

PROFESSIONAL ONLINE TRAINING FOR DIETITIANS AND  
CERTIFIED NUTRITION SPECIALISTS (CNS) IN LCHF FOR HEALTH  
PROMOTION AND MEDICAL NUTRITION THERAPY (MNT)

Presented by national and international medical and allied healthcare experts in their field, on a range of topics related to LCHF nutrition and its implementation into clinical dietetics and nutrition practice.

*A course developed by Dietitians, for Dietitians and Certified Nutrition Specialists (CNS)!*

**The course is presented as a series of online, self-study lectures.**

## 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 and Continued Professional Development



### Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**. The course will lead to later advanced trainings and certifications.

### Continued Professional Development (CPD)

The training has been accredited by The CPD Standards Office and is worth 25 CPD points. 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.

# LECTURE OUTLINE

Online training material on the clinical application of an LCHF diet for a range of applications, tailored to meet the needs of Dietitians and Certified Nutrition Specialists

THE TRAINING COMPRISES 3 MODULES:

## **MODULE 1: AN INTRODUCTION TO LCHF**

This module provides a sound, foundational knowledge base of LCHF nutrition from the latest and most up to date research.

## **MODULE 2: AN OVERVIEW OF LCHF AND INTERMITTENT FASTING (IF) IN CLINICAL PRACTICE**

This module gives practical tips and an overview guide to implementing LCHF and IF in clinical practice.

## **MODULE 3: LCHF MEDICAL NUTRITION THERAPY (MNT) FOR SPECIFIC APPLICATIONS**

This module provides more advanced learning in relation to LCHF nutrition within a number of specific clinical practice applications.

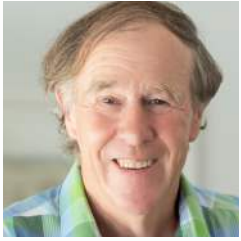
Each topic/application is covered in 2 parts/lectures:

- 1) Focus on physiology and evidence around LCHF for a particular application, and;
- 2) a practical MNT guide to implementing LCHF for that application in clinical practice (often using case study examples)

25 CPD (CONTINUED PROFESSIONAL DEVELOPMENT) HOURS - APPLY NOW!

[WWW.NUTRITION-NETWORK.ORG](http://WWW.NUTRITION-NETWORK.ORG)

# LECTURERS & TOPICS



Prof Tim Noakes  
MD, PhD



Tamzyn Murphy  
RD, MSc



Dr Neville Wellington  
MD



Dr Jason Fung  
MD



Dr Zoe  
Harcombe PhD



Amy Berger  
CNS MSc



Dr Caryn Zinn  
RD, PhD



Sylvia North RD  
PhD (candidate)



Dr Trudi Deakin  
RD, PhD



Ivor Cummins  
BE(Chem), CEng MIEI



Vicky Kuriel  
RD, MSc



Martha  
Tettenborn RD



Keri Strachan  
RD



Bridget  
Surtees RD



Lily Nichols  
RD

## MODULE 1: AN INTRODUCTION TO LCHF

1. The Human diet: an evolutionary perspective
2. The Human diet: a scientific perspective
3. Dietary guidelines: the evidence

## MODULE 2: AN OVERVIEW OF LCHF AND INTERMITTENT FASTING IN CLINICAL PRACTICE

4. Educating the patient on LCHF and motivating for dietary change
5. Formulation and implementation of an LCHF diet
6. Intermittent fasting: What, why and how

## MODULE 3: MEDICAL NUTRITION THERAPY - LCHF FOR SPECIFIC CLINICAL APPLICATIONS

*Each topic comprises of both a theoretical lecture and a practical lecture.*

7. Metabolic syndrome and insulin resistance
8. Type 2 diabetes
9. Type 1 diabetes
10. Weight management
11. Cardiovascular disease, cholesterol and fat
12. Cancer: fasting and chemotherapy
13. Gastrointestinal
14. Pregnancy
15. Sports Nutrition



Tamzyn Murphy  
RD, MSc



Prof Tim Noakes  
MD, PhD



Dr Hassina Kajee  
MD



Dr Neville  
Wellington MD



Vicky Kuriel  
RD, MSc



Dr Trudi Deakin  
RD, PhD

## ABOUT THE TRAINING

### Training format

The training is made up of:

- Video lectures, presenting
  - Physiology and scientific evidence
- Practical clinical implementation guidelines of an LCHF diet for various applications
- Supporting documents, including:
  - The speakers' PowerPoint presentations
  - Reference lists
  - Patient education resources to use in your practice.

### 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.
- You are also required to submit a case study from your own practice.

### Who is eligible to do the course?

- Registered Dietitians
- Certified Nutrition Specialists
- Medical professionals

### Enrolment

Register for the course by visiting [www.nutrition-network.org/apply-now/](http://www.nutrition-network.org/apply-now/) and select 'LCHF FOR DIETITIANS' from the drop-down menu on the application. We will notify you whether your application has been successful.

*The majority of proceeds from this course will contribute towards Eat Better South Africa and its educational work in underserved communities.*



### **Prof Tim Noakes MD, PhD**

Prof Noakes has published more than 750 scientific books and articles. He has been cited more than 16 000 times in scientific literature, has an H-index of 71 and has been rated an A1 scientist by the National Research Foundation of South Africa for a second 5-year term.



### **Dr Hassina Kajee MD**

Dr Kajee is a specialist physician who uses whole food nutrition and mindfulness to help empower people towards health, and is a strong proponent of the LCHF movement.



### **Dr Neville Wellington MD**

Dr Wellington is a GP who has been working in medicine for over 21 years, with paediatrics and diabetes among his main passions. He completed a two year Postgraduate Diploma in Diabetes in 2012 and now runs a Centre for Diabetes and Endocrinology.



### **Tamzyn Murphy RD, MSc**

Tamzyn is a registered dietitian and researcher, with a special interest and experience in low carbohydrate high fat (LCHF) diets. Tamzyn completed her Masters degree in LCHF diets, and is the co-founder of Real Food Dietitians, a private dietetics practice focusing on LCHF diets.



### **Dr Trudi Deakin RD, PhD**

Trudi is the chief executive and founder of X-PERT Health, a charity specialising in research, training and structured education in the prevention and management of conditions such as diabetes and obesity. She obtained a degree in nutrition and dietetics in 1993, a post graduate teaching qualification in 1998 and a doctorate in diabetes in 2004..



### **Dr Caryn Zinn RD, PhD**

Caryn is an internationally-recognised leader and advocate of the whole food, low carbohydrate, healthy fat (LCHF) nutrition and lifestyle approach and its application to metabolic health and sports performance. Caryn is an academic, an author and a registered dietitian, with over 23 years of consulting experience.



### **Vicky Kuriel RD, MSc**

Vicky is a registered dietitian with a bachelor's degree in Sports and Exercise and a Masters in Dietetics and Clinical Nutrition Services. Vicky is a passionate advocate of low carbohydrate real food nutrition and has dedicated her practice to this for the past 8 years.