

METABOLISM AND THE MIND

Metabolic psychiatry is a cutting-edge field focused around the essential role of metabolism in mental health. *Metabolism and The Mind* is a training that equips healthcare practitioners with an understanding of the intricate relationship between metabolic processes and mental health, enabling more effective treatment and support for mental disorders.



TRAINING CONTENT

- Metabolic Conditions and Stress - 10 Lessons from Clinical Practice
- Ketogenic Diet for Depression and Anxiety Disorders - New Beginnings
- From Pharm to Farm: What Does the Medical Professional Need to Know About Treating Psychiatric Disorders with a Ketogenic Diet?
- Ketogenic Metabolic Therapy for Mental Health: Practical Applications
- Autism Spectrum Disorder
- What if Sugar is Causing you Energy Depletion, Feelings of Dread and Anxiety? How to Heal
- Approaching a Client with an Addiction Disorder
- Forbidden Fruit: Ketones in Pregnancy
- Dietary Strategies and Biomarker Monitoring to Improve Metabolic and Mental Health
- Ketogenic Diet for the Treatment of Anxiety: A Case Study
- The Emerging Role of Therapeutic Nutrition in Eating Disorder Treatment
- Metabolic Psychiatry: Ketogenic Diet and Serious Mental Illness

INVESTMENT & ENROLMENT

To apply to enrol, visit www.nutrition-network.org



**nutrition
network**

TRAINING OBJECTIVE

Healthcare practitioners will learn to integrate these insights into personalized treatment or support plans, leading to improved patient outcomes. Additionally, the training emphasizes interdisciplinary collaboration, empowering doctors to work closely with other healthcare professionals to deliver comprehensive care that addresses both metabolic and psychiatric aspects of health.



All trainings are **online**



You may **start** at any time



Work through the course content at your **own pace**

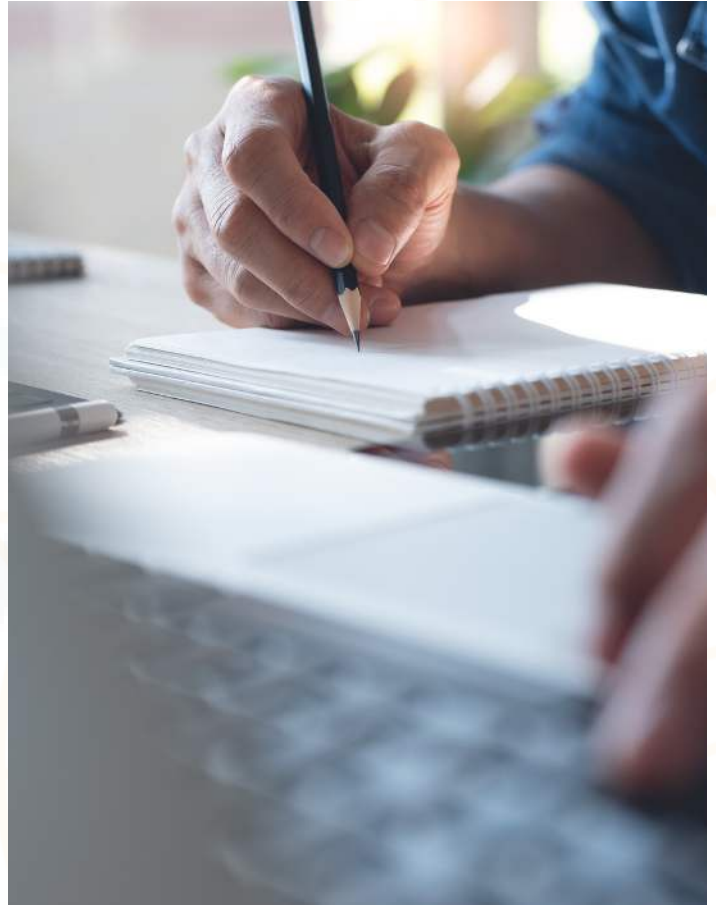
TRAINING FORMAT

Eligibility

- Participants should have a basic understanding of human biology, nutrition and metabolism
- Medical professionals
- Allied healthcare workers
- Health coaches
- Nutritionists

Content

- Topic outline, learning objectives, and lecture summary
- Expert speaker presentation
- Questionnaire to test your understanding of each topic
- Downloadable toolbox of resources
- Reference lists for relevant journal articles and literature



Certificate

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

Continued Professional Development (CPD)

We anticipate that this module will receive full international accreditation with The CPD Standards Office. 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.

ONLINE, FLEXIBLE, SELF-PACED STUDY

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

LECTURERS & TOPICS

Designed for healthcare practitioners across all disciplines, including doctors, nurses, dietitians, health coaches, nutritionists, and other allied health professionals.



**DR. ROB CYWES, MEDICAL DOCTOR,
PH.D. BARIATRIC SURGEON**
Autism Spectrum Disorder



**DENISE POTTER, RDN, CDCES, REGISTERED
DIETITIAN NUTRITIONIST (RDN)**
Ketogenic Metabolic Therapy for Mental
Health: Practical Applications



**DR. DOMINIC D'AGOSTINO, PHD
RESEARCHER AND PROFESSOR**
Dietary Strategies and Biomarker
Monitoring to Improve Metabolic and
Mental Health



**BITTEN JONSSON, RN
SUGAR ADDICTION AND REGISTERED NURSE**
What if Sugar is Causing You Energy
Depletion, Feelings of Dread, and
Anxiety? How to Heal



**DARIA GREEN
FOOD ADDICTION PROFESSIONAL &
FUNCTIONAL MEDICINE HEALTH COACH**
Approaching a Client with an Addiction
Disorder



**DR. SHEBANI SETHI MD, ABOM PIONEER IN
METABOLIC PSYCHIATRY**
Metabolic Psychiatry: Ketogenic Diet and
Serious Mental Illness



TAMZYN MURPHY, RD, MSC

Ketogenic Diet for the Treatment of Anxiety: A Case Study



DR. IGNACIO CUARANTA, MD, A BOARD-CERTIFIED CLINICAL PSYCHIATRIST

Metabolic Conditions and Stress - 10 Lessons from Clinical Practice



DR. LORI CALABRESE, MD, PSYCHIATRIST

Ketogenic Diet for Depression and Anxiety Disorders - New Beginnings



BETH ZUPEC-KANIA, RDN, CD

From Pharm to Farm: What Does the Medical Professional Need to Know About Treating Psychiatric Disorders with a Ketogenic Diet?



MICHELLE HURN, RD, LD

The Emerging Role of Therapeutic Nutrition in Eating Disorder Treatment



DR. ERIN LOUISE BELLAMY, PHD, MSC, BA AFBPSS, MHP

Ketogenic Metabolic Therapy in Psychiatric Disorders: A Closer Look at Patient Experiences



METABOLIC MIND (A NONPROFIT INITIATIVE OF BASZUCKI GROUP)

Metabolic Mind panel interview