



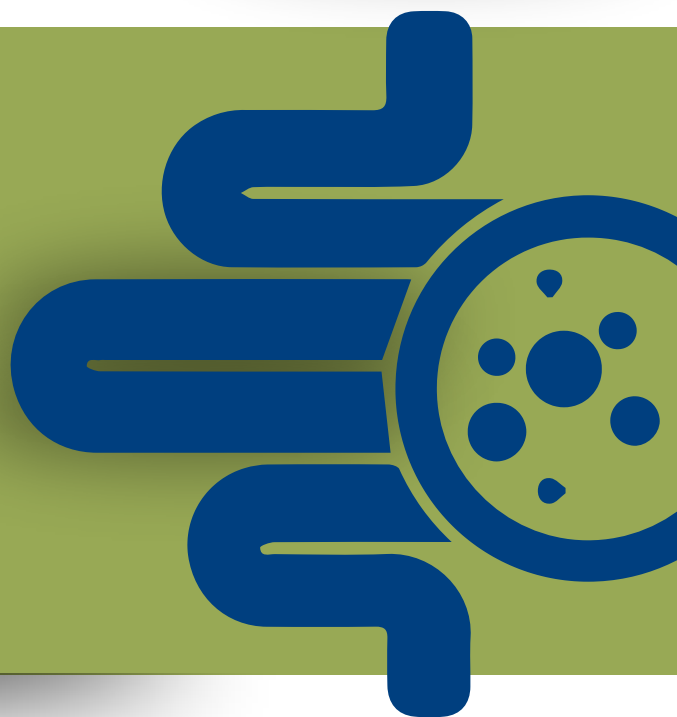
Once viewed as an isolated system, the gut is now recognized as the metabolic command centre



www.nutrition-network.org

GUT HEALTH

The Microbiome,
Metabolism & Modern
Disease



WHY YOU SHOULD DO THIS TRAINING

This comprehensive, clinician-level training brings together world-leading experts in metabolic health, gastrointestinal science, ancestral nutrition, immune function, movement physiology, and oral-systemic health. Designed to challenge outdated nutritional dogma and provide evidence-based, metabolic-lens education, **this training equips practitioners to understand — and treat — gut dysfunction as a root cause of today's chronic disease epidemic.**

ABOUT THE TRAINING



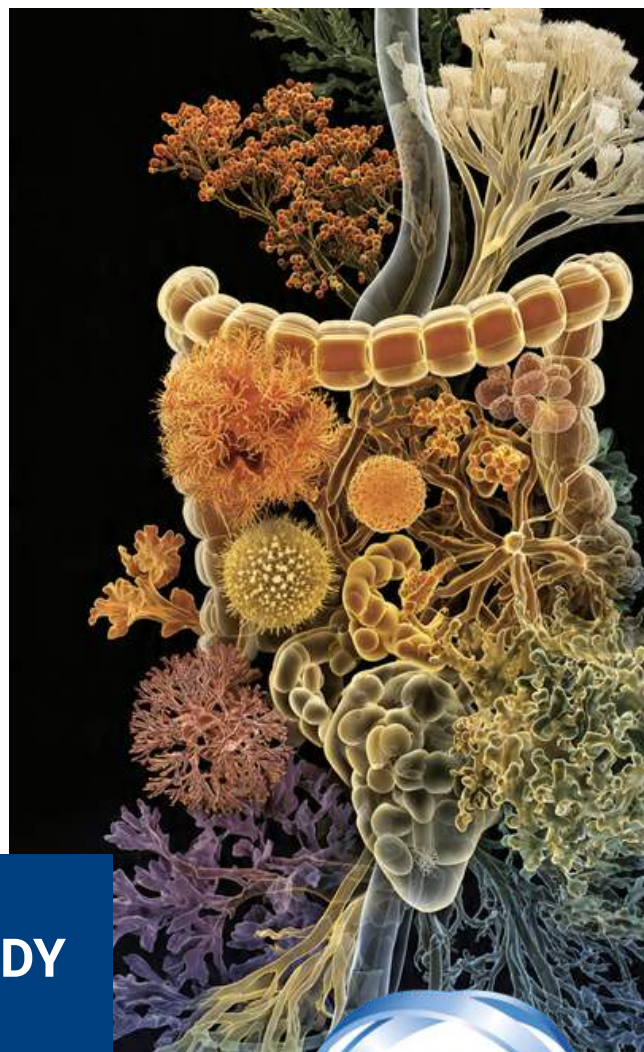
EACH MODULE INCLUDES:

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



CERTIFICATES

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



ONLINE, SELF-PACED STUDY



Accreditation

This module's accreditation with The CPD Standards Office is currently pending. We do however expect to receive full international CPD accreditation. Once accredited, 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.

MEET THE LECTURERS

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



SARA C. CAMPBELL

Associate Professor
Kinesiology and Health,
FACSM, Graduate Program
Director, Mom, Exercise
Enthusia.



DR NASHA WINTERS

ND, FABNO, L.Ac, Dipl.OM,

Expert in integrative
oncology, metabolic cancer
therapies & keto for cancer.



DR LEAH MURRAY

Integrative and Functional
Medicine



**DR KATARZYNA
HONGLER**

Psychologist, dentist, MHP,
certified medical NNP,
founder and CEO at
flexiMENTE



DR HASSINA KAJEE

Specialist Physician
practicing Integrative &
Lifestyle Medicine



TAMZYN MURPHY

Registered Dietitian and Head
of Content at Nutrition
Network

MEET THE LECTURERS

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



JAYNE BULLEN

Managing Director at
Nutrition Network



DR JASON FUNG

Canadian nephrologist. He's a
world-leading expert on
intermittent fasting and low
carb



**DR PRAN
YOGANATHAN**

Gastroenterologist and
Director of The Centre for
Gastrointestinal Health



DR. ROBERT KILTZ, MD

Board-certified OB/GYN,
reproductive endocrinologist,
and founder of [CNY Fertility](#).



BITTEN JONSSON

Registered nurse and
addiction specialist



DR AVI CHARLTON

Speaker, Author, Holistic Low
Carb Lifestyle Doctor and
Breathwork Facilitator.

TRAINING OVERVIEW:

A New Paradigm in Gut & Metabolic Medicine

Once viewed as an isolated system, the gut is now recognized as **the metabolic command centre** — shaping inflammation, immunity, hormone balance, nutrient processing, mental health, and cardiometabolic risk.

This training goes beyond microbiome basics. It uncovers how **industrialized food systems, environmental shifts, metabolic dysfunction, and modern lifestyles** have profoundly altered human gut ecology — and how clinicians can restore it using practical, evidence-based frameworks.

A groundbreaking training for clinicians, coaches, and health practitioners working at the intersection of gut science, metabolism, and modern chronic disease.

ENROLMENT

Register for the course by [clicking here](#)



IMPORTANCE

Why This Training Matters Now

The rise of metabolic dysfunction, obesity, autoimmune disorders, allergies, mental health challenges, digestive disorders, and fatty liver disease all point to a common root: **a damaged gut ecosystem.**

This training gives practitioners:

- ✓ clinically validated frameworks for gut restoration
- ✓ metabolic & low-carb perspectives grounded in evidence
- ✓ practical tools, protocols, and case-based applications
- ✓ integrative strategies informed by the world's leading experts
- ✓ a deeper, more accurate understanding of gut-metabolic pathways

It is designed to transform how professionals approach gut health — moving from symptom management to root-cause metabolic restoration.



DID YOU KNOW?

Functional gastrointestinal disorders (FGIDs) including bloating, abdominal pain and irregular bowel habits **affect more than 40 % of people worldwide.**

LECTURE OUTLINE

Hormones, Fertility & the Gut

Dr. Robert Kiltz



Fasting and the gut: Microbial, Metabolic, and Clinical Effects of Nutritional Rest

Dr Jason Fung



Microbiome & Addiction

Bitten Jonsson



A philosophical approach to modern diseases beginning in the gut

Dr Pran
Yoganathan



Gut, Microbiome & Healthy Aging

Dr Hassina
Kajee



Metabolism & the Mouth: The Bidirectional Relationship Between Your Oral Health and Systemic Metabolic Function

Dr Katarzyna
Hongler



LECTURE OUTLINE

Gut-brain reconnection techniques

Jayne Bullen



Carbohydrate Myths and Digestive Disorders

Tamzyn Murphy



Microbiomes role in Immune Response and Therapeutic Outcomes (autoimmunity and inflammatory diseases)

Dr Nasha Winters



Physical Activity as a Modulator of Gut Microbiome & Intestinal Integrity: Clinical Implications

Sara C Campbell



Clinical Tools for Gut Health Assessment

Dr Leah Murray



Synchronising the Clock: Sleep, Circadian Rhythms & Gut Microbiome in Metabolic Health

Dr Avi Charlton



TRAINING OUTCOMES:

After completing this training, practitioners will:

- Understand the gut–metabolic connection and its role in the development of metabolic dysfunction, obesity, autoimmune conditions, allergies, mental health challenges, digestive disorders, and fatty liver disease.
- Apply clinically validated frameworks to assess and restore gut ecosystem integrity using evidence-based, metabolic-focused approaches.
- Integrate low-carbohydrate and metabolic strategies into gut health interventions, grounded in current scientific research and clinical best practice.
- Identify and address root causes of gut dysfunction, moving beyond symptom management toward long-term metabolic restoration.
- Implement practical tools, protocols, and case-based strategies to support gut repair in real-world clinical and coaching settings.
- Interpret key gut–metabolic pathways with greater accuracy, enabling more informed decision-making and personalised intervention planning.
- Utilise integrative strategies informed by leading global experts to support sustainable gut and metabolic health outcomes.
- Enhance clinical confidence when working with complex, multi-system presentations linked to gut dysfunction.



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.

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

MORE ABOUT US:

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

Nutrition Network:

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

*For more information or further enquires
please feel free to reach out to us*

Best regards,
Nutrition Network Team!



support@nutrition-network.org



<https://nutrition-network.org/>