

# Nutritional Therapist

Advisory and Client-Focused Certification

Certification Curriculum



# Summary Course Overview

1	Introduction to Nutritional Therapy	11	Probiotics: Nature's Antibiotics
2	Genetic Adaptations to Nutrition	12	Essential Nutrients and Antioxidants
3	Changing gene expression	13	Detecting nutritional deficiencies
4	Switching genes on and off	14	Creating a personalised program
5	How food changes your DNA	15	How to structure client consultations
6	Free radicals and DNA damage	16	Superfoods benefits 
7	Testing your antioxidant capacity	17	Nutrition for health conditions 
8	Antioxidant foods	18	Your role as a Nutritional Therapist
9	Polyphenols and phytochemicals	19	Professional considerations
10	How fibre makes you healthier	20	Certification

# Nutritional Therapist

Unit	Content
1	Skills Lab™: Personal Strategy Questionnaire (What's your goal?)
2	Introduction to Nutritional Therapy
3	Genetic Adaptations to Nutrition
4	Changing your genetic expression for better health
5	Switching genes on and off
6	How food changes your DNA
7	Free radicals and DNA damage
8	Skills Lab™: How to test your antioxidant capacity
9	Antioxidant foods for longevity and disease prevention
10	Nature's Pharmacy: Polyphenols and phytochemicals

# Nutritional Therapist

Unit	Content
11	How fibre makes you healthier
12	Probiotics: Nature's Antibiotics
13	Essential Nutrients and Antioxidants A to Z
14	Skills Lab™: How to detect nutritional deficiencies
15	Skills Lab™: How to create a personalised nutritional programme
16	How to structure client consultations and monitor nutritional programmes
<b>BONUS</b> 17	Health benefits and micronutrients in 160 superfoods
<b>BONUS</b> 18	Nutritional advice for over 40 health conditions
19	Dos, don'ts, and must dos as a Nutritional Therapist
20	Professional, legal, tax, and insurance considerations

# Introduction to Nutritional Therapy

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</p> <p>1.2 Introduction to Nutritional Therapy</p>	<ul style="list-style-type: none"><li>▪ The role of Nutritional Therapists</li><li>▪ Building a personalised programme</li><li>▪ Identifying nutritional deficiencies</li><li>▪ The aim of this course</li><li>▪ Foundations of nutritional therapy</li><li>▪ Helping you put your knowledge into practice</li><li>▪ Food and your genes</li><li>▪ Food and your biochemistry</li></ul>	<ul style="list-style-type: none"><li>▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</li><li>▪ Useful websites</li><li>▪ Match Game</li><li>▪ Test your knowledge exercises</li></ul>

# Genetic Adaptations to Nutrition

Unit	Here's what you'll learn	Extra support material
<p>2. Genetic Adaptations to Nutrition: The evolving science of epigenetics</p>	<ul style="list-style-type: none"><li>▪ Let's talk genetics</li><li>▪ The human genome project</li><li>▪ What's the epigenome?</li><li>▪ You're not doomed by your genes</li><li>▪ Let food be your medicine</li><li>▪ Your "food environment"</li><li>▪ Inside a petri dish</li><li>▪ Goodbye, genetic determinism</li><li>▪ Defective gene... or environment?</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Changing your genetic expression for better health

Unit	Here's what you'll learn	Extra support material
<p>3. Changing your genetic expression for better health (and how health issues develop)</p>	<ul style="list-style-type: none"><li>▪ Nature... or nurture?</li><li>▪ Genetic expression is modifiable</li><li>▪ Your genes, environment and health</li><li>▪ How health issues develop</li><li>▪ Epigenetic influence</li><li>▪ Changing your gene expression</li><li>▪ Free radicals and antioxidants</li><li>▪ Faulty DNA methylation</li><li>▪ Nutrition and cancer-fighting genes</li><li>▪ Environmental contaminants</li><li>▪ Carcinogenic chemicals</li><li>▪ Hormonal disruptions</li><li>▪ Your genetic makeup</li><li>▪ You are unique</li><li>▪ Discovering your unique biochemistry</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Switching genes on and off

Unit	Here's what you'll learn	Extra support material
<p>4. Switching genes on and off: Methylation and acetylation</p>	<ul style="list-style-type: none"><li>▪ Switching genes on and off</li><li>▪ Identical twins, different looks</li><li>▪ Epigenetic tags on Chromosome 3</li><li>▪ Chromosome 3 pairs explained</li><li>▪ Why are twin studies important?</li><li>▪ Can you change a cell's fate?</li><li>▪ DNA, mRNA and protein</li><li>▪ Methylation and acetylation</li><li>▪ What are "methyl tags"?</li><li>▪ What are "acetyl tags"?</li><li>▪ Other histone tags</li><li>▪ How does cancer develop?</li><li>▪ Cancer cells and methylation</li><li>▪ Silenced genes in cancer cells</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Match game</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>



# How food changes your DNA

Unit	Here's what you'll learn	Extra support material
<p>5. How food changes your DNA: Effect of nutrition on your epigenome</p>	<ul style="list-style-type: none"><li>▪ What's imprinting?</li><li>▪ Food modifies imprinting</li><li>▪ Nutrition and your epigenome</li><li>▪ From food to your DNA</li><li>▪ Methyl-promoting nutrients</li><li>▪ Which nutrients are known to affect our DNA?</li><li>▪ Nutrients that change our epigenome</li><li>▪ Examples of positive protection</li><li>▪ Diet during pregnancy and infancy</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Free radicals and DNA damage

Unit	Here's what you'll learn	Extra support material
<p>6. Free radicals and DNA damage: Free radicals, oxidative damage, and disease</p>	<ul style="list-style-type: none"><li>▪ Free radicals and your health</li><li>▪ What's oxidation?</li><li>▪ What are free radicals?</li><li>▪ How do free radicals damage DNA?</li><li>▪ Free radicals, DNA, and disease</li><li>▪ External toxins</li><li>▪ The danger of external toxins</li><li>▪ Damage control</li><li>▪ Keeping free radicals away</li><li>▪ The four main antioxidants</li><li>▪ Effects of antioxidants</li><li>▪ Antioxidant therapy</li><li>▪ 5 a day... or 10?</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Free radicals and DNA damage (cont.)

Unit	Here's what you'll learn	Extra support material
<p>6. Free radicals and DNA damage: Free radicals, oxidative damage, and disease</p>	<ul style="list-style-type: none"><li>▪ Variety neutralises free radicals</li><li>▪ Are supplements needed?</li><li>▪ Popular antioxidants</li><li>▪ Who needs more antioxidants?</li><li>▪ Exercise and oxidative damage</li><li>▪ Do athletes need extra antioxidants?</li><li>▪ Regular exercise and antioxidants</li><li>▪ Caloric restriction and longevity</li><li>▪ What's antioxidant SOD?</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# How to test your antioxidant capacity

Unit	Here's what you'll learn	Extra support material
<p>7. Skills Lab™: Assessing your antioxidant capacity. Antioxidant Assessment™ with Results and Recommendations</p>	<ul style="list-style-type: none"><li>▪ The importance of testing your antioxidant capacity</li><li>▪ The 3 key evaluations you should carry out to assess your antioxidant capacity</li><li>▪ The advantage of antioxidant supplements</li><li>▪ The benefits of lipoic acid</li><li>▪ The benefits of co-enzyme Q10 (CoQ10)</li><li>▪ Strategies to boost your antioxidant protection</li></ul>	<ul style="list-style-type: none"><li>▪ Antioxidant Assessment™ with Results and Recommendations</li><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Practical Assignment</li><li>▪ Idea bank creation</li></ul>

# Antioxidant foods for longevity and disease prevention

Unit	Here's what you'll learn	Extra support material
8. Antioxidant foods for longevity and disease prevention	<ul style="list-style-type: none"><li>▪ Antioxidant deficiency and disease</li><li>▪ Antioxidants and disease prevention</li><li>▪ Phytonutrients and cancer genes</li><li>▪ Oxidation and cellular damage</li><li>▪ Disarming free radicals</li><li>▪ Antioxidants, a balancing act</li><li>▪ Antioxidants and the ageing process</li><li>▪ Vitamin A and beta-carotene</li><li>▪ Vitamins E, C and beta-carotene</li><li>▪ Antioxidants' benefits</li><li>▪ Antioxidants combinations</li><li>▪ Beta-carotene and cigarettes</li><li>▪ Is beta-carotene a “bad” vitamin?</li><li>▪ Which are the best antioxidant foods?</li><li>▪ What's ORAC?</li><li>▪ Top-scoring antioxidant foods</li></ul>	<ul style="list-style-type: none"><li>▪ ORAC rankings</li><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Nature's Pharmacy: Polyphenols and phytochemicals

Unit	Here's what you'll learn	Extra support material
<p>9. Nature's Pharmacy: Polyphenols and phytochemicals</p>	<ul style="list-style-type: none"><li>▪ What are phytochemicals?</li><li>▪ Phytochemicals and human health</li><li>▪ Top 30 beneficial phytochemicals</li> <li>▪ A to Z guide on phytochemicals found in common foods:<ul style="list-style-type: none"><li>○ Health benefits</li><li>○ Food sources</li><li>○ Scientific research</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ ORAC rankings</li><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# How fibre makes you healthier

Unit	Here's what you'll learn	Extra support material
<p>10. How fibre makes us healthier: Fibre and human health</p>	<ul style="list-style-type: none"><li>▪ What's fibre?</li><li>▪ Fibre, the zero calorie carbohydrate</li><li>▪ Soluble and insoluble fibre</li><li>▪ How much fibre do we need?</li><li>▪ Beyond bread and whole-grains...</li><li>▪ Risks of low fibre intake</li><li>▪ Low fibre intake and cholesterol</li><li>▪ Low fibre intake and cancer</li><li>▪ Fibre and weight control</li><li>▪ Juice or smoothie?</li><li>▪ Fibre, the polyphenol trafficker</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Probiotics: Nature's Antibiotics

Unit	Here's what you'll learn	Extra support material
<p>11. Probiotics: Nature's Antibiotics: Human Microbiome, Probiotics and Prebiotics</p>	<ul style="list-style-type: none"><li>▪ What's the human microbiome?</li><li>▪ Outnumbered by microbes</li><li>▪ How do probiotics protect us?</li><li>▪ The role of probiotics</li><li>▪ Gut microbiome</li><li>▪ Is all gut bacteria good?</li><li>▪ Bacterial balance</li><li>▪ Nine proven benefits of probiotics</li><li>▪ Getting your probiotics in</li><li>▪ When probiotics are essential</li><li>▪ Prebiotics and fructo-oligosaccharides</li><li>▪ Are probiotics in food enough?</li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>



# Essential Nutrients and Antioxidants

Unit	Here's what you'll learn	Extra support material
12. Essential Nutrients and Antioxidants A to Z	<ul style="list-style-type: none"><li>▪ Benefits and common uses of each key essential micro-nutrient (vitamins and minerals), essential oils, and other antioxidants.</li><li>▪ Complete analysis, nutrient by nutrient:<ul style="list-style-type: none"><li>○ Health benefits and deficiency symptoms</li><li>○ Recommended Daily Amounts (RDAs)</li><li>○ Toxicity levels and adverse effects</li><li>○ Top foods and top supplements</li><li>○ Promoters and adversaries for assimilation and utilisation</li></ul></li><li>▪ Anti-nutrients:<ul style="list-style-type: none"><li>○ Anti-nutrient overload</li><li>○ What are “empty calories”?</li><li>○ C.R.A.P. foods to avoid</li><li>○ Limiting your C.R.A.P. food intake</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ Additional resources</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# How to detect nutritional deficiencies

Unit	Here's what you'll learn	Extra support material
<p>13. Skills Lab™: How to detect nutritional deficiencies.</p>	<ul style="list-style-type: none"><li>▪ Nutritional Deficiencies Assessment™, nutrient by nutrient:<ul style="list-style-type: none"><li>○ Deficiency symptoms nutrient by nutrient</li><li>○ Scores</li><li>○ Results</li><li>○ Personalised Recommendations</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ Nutritional Deficiencies Assessment™</li><li>▪ Symptom Results and Nutrient Requirements tables</li><li>▪ Additional resources</li><li>▪ Practical Assignment</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# How to create a personalised nutritional programme

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: How to create a personalised nutritional programme</p>	<ul style="list-style-type: none"><li>▪ How to improve your diet</li><li>▪ Diet Planning Workbook™:<ul style="list-style-type: none"><li>○ Required Nutrients Identifier</li><li>○ Required Foods Identifier</li><li>○ Adversaries Identifier</li><li>○ Promoters Identifier</li><li>○ My Top Foods Shopping List</li><li>○ My Antioxidants Shopping List</li></ul></li><li>▪ My Food and Symptom Journal</li><li>▪ Symptom Reassessment</li></ul>	<ul style="list-style-type: none"><li>▪ Diet Planning Workbook™</li><li>▪ My Top Foods Shopping List</li><li>▪ My Antioxidants Shopping List</li><li>▪ My Food and Symptom Journal</li><li>▪ Symptom Reassessment tool</li><li>▪ Practical Assignment</li></ul>

# How to create a personalised nutritional programme (cont.)

Unit	Here's what you'll learn	Extra support material
<p>14.2 How to structure client consultations: Planning and monitoring nutritional programmes</p>	<ul style="list-style-type: none"><li>▪ Working with clients</li><li>▪ How to build your client's personalised nutritional plan</li><li>▪ How to structure a client session</li><li>▪ Follow-up sessions, monitoring, and reassessment</li><li>▪ Creating a session summary</li><li>▪ Getting your first clients</li></ul>	<ul style="list-style-type: none"><li>▪ Session Summary Handout for your clients</li><li>▪ Additional resources</li><li>▪ Practical Assignment</li><li>▪ Test your knowledge exercises</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Health benefits of 160 superfoods

Unit	Here's what you'll learn	Extra support material
<p>15. Health benefits of 160 superfoods: A to Z Superfoods Fact Sheets and Benefits</p>	<ul style="list-style-type: none"> <li>▪ Health benefits and nutritional values:               <ul style="list-style-type: none"> <li>○ Super vegetables</li> <li>○ Super starches</li> <li>○ Super legumes</li> <li>○ Super fruits</li> <li>○ Super dry fruits</li> <li>○ Super nuts and seeds</li> <li>○ Super grains</li> <li>○ Super herbs and spices</li> </ul> </li> <li>▪ Complete analysis for each food item:               <ul style="list-style-type: none"> <li>○ Health benefits</li> <li>○ Fibre</li> <li>○ Calories</li> <li>○ Protein</li> <li>○ Carbohydrates</li> <li>○ Total sugars</li> <li>○ Fats</li> <li>○ Vitamins</li> <li>○ Minerals</li> <li>○ Antioxidants (selected items)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ A to Z Superfoods Fact Sheets and Health Benefits</li> <li>▪ Practical Assignment</li> <li>▪ Your key takeaways</li> <li>▪ Idea bank creation</li> </ul>

# Nutritional advice for over 40 health conditions

Unit	Here's what you'll learn	Extra support material
16. Nutritional advice for over 40 health conditions	<ul style="list-style-type: none"><li>▪ Analysis of over 40 health conditions</li><li>▪ Includes the following for each condition:<ul style="list-style-type: none"><li>○ Description or typical symptoms</li><li>○ Nutrient deficiencies (where relevant)</li><li>○ Top tips for your client</li><li>○ Nutritional advice</li></ul></li></ul>	<ul style="list-style-type: none"><li>▪ Health Conditions: A Comprehensive Guide</li><li>▪ Additional Resources</li><li>▪ Practical Assignment</li><li>▪ Your key takeaways</li><li>▪ Idea bank creation</li></ul>

# Professional, Legal, Insurance, and Tax Considerations

Unit	Here's what you'll learn	Extra support material
<p>17.1 Dos, don'ts, and must dos as a Nutritional Therapist</p> <p>17.2 Legal, tax, insurance, and professional considerations (Includes templates of legal documents)</p>	<ul style="list-style-type: none"> <li>▪ The importance of acting responsibly and ethically with clients</li> <li>▪ Your role as Nutritional Therapist: What you CAN do, CANNOT do, and MUST do</li> <li>▪ The importance of medical advice</li> <li>▪ Which products or brands are the best ones to buy or put forward?</li> <li>▪ Running a successful practice</li> <li>▪ Setting up your practice</li> <li>▪ The 4 most important steps to follow</li> <li>▪ Types of insurance cover you need</li> <li>▪ Registering as self-employed</li> <li>▪ Your initial client consultation: How to prepare and legal forms to use (included in your course)</li> <li>▪ Observing client confidentiality and Data Protection</li> <li>▪ Required equipment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Client Health Check Questionnaire</li> <li>▪ Medical Referral Form</li> <li>▪ Client Informed Consent Form</li> <li>▪ Additional Resources</li> <li>▪ Test your knowledge exercises</li> </ul>

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