

Changing Healthcare, one practitioner at a time

PROFESSIONAL TRAINING IN  
**SUGAR &  
CARBOHYDRATE  
ADDICTION**

This comprehensive training explores the science, psychology, and clinical approaches to processed food and sugar addiction.



Led by leading experts in addiction medicine, neuroscience, and nutrition, the training covers the neurobiology of addiction, the impact of sugar on stress pathways, and the biochemical consequences of food addiction.

# BREAKING FREE: UNDERSTANDING & TREATING PROCESSED FOOD & SUGAR ADDICTION

Processed food addiction is wreaking havoc on physical and mental health worldwide. But effective treatment is possible. This groundbreaking training brings together leading experts in addiction science, nutrition, and clinical practice to equip you with the latest research and tools to recognize, assess, and treat processed food and sugar addiction.

Through an in-depth exploration of neurobiology, the brain's reward system, and the role of sugar in stress pathways, you'll gain a deep understanding of why Processed food addiction isn't simply about willpower—it's a complex biochemical and psychological condition.

This training provides a comprehensive, evidence-based approach to understanding and treating food addiction.

## Key topics include:

- Screening and diagnosis using ICD-11 and DSM-5 criteria
- Relapse prevention strategies and long-term recovery planning
- Evidence-based treatment protocols, including functional medicine and nutritional rehabilitation
- Addiction interaction disorders and how they influence recovery
- The role of oxytocin in healing and behavioral change
- Practical tools for managing cravings, stress, and emotional regulation
- The impact of family dynamics and the importance of professional support in sustained recovery.



**Price:** \$695

**Hours:** Approximately 30 hours of learning

**Each module includes:**

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature

**This training is specifically designed for:**

Medical Doctors, Registered Nurses, Dietitians, Nutrition Network Graduates, Medical professionals, Allied Healthcare Workers, Nutritionists, Nutrition Network Members, Health Coaches, Those interested in Addiction.

**Certificates**

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

**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.

**JOIN TODAY**  
and transform  
your understanding  
of Addiction

**\$695**



# Training Outline

## Introduction

- Overview of the training and core concepts of sugar/carb addiction – *Bitten Jonsson*

## Understanding Addiction

- Neuroscience of Food Addiction – *Dr. Paul Earley*
- Understanding & Treating the Root Cause of Carbohydrate Addiction – *Dr. Robert Cywes*
- Food Addiction & Recovery – *Dr. Vera Tarman*
- Metabolic Health, Inflammation, & Food Addiction: An Overlooked Connection – *Dr. Hassina Kajee*

## Screening, Assessment & Diagnosis

- Sugar Screening, Assessment & Diagnostic – *Bitten Jonsson*
- Overview of Addiction Diagnostics – *Börje Dahl*
- Addiction Interaction Disorder – *Dr. Roger Nilson*

## Relapse & Recovery

- Sugar/Carb Addiction – Recovery is Possible – *Tia Reid*
- Shame, Stigma & Relapse – *Bitten Jonsson*
- Nutrition Coaches – A Beacon in the Darkness for Sugar/Carb Addicts – *Bitten Jonsson*
- Treatment – *Bitten Jonsson*

## Perspectives

- Oxytocin's Role – *Prof. MD Kerstin Uvnäs Moberg*
- Families & (Sugar) Addiction – Part 1: Identify the Problem – *Annica Strandberg Schmidt*
- Families & (Sugar) Addiction – Part 2: The Solution – *Annica Strandberg Schmidt*
- The Doctor's Role in Initiating Conversations About Sugar Addiction – *Dr. Carlos Zumagarra*
- The LCHF/Keto Controversy in Sugar/Carb/Food Addiction Treatment – *Julie Clark*

## Featured Lecturers



**Annica Strandberg  
Schmidt**

Recovering sugar addict & addiction specialist.



**Bitten Jonsson, RN, NNP**

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



**Borje Dahl**

Founder and CEO of AB Dahl & Dahl prevention & addiction center in Örebro.



**Dr Carlos Zumagarra**

Specialist physician practicing Keto Medicine (therapeutic carbohydrate reduction) to treat patients suffering from hyperinsulinemia.



**Dr Paul Earley, MD,  
DFASAM**

Addiction Medicine Physician.



**Dr Hassina Kajee, MD**

Specialist physician and a pioneer in ketogenic nutrition.



**Prof. MD Kerstin  
Uvnäs Moberg**

Author and specialist in women's health and female physiology.



**Dr Robert Cywes, MD**

Certified in General Surgery and in Pediatric Surgery. He specializes in Metabolic Healthcare including Pediatric and Adult obesity.



**Dr Roger Nilson, MD**

Physician. Addiction Medicine and Addiction Therapist



**Dr Vera Tarman, MD**

Author, Speaker & Food Addiction Expert.



**Julie Clark,  
SUGAR/HMA certified**

Recovered addict now Certified Carb Addiction Coach, specializing in late-stage carb addiction and the impact of bariatric surgery in those arena.



**Tia M. Reid, NNP, MHP  
SUGAR/HMA certified**

Retired Director of Nutrition Services. Nutrition Network Coach and Sugar Addiction Specialist.