



nutrition
network

ONLINE TRAINING

Women's Health

Professional online training in women's health & wellbeing

- Discover nutritional requirements through female life stages.
- Become familiar with optimal gynecologic health and common diseases of womanhood.
- Understand how cancer, addiction, insulin resistance, stress, hormones, and exercise uniquely impact women.
- Learn sustainable female-specific therapeutic treatments and interventions.

12 CPD
HOURS OF LEARNING

Self-Paced

TRAINING OVERVIEW

This comprehensive course takes an integrative approach to female health, exploring the biological, metabolic, and lifestyle factors that shape a woman's well-being across her lifespan. Designed to align with key learning outcomes, the curriculum bridges the gap between foundational nutritional science and specialized clinical interventions.

You will examine how unique physiological states, ranging from menstruation and pregnancy to perimenopause and menopause dictate specific nutritional and lifestyle needs. Furthermore, the course addresses critical modern health challenges, including metabolic dysfunction, reproductive cancers, and food addiction, equipping learners with sustainable, female-centric therapeutic strategies.

TOPIC	LECTURER
What is a Healthy Woman – An Integrative Perspective	<i>Jayne Bullen</i>
A Metabolic Approach to Female Reproductive Cancers	<i>Dr Nasha Winters</i>
Fitness & Fueling for Women: A Health- Focused Perspective	<i>Dr Madison Kackley, PHD, CSCS</i>
Food Addiction in Women	<i>Bitten Jonsson</i>
Menopause and Perimenopause: Metabolic Risk and Reversal	<i>Dr Elaine Hart, MD</i>
Nutrition in Pregnancy and Lactation	<i>Tamzyn Murphy, RD</i>
Nutrition Requirements Through the Life Stages: Panel Discussion	<i>Panel Discussion</i>
Fitness & Fueling for Women: A Health- Focused Perspective	<i>Dr Catherine Seanz, PHD</i>
Gynecologic Diseases	<i>Dr Andrea Salcedo</i>
Endometriosis and the Gut Biome	<i>Dr Andrea Salcedo</i>
Normal Menstrual Physiology	<i>Dr Andrea Salcedo</i>
Women & Public Health / EBSA	<i>Dr Georgina Pujol-Busquets Guillén</i>
Menopause the Lesser-Known Solution	<i>Dr Estrelita Janse van Rensburg</i>

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 & CONTINUED PROFESSIONAL DEVELOPMENT

Certificate of Completion:

On completion of the course, participants will be issued with This module has been accredited by The CPD Standards

A **Certificate of Completion**. This module contributes towards certification as a **Nutrition Network Practitioner**.

Continued Professional Development (CPD):

Office and is worth **12 CPD hours**. The accreditation is recognised and respected internationally. Formal CPD Standards certificates are issued and accepted in a multitude of countries.

MEET THE LECTURERS

Presented by national and international medical and allied healthcare experts



Tamzyn Murphy, RD

A registered dietitian, science writer, and nutrition educator with an extensive background in clinical research and a specialist focus on ketogenic and low-carbohydrate nutrition science.



Dr Catherine Seanz, PHD

An assistant professor of exercise science, registered dietitian, and strength conditioning specialist whose research investigates exercise metabolism, nutritional ketosis, and female athletic performance.



Dr. Estrelita Janse van Rensburg

A qualified physician-pathologist and former professor of laboratory medicine and medical virology who transitioned into preventative and nutritional medicine after exploring the reversal of chronic illness through diet.



Dr. Andréa Salcedo

A board-certified OB/GYN and Menopause Society Certified Practitioner who utilizes therapeutic carbohydrate restriction and metabolic therapies to treat conditions like endometriosis, PCOS, and abnormal uterine bleeding.



Dr Madison Kackley, PHD, CSCS

Women's health researcher and Assistant Professor at The Ohio State University



Dr. Estrelita Janse van Rensburg

A qualified physician-pathologist and former professor of laboratory medicine and medical virology who transitioned into preventative and nutritional medicine after exploring the reversal of chronic illness through diet.

MEET THE LECTURERS

Presented by national and international medical and allied healthcare experts



Dr Elaine Hart

A board-certified Obstetrician and Gynecologist and academic leader specializing in women's health.



Dr Nasha Winters

A globally recognized naturopathic oncologist, best-selling author, and researcher specializing in integrative, metabolic approaches to cancer care and complex chronic illness.



Jayne Bullen

Nutrition Network Managing Director



Bitten Jonsson

A registered nurse and internationally acclaimed pioneer in sugar and carbohydrate addiction treatment, known for developing standardized diagnostic and stabilization models for food addiction.



Dr. Georgina Pujol-Busquets Guillén

A medical researcher and public health specialist contributing international expertise on systemic health patterns, preventive medicine, and evidence-based clinical practices.

KEY LEARNING OBJECTIVES

- Discover nutritional requirements through female life stages.
- Become familiar with optimal gynecologic health and common diseases of womanhood.
- Understand how cancer, addiction, insulin resistance, stress, hormones, and exercise uniquely impact women.
- Learn sustainable female-specific therapeutic treatments and interventions.

WHAT YOU WILL LEARN

Gain a better understanding of common women's health issues and how to manage them effectively.

Learn evidence-based approaches for treating women's health conditions, including lifestyle interventions and medication when appropriate.

Expand your knowledge of nutrition and women's health, including how to optimize dietary choices to support reproductive health, hormonal balance, and overall well-being.

Increase your knowledge of alternative and complementary therapies for women's health, such as acupuncture, herbal medicine, and mind-body practices.

Enhance your ability to communicate effectively with female patients/clients about women's health issues, and provide counseling and support to help them make informed decisions about their health and treatment options.

Understand the impact of social, cultural, and economic factors on women's health and healthcare access, and learn how to provide more inclusive and equitable care to diverse populations of women.

ENROLMENT

Register at: <https://courses.nutrition-network.org/p/womens-health>

Or simply click the image to the right



SUPPORT@NUTRITION-NETWORK.ORG



WWW.NUTRITION-NETWORK.ORG