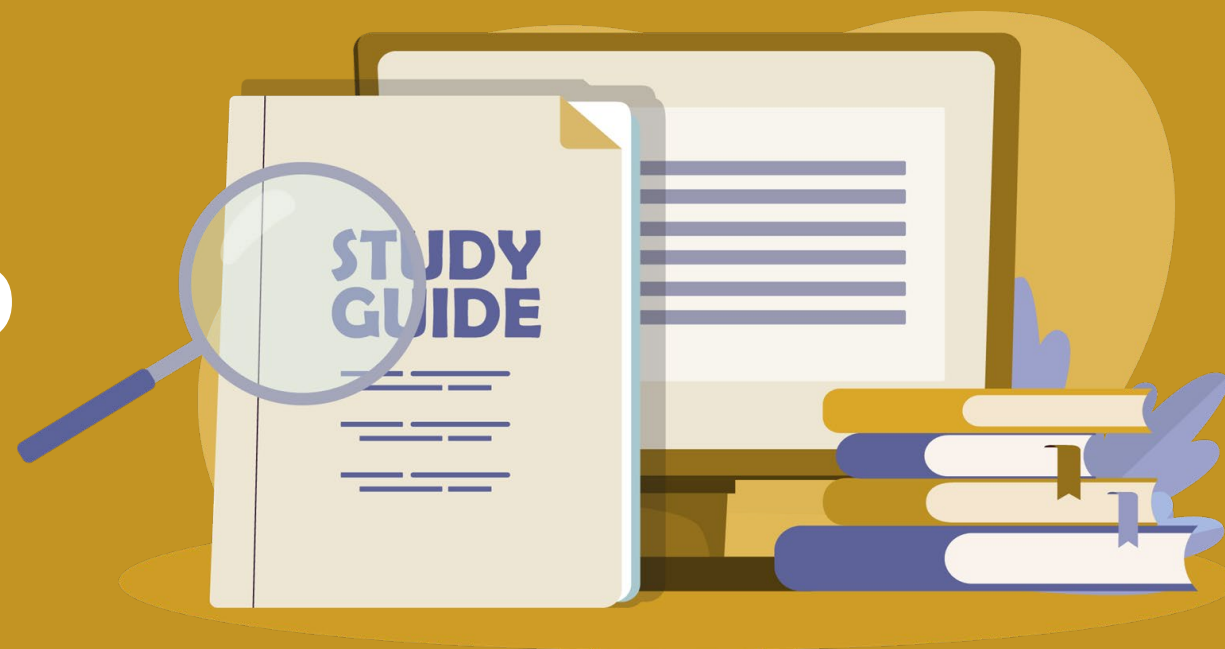


L.E.A.P SCHOLARSHIP STUDY GUIDE



Advisory and Client-Focused Certification

About the L.E.A.P Scholarship

- ✓ This scholarship gives you a proven system to have a successful nutrition practice with paying clients.
- ✓ You become a Nutritional Therapist with a specialisation in Lifestyle Medicine.
- ✓ You receive support throughout your journey.
- ✓ Learn about yourself and communication style of others.
- ✓ Learn how you can get nutrition clients so that you can establish earnings.
- ✓ Learn how you can serve your clients in a personalised manner.
- ✓ You receive an introduction to the B.A.N.K. methodology.

Start by taking the B.A.N.K. assessment [here](#) >

Notes to get you started

- ✓ You can use this Study Guide for your L.E.A.P Scholarship as a roadmap to complete your certifications within 1 year and start making a difference.
- ✓ You have the opportunity to work with practice clients throughout your training.
- ✓ As soon as you graduate from the Nutritional Therapist certification, you can work with paying nutrition clients.
- ✓ The time it will take you to become certified depends on your:
 - ✓ prior education level
 - ✓ learning ability
 - ✓ experience in the industry
 - ✓ time you spend on the resources
 - ✓ time available to you
- ✓ This Study Guide works best when you allocate at least 3 to 5 hours per week towards your studies.

Need additional assistance?

[Contact Learner Services](#)

Nutritional Therapist Month 1

Week 1

Modules 1, 2

- Skills Lab™: Personal Strategy Questionnaire (What's your goal?)
- Introduction to Nutritional Therapy
- Genetic Adaptations to Nutrition

Week 2

Modules 3, 4, 5

- Changing your genetic expression for better health
- Switching genes on and off
- How food changes your DNA

Week 3

Modules 6, 7

- Free radicals and DNA damage
- Skills Lab™: How to test your antioxidant capacity

Start working with practice clients

Week 4

Modules 8, 9

- Antioxidant foods for longevity and disease prevention
- Nature's Pharmacy: Polyphenols and phytochemicals

Nutritional Therapist Month 2

Week 5

Modules 10, 11

- How fibre makes you healthier
- Probiotics: Nature's Antibiotics

Week 6

Module 12

- Essential Nutrients and Antioxidants A to Z

Week 7

Module 13

- Skills Lab™: How to detect nutritional deficiencies

Week 8

Module 14

- Skills Lab™: How to create a personalised nutritional programme
- How to structure client consultations and monitor nutritional programmes

Nutritional Therapist Month 3

Week 9

Module 15

- Health benefits and micronutrients in 160 superfoods

Start looking for paying clients

Week 10

Module 16

- Nutritional advice for over 40 health conditions

Week 11

Module 16

- Nutritional advice for over 40 health conditions

Week 12

Module 17

- Dos, don'ts, and must dos as a Nutritional Therapist
- Professional, legal, tax, and insurance considerations
- ✓ Review your course materials and prepare for your final exam.
Good luck!

Client Focus Time (Months 4, 5, and 6)

- ✓ Learn about the B.A.N.K. methodology and your own personal communication style.
- ✓ Understand the codes of other people (learn, buy, communicate).
- ✓ Understand how that relates to finding and converting clients (buying behaviour).
- ✓ Use the Nutrition Client Log to register your new clients (included).
- ✓ Apply the 8-session program template (included).
- ✓ Communicate with your (new) paying clients in their language – personalise their experience to create success.
- ✓ Grow a successful nutrition business that earns money and makes a difference.

Receive a system and tools to help understand yourself and prospective clients that's simple to apply and proven

Fundamentals of Anatomy, Pathophysiology, and Lifestyle Medicine Month 7

Week 1

Modules 0, 1, 2

- Your certification fundamentals
- Skills Lab™: What's your goal?
- Why study anatomy, physiology, pathophysiology, and lifestyle medicine?
- Getting a grasp on anatomical terminology
- Cell fundamentals: The basic units of life
- What contributes to poorer health and disease?
- Transport across a membrane
- Cell division, mitosis, and meiosis

Week 2

Modules 3, 4

- What is metabolism?
- Enzymes: Catalysing reactions
- Why do we have skin?
- What are the different layers of the skin?
- Examining 6 common skin conditions

Week 3

Module 5, 6

- The bones that hold us together
- The fundamentals of 4 skeletal conditions
- Moving muscles
- Muscular system conditions

Week 4

Modules 7, 8

- The major control, regulatory, and communication system
- The brain and nerves of the nervous system
- Creating an action potential
- Nervous system conditions
- What are our special senses?
- Our 5 special senses
- 3 conditions relating to vision

Fundamentals of Anatomy, Pathophysiology, and Lifestyle Medicine Month 8

Week 5

Modules 9, 10

- Production, secretion, and regulation of hormones
- 6 structures and their hormones
- Endocrine system disorders
- Arteries, veins, and capillaries running through the body
- The components of our blood
- Cardiovascular system disorders

Week 6

Modules 11, 12

- Ridding the body of toxins, waste, and unwanted materials
- Fighting infection
- When the immune system is working too hard or not enough

Week 7

Module 13

- Introduction to the digestive system
- From mouth to stomach
- The stomach
- The pancreas, liver, and gallbladder
- The intestines
- Gastrointestinal conditions (part 1)
- Gastrointestinal conditions (part 2)

Week 8

Modules 14, 15

- The science behind breathing in and out
- When respiration is out of balance
- More than just removing waste through urine
- 4 Urinary system conditions

Fundamentals of Anatomy, Pathophysiology, and Lifestyle Medicine Month 9

Week 9

Module 16

- Water balance
- Electrolyte balance
- Acid-base balance

Plan to utilize your new knowledge with nutrition clients

Week 10

Modules 17, 18

- Female reproductive system
- Male reproductive system
- Conception and implantation
- Reproductive health concerns
- The 6 main human life cycle stages

Week 11

Modules 19, 20

- Health risk questionnaires
- Routine screenings per age Group
- Components of basic biometrics
- Thyroid and other common blood tests
- Lifestyle medicine practice within medical settings
- Lifestyle medicine practice outside medical settings
- Modifiable lifestyle factors for disease risk reduction

Week 12

Modules 21, 22

- Sleep and stress
 - Smoking and alcohol consumption
 - Weight maintenance, obesity, and metabolic syndrome
 - Dos, don'ts, and must dos
 - ✓ Review your course materials and prepare for your final exam.
- Good luck!

Growth Focus Time (Months 10, 11, and 12)

- ✓ Grow a successful nutrition business that earns money and makes a difference.
- ✓ Consistently find and convert new clients.
- ✓ Retain existing clients through improved communication – longer term relationships.
- ✓ Create referrals from your happy clients (testimonials).
- ✓ Integrate Lifestyle Medicine into your Nutrition Therapy practice.
- ✓ Apply the Client Lifestyle Questionnaire (included).
- ✓ Consider to excel as a Clinical Nutritionist (life career).
- ✓ Expand into new client niches and specialise further.

Need additional assistance?

[Contact Learner Services](#)

A useful calendar to help you plan your studies

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- ✓ Use this calendar to plan when you are going to study each week.
- ✓ Write in the week number and the number of hours you plan to study each day that week.
- ✓ Then at the end of each day check off whether you have achieved your goal of studying for that day.
- ✓ See the image below as an example:

Week #	Monday	Tuesday
1	1 hour <input checked="" type="checkbox"/>	1 hour <input type="checkbox"/>

Need additional assistance?

[Contact Learner Services](#)