guides
- Parameter sheets
- Clinician Guides
- Ready-to-use patient handouts

Designed to support immediate application in practice.



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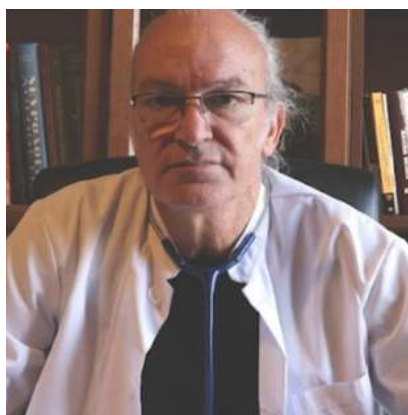
MEET THE LECTURERS

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



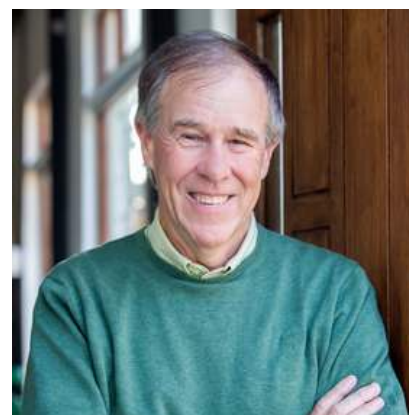
**DR STEPHEN
HUSSEY, MS, DC**

Doctor of Chiropractic, Functional Medicine practitioner, speaker, author, and health coach.



**DR ROLANDOS
PAVLOU, MD, NNP**

General practitioner who employs nutrition, herbal medicine, homeopathy, and lifestyle changes to address the root causes of modern disease.



**PROFESSOR TIM
NOAKES**

Scientist, Author and an Emeritus Professor in the Division of Exercise Science and Sports Medicine at the University of Cape Town.



**DR MANJUNATH
MARKANDAYA MD,
MBBS, NNP**

Critical Care Medicine, Neurocritical Care and Neurology.



**DR. HASSINA KAJEE,
MD**

Specialist Physician in metabolic health and lifestyle medicine.



SIOBHAN HUGGINS

Researcher in lipidology and immune health.

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DR LILY JOHNSTON
MD, NNP, MHP, FSVS
NNCP

Board-certified in Vascular as well as General Surgery & Certified Nutrition Network Practitioner.



EMINE SPOREL
ÖZAKAT, PH.D, NNP

Sport Nutritionist (IOC),
Certified Nutrition Network
Coach Practitioner



PETER CUMMINGS,
NNP, MHP

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



DR ASEEM MALHOTRA
MD, MBCHB, MRCP

Cardiologist, health
campaigner, and author.



FARANAK AMINI, NNP,
MHP

Nutrition Network Coach
Practitioner & Certified
Terrain Advocate.



DR MATTHEW BUDOFF

Associate Professor of
Medicine at the David
Geffen School of Medicine
at UCLA and is the Director
of Cardiac CT.

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DR MALCOM KENDRICK

A Retired General Practitioner, Writer, and Lecturer, with a Specialist Interest in the Epidemiology of Cardiovascular Disease



VICKY KURIEL, RD

Bachelor of Science. Master of Nutrition and Dietetics. Graduate certificate in Sports Nutrition.



DR MARK CUCUZELLA, MD FAAFP

Professor from West Virginia University School of Medicine.

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.

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

Best regards,
Nutrition Network Team!



support@nutrition-network.org



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