



**nutrition
network**

ONLINE TRAINING

Menopause & Peri-menopause

Science, Strategies & Lifestyle Tools to Optimise Women's Hormones

- **Address a critical gap in care:** Women's hormones and menopause remain underrepresented in medical education. This training fills that gap with robust, evidence-based content.
- **Gain global insights:** Learn from an international faculty of doctors, researchers, and coaches with unique expertise in women's health.
- **Build confidence in practice:** Acquire actionable tools to support your patients and clients in real-world settings.
- **Be part of a movement:** Join a growing global network of practitioners leading the revolution in women's healthcare.

15 CPD
HOURS OF LEARNING

Self-Paced

TRAINING OVERVIEW

For too long, women's health—particularly peri- and post-menopause—has been overlooked, misunderstood, or managed with one-size-fits-all approaches. This **25-CPD training** bridges that critical gap by bringing together an international faculty of doctors, researchers, and specialists.

Blending medical science, nutrition, exercise physiology, psychology, and cultural perspectives, the curriculum equips practitioners with evidence-based, practical, and compassionate tools. The goal is to empower professionals to guide women toward resilience, metabolic vitality, and long-term health.

KEY LEARNING OBJECTIVES

Address a critical gap in care:

Women's hormones and menopause remain underrepresented in medical education. This training fills that gap with robust, evidence-based content.

Gain global insights:

Learn from an international faculty of doctors, researchers, and coaches with unique expertise in women's health.

Build confidence in practice:

Acquire actionable tools to support your patients and clients in real-world settings.

ABOUT THE TRAINING

The time has come to elevate menopause care. No woman should walk this journey unsupported, and no practitioner should feel unprepared to help. **Format:** Online, self-paced — 25 hours of learning.

Each Module Includes:

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature

Accreditation:

CPD accreditation with The CPD Standards Office is currently pending. Once accredited, certificates will be recognised internationally across a multitude of countries.

Certificate of Completion:

On completion, participants will be issued a Certificate of Completion. This module contributes towards certification as a Nutrition Network Practitioner.



LECTURE OUTLINE

PCOS Across the Lifespan: Preparing for Perimenopause and Beyond	<i>Dr Nadia Patiguana, ND</i>
Hormonal Symphony: Understanding Progesterone, Estrogen, Testosterone, Insulin & Cortisol in the Menopause Transition	<i>Dr Andrea Salcedo</i>
My Peri-Menopause Journey and How It's Enhanced My Work	<i>Tracey McBeath</i>
Women Are Not Just Small Men: A Synopsis of Exercise for Women Through the Female Lifecycle	<i>Madison Kackley, PhD</i>
Supporting the Female Journey from Menarche to Postpartum	<i>Dr Daphne Lyell</i>
Cultural Perspectives on Perimenopause and Menopause	<i>Emine Sporel Ozakat, PhD</i>
Strength & Resistance Training in Peri/Menopause	<i>Mubarakah Ibrahim</i>
Achieving Metabolic Flexibility: The Key to Thriving in Perimenopause	<i>Roxanna Soetbeer, NNP</i>
Root Causes of Hormonal Imbalance: Gut, Liver, Sleep, Stress, Toxins, Nutrient Deficiencies and How to Assess Them	<i>Dr Hassina Kajee, MD</i>
MeONpause: Coaching women through the transition of menopause	<i>Eli Bromley</i>
Cardio-Metabolic Health & The Menopause Transition	<i>Dr Lucy Burns</i>
Women's Health, Menopause & Hormone Therapy	<i>Dr Laura Buchanan</i>
History, Risks, and Benefits of Hormone Therapy	<i>Dr Laura Buchanan</i>
Menopause diagnosis symptoms and treatment: Two Part Series	<i>Dr Laura Buchanan</i>
Reclaiming Sexual Wellness, Pelvic Health, and More	<i>Dr Laura Buchanan</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

MEET THE LECTURERS

The content of this training has been reviewed by the Nutrition Network Medical Advisory Board.



Dr Nadia Patiguana, ND

Naturopathic Doctor | Author | Podcast Host

Dr. Nadia Patiguana is a naturopathic doctor, author, and podcast host with a clinical focus on women's hormonal health, fasting, and metabolic wellness across the female lifecycle.



Dr Andrea Salcedo

Board-Certified OBGYN | MPH | Certified Nutrition Network Practitioner

Dr. Andrea Salcedo is a Board-Certified OBGYN with a Master's in Public Health and a Certified Nutrition Network Practitioner. She is an Assistant Professor of Gynecology and Obstetrics at Loma Linda University School of Medicine.



Dr Daphne Lyell

Homoeopath | Integrative GP

Dr. Daphne Lyell is a homoeopath and integrative GP with a decade's experience in helping women balance their hormones and thrive through conception, pregnancy, postpartum, and into the post-menopausal years.



Mubarakah Ibrahim

Health&Fitness Expert | Author | Public Speaker

Mubarakah Ibrahim is an internationally recognised Muslim health and fitness expert, businesswoman, and influential voice on Islam in America. She brings a unique cultural lens to strength training and women's health through perimenopause.



Dr Laura Buchanan

Board-Certified Family Medicine Physician | Metabolic Health Practitioner

Dr. Laura Buchanan is a Board-Certified Family Medicine physician and Metabolic Health Practitioner specialising in women's health, hormone therapy, and evidence-based approaches to menopause management.



Tracey McBeath

Author | Health & Life Coach | Certified Nutrition Network Practitioner

Tracey McBeath is an author, health and life coach, Certified Nutrition Network Practitioner, qualified personal trainer, public speaker, and podcaster. She shares her personal perimenopause journey and how it has shaped her practice.

MEET THE LECTURERS (CONTINUED)

The content of this training has been reviewed by the Nutrition Network Medical Advisory Board.



Roxana Soetbeer, MPH, NNP, MHP, PFC

PrimalHealthCoach | MetabolicHealth Practitioner | Certified NNP

Roxana Soetbeer is a Primal Health Coach, Metabolic Health Practitioner, and Certified Nutrition Network Practitioner specialising in achieving metabolic flexibility and supporting women through perimenopause and beyond.



Emine Sporel Ozakat, PhD, NNP

Sport Nutritionist(IOC) | Certified Nutrition Network Coach Practitioner

Emine Sporel Ozakat holds a PhD and is a Sport Nutritionist certified by the International Olympic Committee and a Certified Nutrition Network Coach Practitioner. She brings unique cultural perspectives on perimenopause and menopause to the training.



Dr. Hassina Kajee, MD

Specialist Physician | Metabolic Health & Lifestyle Medicine

Dr. Hassina Kajee is a specialist physician in metabolic health and lifestyle medicine. Her lecture focuses on the root causes of hormonal imbalance — including gut health, liver function, sleep, stress, toxins, and nutrient deficiencies — and how to assess them clinically.



Dr. Lucy Burns, MBBS, FRACGP, FASLM

Lifestyle Medicine Doctor | ClinicalHypnosis | Podcaster & Speaker

Dr. Lucy Burns is a Lifestyle Medicine Doctor certified in clinical hypnosis, a podcaster, and a speaker. She addresses cardio-metabolic health during the menopause transition with a whole-person, evidence-based approach.



Madison Kackley, PhD

Assistant Professor, The Ohio State University

Madison Kackley is an Assistant Professor at The Ohio State University. Her lecture explores the unique exercise physiology of women and provides a synopsis of evidence-based exercise strategies across the female lifecycle.



Eli Bromley

Owner & Director, YOU on Plum | Nutritional Coach | Strength Trainer

Elizabeth (Eli) Bromley is a metabolic health and lifestyle coach who specializes in helping women improve their health through nutrition, strength training, and sustainable lifestyle changes. She is particularly known for her work in perimenopause and menopause, behavior change, and coaching people with metabolic health challenges. A Certified Nutrition Network Coach Practitioner.

TRAINING OUTCOMES

After completing this training, practitioners will:

- Feel confident addressing menopause in practice with evidence-based strategies.
- Gain new frameworks for supporting women holistically — across physical, emotional, cultural, and relational dimensions.
- Be equipped to improve quality of life for women, helping them thrive through and beyond menopause.
- Become part of a supportive global community, committed to reshaping women's healthcare.

WHO IS THIS TRAINING FOR?

- Medical doctors
- Allied healthcare practitioners
- Nutritionists & dietitians
- Health coaches
- Fitness professionals
- Anyone seeking to expand their knowledge and clinical competence in women's health

ADDITIONAL RESOURCES

The training is accompanied by a comprehensive practitioner's toolkit — including clinical reference guides, parameter sheets, and ready-to-use handouts, designed to support immediate application in practice.

MORE ABOUT US

The Nutrition Network is an education platform, providing professional training in therapeutic carbohydrate restriction and metabolic health. With a growing global community, the organisation aims to transform healthcare through evidence-based nutrition education.

Together, the organisations aim to shift the paradigm from reactive to data-driven, preventative, and personalised care.

