

## 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



**Prof Tim Noakes**  
Once Humans were Healthy



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



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

## EVOLUTIONARY AND SCIENTIFIC EVIDENCE

### Module 1

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**Dr Jason Fung**  
Intermittent Fasting



**Ivor Cummins**  
Primary Health Challenges and their Root Causes

## LCHF FOR PRACTICAL MEDICAL APPLICATIONS

### Module 2

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**Caryn Zinn, RD**  
LCHF & Athletic Performance



**Amy Berger, NTP**  
Alzheimer's



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



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



**Dr Bret Scher**  
LCHF for the Cardiac Patient



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



**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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