

NUTRITION NETWORK



nutrition
network

Addictive Eating

15 HOURS OF LEARNING
ONLINE, SELF-PACED
STUDY

PROFESSIONAL ONLINE
TRAINING IN PROCESSED
FOOD ADDICTION

**For Medical and Allied
Healthcare Professionals**

- Identify Addictive Eating in your patients or clients through effective **screening** tools and methods
- Implement sustainable **remission** through management tools and techniques



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

INVESTMENT

• USD 402

LECTURERS & TOPICS

Online Training Material on the Identification, Treatment & Management of Addictive Eating



Sugar Addiction Management and Tools

BITTEN JONSSON RN



Is Food Addiction Real?

PROF ROBERT LUSTIG, MD



Low carbohydrate and psycho-educational show promise for the treatment of ultra processed food addiction

DR JEN UNWIN BSC, MSC, DPSY, FBPSS



Not a bad person getting good, but a sick person getting better

VICTORIA WEBSTER



From the Darkness of Addiction to the Light of Recovery

KAREN THOMSON



Progressive food planning for addiction and AID
Addiction interactive disorder, relapse, recovery protection, and early warning signs

ANNA FREUHLING



Personal Experience of food addiction & recovery

TIA REID



The Clinical Approach to Food Addiction

DR TRO KALAYJIAN DO



Understanding and Treating the Root Cause of Carbohydrate Addiction

DR ROBERT CYWES



Old Beliefs vs. New Science Processed Food Addiction Treatment

DR JOAN IFLAND PHD, MBA, FACN



Psychological strategies to bolster emotional regulation in the context of sugar addiction"

DANIEL SHER



Chrononutrition and Mental Health - Learning to navigate in obesogenic environments

DR IGNACIO CUARANTA

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
 - Screening & assessment tools
- 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/addictive-eating/>

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 learned.

Who is eligible to do the course?

- Medical professionals
- Allied Healthcare Workers
- 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.



Understanding and Treating the Root Cause of Carbohydrate Addiction

DR ROBERT CYWES



Old Beliefs vs. New Science Processed Food Addiction Treatment

DR JOAN IFLAND PHD, MBA, FACN



Psychological strategies to bolster emotional regulation in the context of sugar addiction"

DANIEL SHER



Chrononutrition and Mental Health - Learning to navigate in obesogenic environments

DR IGNACIO CUARANTA

Addictive Eating

BONUS MATERIAL - FAMILY DYNAMICS

Become aware of family dynamics at play around addiction and know the silent rules in an addictive family



Bonus Lecture!

Family Dynamics by Bitten Jonsson RN and Victoria Webster

Training format

The training is made up of:

- Video lectures, presenting
 - Physiology and scientific evidence
 - Practical clinical implementation guidelines
 - Screening & assessment tools
- Supporting documents, including:
 - The speakers' PPT presentations
 - Reference lists
 - Patient education resources to use in practice.

Timeline & testing

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

Who is eligible to do the course?

- Medical professionals
- Allied Healthcare Workers
- Nutrition Network Graduates

Enrolment

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

Giving Back

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



THE NOAKES FOUNDATION