

# NUTRITIONAL MEDICINE: THE BASICS SCIENCES

An online training specifically designed for healthcare practitioners across all disciplines, including doctors, nurses, dietitians, nutritionists, and other allied health professionals.



Presented by national and international medical and allied healthcare experts in their field, To provide participants with an understanding of the basic science pertaining to nutrition, including the physiological mechanisms that underlie the effects of low-carbohydrate diets on the body and various organ systems.

## 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

## ENROLMENT

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



nutrition  
network



All trainings are **online**



You may **start** at any time

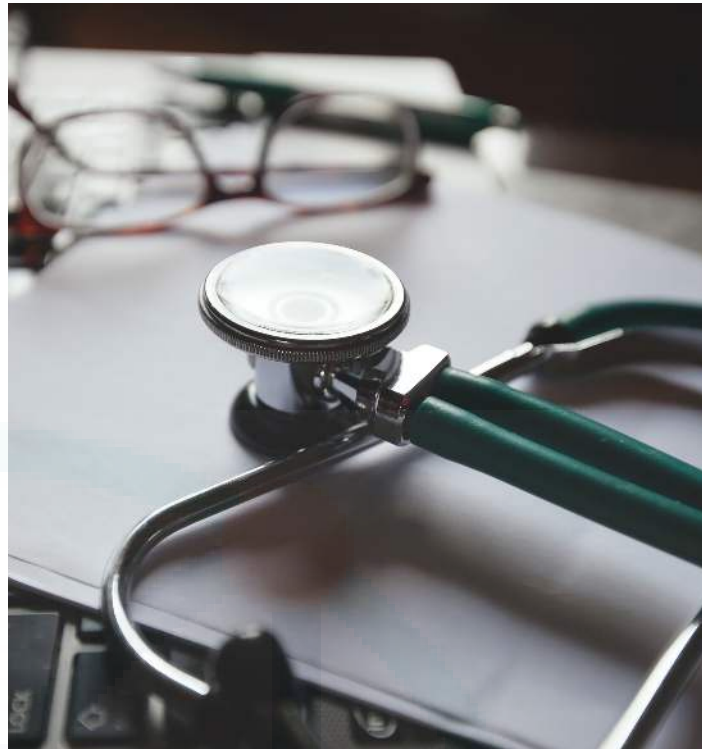


Work through the course content at your **own pace**

# TRAINING FORMAT

## Eligibility

- Participants should have a basic understanding of human anatomy and physiology, as well as a general understanding of nutrition and the role it plays in health and disease. As well as an interest in learning about the latest research and science related to low-carb nutrition.
- Medical Professionals
- Allied Healthcare Workers
- Nutrition Network Graduates
- Health Coaches



## 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. 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, FLEXIBLE, SELF-PACED STUDY**

# LECTURE OUTLINE

**01.** WHY EXAMINING PATIENT'S EYES MIGHT IMPACT THEIR LIFESPAN AND HEALTHSPAN

**02.** PATHOLOGY IN GOUT AND MODULATING FACTORS

**03.** LIPIDOLOGY

**04.** DIABETIC KIDNEY DISEASE: PATHOPHYSIOLOGY-BASED LIFESTYLE MANAGEMENT

**05.** THE BRAIN AND THE PATHOLOGY OF ADDICTION

**06.** THE BRAIN, METABOLISM AND OPTIMAL NUTRITION  
NORMAL BRAIN PHYSIOLOGY, INSULIN & NUTRIENTS

**07.** INSULIN AND INSULIN RESISTANCE

**08.** VASCULAR DISEASES

**09.** NORMAL LIVER PHYSIOLOGY & PATHOPHYSIOLOGY

**10.** PART 1 METABOLISM: OVERVIEW OF BASIC BIOCHEMISTRY AND PHYSIOLOGY OF THERAPEUTIC CARBOHYDRATE RESTRICTION AND KETOGENIC DIETS: THE SCIENCE OF FAT ADAPTATION AND KETOSIS

**11.** PART 2 METABOLISM: BASIC BIOCHEMISTRY AND PHYSIOLOGY OF THERAPEUTIC CARBOHYDRATE RESTRICTION AND KETOGENIC DIETS: THE SCIENCE OF FAT ADAPTATION AND KETOSIS

**12.** GASTROINTESTINAL: THE HEALTHY GUT VS. THE SICK GUT, GIT PATHOLOGY, LEAKY GUT

**13.** NUTRITIONAL KETOSIS

# LECTURERS & TOPICS

Online Training Material on the basic science pertaining to nutrition, including the physiological mechanisms that underlie the effects of low-carbohydrate diets on the body and various organ systems.



Why examining patient's eyes might impact their lifespan and healthspan

**DR. JOHN CRIPPS, MD, BSC, FRCSC (EMERITUS)**



The brain and the pathology of addiction

**BITTEN JONSSON, REGISTERED NURSE**



Diabetic kidney disease: pathophysiology based lifestyle management

**DR. YVO SIJPKENS, MD, PHD**



Lipidology

**DR. SUE BECKERS MB BS, MSC, NUT MED, MRCP, PG DIP ALL**



Pathology in Gout and modulating factors

**DR. PETER DELANNOY, PHD, MHP**



The Brain, Metabolism and Optimal Nutrition  
Normal Brain Physiology, Insulin & Nutrients

**DR. ANGELA STANTON, PHD**



Normal Liver Physiology and Pathophysiology

**DR. ROBERT CYWES, MD, PHD.**



Insulin and Insulin Resistance

**DR. HASSINA KAJEE, MD**

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Vascular Diseases

**IVOR CUMMINGS**



Gastrointestinal: The healthy gut vs. the sick gut, GIT pathology, leaky gut

**TAMZYN MURPHY RD MSC**



Part 1 Metabolism: Overview of Basic Biochemistry and physiology of therapeutic carbohydrate restriction and ketogenic diets: The Science of fat adaptation and ketosis

**DR. LOUISE PHILLIPS**



Part 2 Metabolism: Basic Biochemistry and physiology of therapeutic carbohydrate restriction and ketogenic diets: The Science of fat adaptation and ketosis

**DR. PETER DELANNOY, PHD, MHP**



Nutritional Ketosis

**AMBER O'HEARN, MSC & DATA RESEARCHER**