

KETOGENIC: THE SCIENCE & PRACTICE OF THERAPEUTIC CARBOHYDRATE RESTRICTION

An online professional training specifically designed to give a broad and comprehensive overview of the most important science, evidence, and applications related to therapeutic carbohydrate restriction (TCR)



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

COURSE CONTENT

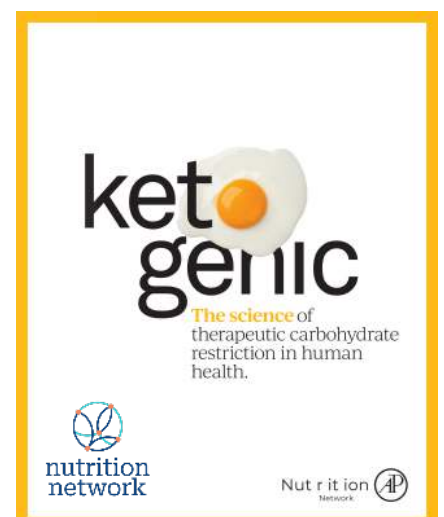
- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- questionnaire to test your understanding of each topic
- Downloadable resources and references for relevant journal articles and literature

IN LINE WITH THE TEXTBOOK

This online training has been streamlined to go hand-in-hand with the evidence and research formulated within the textbook and provides an overview of the clinical practice and science behind TCR.

ENROLMENT

To apply to enrol, visit <https://courses.nutrition-network.org>



TRAINING FORMAT

The training is made up of video lectures with supporting documents such as the speakers' presentation and reference list.

Ketogenic: The Science and Practice of Therapeutic Carbohydrate Restriction, an online professional training

CERTIFICATE

On completion of the course, participants will be issued a Certificate of Completion. The course is the foundation for later advanced training and certifications.

WHO IS ELIGIBLE TO DO THE TRAINING?

- Doctors
- Nurses, Nurse Practitioners, Midwives, Diabetes Educators
- Dietitians
- Nutritionists, Nutrition Therapy Practitioners
- Coaches



All trainings are **online**



You may **start** at any time



Work through the course content at your **own pace**

TIMELINE AND TESTING

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

There is no official test, however, there are feedback forms at the end of each section that requires you to reflect on the content and describe how you would apply it in your practice. There are also ways in which we test whether the full video has been watched.

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

LECTURE OUTLINE

01. UNDERSTANDING HUMAN DIET AND DISEASE
02. INSULIN RESISTANCE: A UNIFYING FEATURE OF CHRONIC DISEASE
03. SUSTAINABLE BEHAVIOUR CHANGE
04. GYNECOLOGIC DISEASE IS CARDIOVASCULAR DISEASE
05. HYPERTENSION: ARE WE BLAMING SALT FOR WHAT THE SUGAR DID TO CARDIOVASCULAR RISK?
06. NUTRITIONAL ASPECTS OF HEALTH AND DISEASE
07. DIABETES
08. METABOLIC SYNDROME
09. THERAPEUTIC CARBOHYDRATE RESTRICTION FOR EXERCISE AND SPORTS PERFORMANCE AND METABOLIC HEALTH
10. DIETARY GUIDELINES
11. NUTRITIONAL KETOSIS
12. GUT HEALTH
13. NEURODEVELOPMENT
14. NON-ALCOHOLIC FATTY LIVER DISEASE
15. THERAPEUTICS OF MANAGING INSULIN RESISTANCE
16. CARDIOVASCULAR DISEASE AND INSULIN RESISTANCE
17. EXPLOITING CANCER METABOLISM WITH THERAPEUTIC KETOSIS
18. NEUROLOGY

LECTURERS & TOPICS

Online Training Material on the Application and Science of
Therapeutic Carbohydrate Restriction



Understanding Human
Diet and Disease



Insulin resistance: A
unifying feature of
chronic disease

DR. MIKI BEN DOR, PH.D IN ARCHEOLOGY

**DR. CATHERINE CROFTS, PH.D RESEARCHER &
PHARMACIST**



Sustainable
Behaviour Change



Gynecologic disease
is cardiovascular
disease

DR. JEN UNWIN, CLINICAL PSYCHOLOGIST

DR. ANDREA SALCEDO, OBGYN



Hypertension: are we
blaming salt for what
the sugar did to
cardiovascular risk?



Nutritional aspects of
health and disease

DR DAVID UNWIN, MEDICAL DOCTOR

TAMZYN MURPHY, REGISTERED DIETIAN



Type 2 Diabetes:
Treating Diabetes
with Nutrition
instead of Medicine



Metabolic Syndrome

DR. NEVILLE WELLINGTON, DIABETES SPECIALIST

DR. HASSINA KAJEE, MEDICAL DOCTOR



Neurodevelopment

**DR. ROB CYWES, MEDICAL DOCTOR,
PH.D. BARIATRIC SURGEON**



How we got here,
Dietary Guidelines

**PROF. TIM NOAKES, MEDICAL
DIRECTOR AND AUTHOR**



NAFLD/Liver

**DR. ROB CYWES, MEDICAL DOCTOR, PH.D.
BARIATRIC SURGEON**



Gut Health

**PROF. LARA DUGAS, PH.D AND
PROFESSOR**



Therapeutic
Carbohydrate
Restriction for
Exercise and Sports
Performance and
Metabolic Health

**ASSOC. PROF CARYN ZINN, AUTHOR
AND REGISTERED DIETITIAN**



Neurology

**DR. ANGELA STANTON, PHD
SCIENTIST AND AUTHOR**



Therapeutics of
managing insulin
resistance

DR. BRIAN LENZKES, MEDICAL DOCTOR



Exploiting Cancer
Metabolism with
Therapeutic
Ketosis

**DR. ANGELA POFF, PH.D AND RESEARCH
ASSOCIATE**