

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

EVOLUTIONARY AND SCIENTIFIC EVIDENCE

Module 1



Prof Tim Noakes
Once Humans were Healthy



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



Dr Jason Fung
Intermittent Fasting



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



Ivor Cummins
Primary Health
Challenges and their
Root Causes

LCHF FOR PRACTICAL MEDICAL APPLICATIONS

Module 2



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



Caryn Zinn, RD
LCHF & Athletic
Performance



Dr Bret Scher
LCHF for the Cardiac
Patient



Amy Berger, NTP
Alzheimer's



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



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



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.*



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Timeline & testing

You may start the course at any time, and work through the content completely at your own pace. Each module is approximately 10 hours of learning.

There is no official test, however, there is a Module Feedback Form at the end of each module which requires you to reflect on the content and describe how you would apply it in your practice. There are also ways in which we test whether the full video has been watched.



CPD Accreditation

Accredited by The CPD Standards Office, Module 1 & 3 are worth 10 CPD units and Module 2 is worth 12 CPD units.

Certificate

You will be issued with a Certificate of Completion at the end of the training.

Completion of all 3 Modules, plus completion of the original training/nurses training, provides candidates with an advanced stamp and a priority listing on our Wall of LCHF Practitioners on the Nutrition Network website.

The majority of proceeds from this course will contribute towards The Noakes Foundation and the research work they are doing.



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Cost

1. Evolutionary & Scientific Evidence - \$333
2. LCHF for Practical Medical Applications - \$333
3. Prescribing LCHF in Clinical Practice - \$333

Bundle rate of \$863 for all three modules.

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