

A PATIENT'S GUIDE TO BLOOD GLUCOSE MANAGEMENT

ONLINE TRAINING FOR PATIENTS TO HELP THEM
SUCCEED IN THEIR LOW CARBOHYDRATE JOURNEY

Presented by the Nutrition Network team, the course simplifies the elements involved in a low carbohydrate lifestyle and how it may be used to manage Type 2 Diabetes and other metabolic conditions.

The course is presented as a series of online, self-study lectures.

This course includes:

- Video lectures
- Downloadable resources
- Meal plans
- Frequently Asked Questions & Troubleshooting Tips



About The Course



Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**.

Who is eligible to do the course?

Anyone may enrol in this course!

Our cause

The majority of proceeds from this course will contribute towards **Eat Better South Africa** and its educational work in underserved communities.

LECTURERS & TOPICS



01. Professor Tim Noakes

- How I Reversed My Type 2 Diabetes

02. Dr Neville Wellington

- Introduction
- What Are Carbohydrates and How to Count Them?
- What is Diabetes
- Glucose Monitoring in Diabetes
- Medication in Diabetes
- Blood Tests in Diabetes
- Interview with a Diabetes Nurse Educator
- Interview with a Diabetic Patient

03. Dr Hassina Kajee

- Insulin: What is Insulin Resistance
- Central Role of insulin in Metabolic Disease
- Obesity and Inflammation
- When to Eat? Fasting & TimeRestricted Eating
- Holistic health: Role of Circadian Rhythm, Sleep, Emotional Wellbeing
- The Healthy Gut and Microbiome

04. Tamzyn Murphy RD, MSc

- Meal Planning

05. Andre Obradovic

- Mindset & Motivation for Longevity

06. Tyrone Hatch

- Rediscovering Athleticism: Changing Your Mindset