

## ADVANCED ONLINE TRAINING

Professional online training for medical and allied health practitioners wishing to advanced their understanding of the Low Carbohydrate High Fat diet and its role in clinical practice.

**The course is presented as a series of online, self-study, learning modules**

### Each module includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature



## THE BUNDLE COMPRISES OF ALL 3 CORE MODULES:



### Core Modules

Core modules provide a sound, foundational knowledge base of LCHF nutrition and treatment, from the latest and most up to date research.

- 1 EVOLUTIONARY AND SCIENTIFIC EVIDENCE
- 2 LCHF FOR PRACTICAL MEDICAL APPLICATIONS
- 3 PRESCRIBING LCHF IN CLINICAL PRACTICE

10  
CPD's

12  
CPD's

10  
CPD's

# LECTURERS & LECTURE TOPICS



**Prof Tim Noakes**  
Once Humans were Healthy



**Zoe Harcombe PhD**  
Should dietary fat guidelines have been introduced?



**Dr Michael Hoffman**  
Food, Mood & Mind: Evolutionary Perspectives and Scientific Underpinnings

## EVOLUTIONARY AND SCIENTIFIC EVIDENCE

### Module 1

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**Dr Jason Fung**  
Intermittent Fasting



**Ivor Cummins**  
Primary Health Challenges and their Root Causes

## LCHF FOR PRACTICAL MEDICAL APPLICATIONS

### Module 2

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**Caryn Zinn, RD**  
LCHF & Athletic Performance



**Amy Berger, NTP**  
Alzheimer's



**Dr Neville Wellington**  
Do Low Carb Lifestyles work for patients with Diabetes?



**Dr Robert Cywes**  
Carbohydrate Addiction and the principles of how to understand and manage it in practice



**Dr Bret Scher**  
LCHF for the Cardiac Patient



**Lily Nichols, RN**  
Low Carb, Ketosis & Pregnancy: The Controversy & The Science



**Christopher Webster**  
Hunger: Cravings, addiction, hunger, and the sustainability of the LCHF diet

# PRESCRIBING LCHF IN CLINICAL PRACTICE

## Module 3



**Dr Hassina Kajee**  
Monitoring clinical and  
laboratory parameters



**Dr Brian Lenzkes**  
De-prescribing  
medication with a Low  
Carbohydrate diet



**Catherine Crofts**  
Measuring Insulin:  
Practicalities & Pitfalls



**Tamzyn Murphy, RD**  
LCHF Dietary Assessment  
& Monitoring; and  
Formulating a (V) LCHF  
Diet



**Jan Vyjidak**  
Legal aspects of  
prescribing LCHF



**Dr Neville Wellington**  
A Diabetes Consultation  
for the first visit

### Training format

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

### Who is eligible to do the course?

- Doctors
- Nurses, Nurse Practitioners, Midwives, Diabetes Educators
- Dietitians
- Nutritionists, Nutrition Therapy Practitioners
- Banting / LCHF / Keto Coaches \*
- LCHF / Wellness / Mind-Body / Health Coaches \*
- Those who have completed the original training\*

\* *Must have received a certification from a recognized institution.*



**nutrition  
network**