

# Advanced Gut Restoration Nutritional Advisor™

Certification Curriculum

# Summary Certification Overview

|    |   |    |   |
|----|---|----|---|
| 1  | Is your gut healthy?                          | 14 | Swapping out the excesses                               |
| 2  | Investigating your unique gut                 | 15 | Active days   |
| 3  | Communication between gut and brain           | 16 | Restful nights  |
| 4  | Connecting genes to food                      | 17 | Pro and prebiotics: Boosting gut bacteria               |
| 5  | How stressed is your gut?                     | 18 | Repair and maintenance for a sturdy gut                 |
| 6  | Balancing hunger hormones                     | 19 | Plant-based and popular diets                           |
| 7  | Obesity: A burden for the gut to bear         | 20 | What's the fuss about FODMAPs?                          |
| 8  | Identifying and removing problem foods        | 21 | Designing elimination and rotation diets                |
| 9  | Uncovering allergies and intolerances         | 22 | Planning a personalised gut restoration diet            |
| 10 | Gluten: The full story                        | 23 | Common gut conditions <b>BONUS MODULE</b>               |
| 11 | Our guts on alcohol                           | 24 | Reducing risk for digestive cancers <b>BONUS MODULE</b> |
| 12 | The truth about drugs and digestion           | 25 | Microbiome testing <b>BONUS MODULE</b>                  |
| 13 | Replacing losses through the alimentary canal | 26 | Setting up your practice                                |



# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content  |
|------|--|
| 1    | Using nutrition to heal the gut                  |
| 2    | Skills Lab™: What's your goal?                   |
| 3    | Skills Lab™: How comfortable does your gut feel? |
| 4    | Following food from top to bottom                |
| 5    | Gut symptoms and springing a leak                |
| 6    | What are the 4R's?                               |
| 7    | Trillions of microbes in the gut                 |
| 8    | When the microbiome is out of balance            |
| 9    | What are enterotypes                             |
| 10   | Bacteria in our gut are talking to our brain     |



# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content   |
|------|---|
| 11   | Can the gut bacteria contribute to autism                     |
| 12   | Nutrigenetics and personalised nutrition                      |
| 13   | Can our diet alter our gene expression                        |
| 14   | Skills Lab™: What's in your kitchen?                          |
| 15   | Could your stomach pains be stress related?                   |
| 16   | What do you eat under stressful conditions?                   |
| 17   | Gut hormones: hungry messengers                               |
| 18   | Are our cravings due to changes in gut hormones?              |
| 19   | Is our gut bacteria making us overeat?                        |
| 20   | Is your client at risk for poor gut health due to excess fat? |



# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content  |
|------|--|
| 21   | Excess fat: a risk for poor gut health?          |
| 22   | Does dysbiosis contribute to obesity?            |
| 23   | Metabolic syndrome and the microbiome            |
| 24   | Skills Lab™: How "Western" is your diet          |
| 25   | Sugars in the "Western diet"                     |
| 26   | Fats in the "Western diet"                       |
| 27   | Which food additives could be harming your gut?  |
| 28   | What is an allergy?                              |
| 29   | Skills Lab™: Could you have a food intolerance?  |
| 30   | How is an intolerance different from an allergy? |



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| Unit | Content  |
|------|--|
| 31   | Skills Lab™: Could you have a problem with gluten?       |
| 32   | What is coeliac disease?                                 |
| 33   | Could it be non-coeliac gluten sensitivity?              |
| 34   | Gluten sensitivity or something else?                    |
| 35   | Skills Lab™: Are you planning to remove gluten           |
| 36   | Skills Lab™: Is your alcohol intake putting you at risk? |
| 37   | Can alcohol cause physical damage to our gut?            |
| 38   | The indirect effects of alcohol on the gut               |
| 39   | Skills Lab™: Tracking and calculating alcoholic units    |
| 40   | Impact of antibiotics and NSAIDS                         |



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| Unit | Content  |
|------|--|
| 41   | Examining antacids and the Pill                          |
| 42   | Where losses occur in the mouth and stomach              |
| 43   | Where losses occur in the pancreas and liver             |
| 44   | Replacing sugars and processed food                      |
| 45   | Replacing saturated fat and salt                         |
| 46   | Replacing gluten and lactose                             |
| 47   | Skills Lab™: Making healthy food changes                 |
| 48   | Skills Lab™: Are you being active in protecting your gut |
| 49   | Does an active life mean a protected gut?                |
| 50   | Skills Lab™: Are you getting enough sleep for your gut   |



# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content   |
|------|---|
| 51   | Rested nights, restful gut                      |
| 52   | What are probiotics?                            |
| 53   | How do probiotics work their magic?             |
| 54   | Prebiotics: feeding your gut                    |
| 55   | Synbiotics and faecal microbial transplantation |
| 56   | Probiotic, prebiotic, and fermented food guide  |
| 57   | Repairing with vitamins                         |
| 58   | Omega 3 and zinc to the rescue                  |
| 59   | A Trio of gut supporters                        |
| 60   | Is plant-based the answer?                      |





# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content   |
|------|---|
| 61   | Four popular diets uncovered                              |
| 62   | Skills Lab™: Is low FODMAP right for me?                  |
| 63   | A low FODMAP diet for those with IBS                      |
| 64   | Skills Lab™: Are you falling foul of FODMAPs?             |
| 65   | What are elimination and rotation diets?                  |
| 66   | Skills Lab™: How to eliminate foods effectively           |
| 67   | Skills Lab™: Designing your client's gut restoration diet |
| 68   | Structuring client consultations                          |
| 69   | Gut conditions manual (Part 1)                            |
| 70   | Gut conditions manual (Part 2)                            |



# Advanced Gut Restoration Nutritional Advisor™

| Unit | Content   |
|------|---|
| 71   | Skills Lab™: Making the most of seeing a gastroenterologist |
| 72   | Digestive cancers manual (Part 1)                           |
| 73   | Digestive cancers manual (Part 2)                           |
| 74   | Risk factors for digestive cancers                          |
| 75   | Protective factors for digestive cancers                    |
| 76   | Skills Lab™: How to ask your doctor about cancer            |
| 77   | Microbiome testing  |
| 78   | Dos, don'ts, and must dos                                   |
| 79   | Professional, legal, insurance, and tax considerations      |

# 0. Advisory fundamentals

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>0.1 Using nutrition to heal the gut</p> <p>0.2 Skills Lab™: What's your goal?</p> | <ul style="list-style-type: none"> <li>▪ A journey of scientific discovery</li> <li>▪ Learning advanced science</li> <li>▪ When discomfort is chronic...</li> <li>▪ Scope of this course</li> <li>▪ Your role</li> <li>▪ The aim of this certification</li> <li>▪ What else will you learn?</li> <li>▪ From knowledge to practice</li> <li>▪ More about your course materials</li> <li>▪ Setting up your practice</li> <li>▪ Introducing your Success Map</li> <li>▪ Setting up for success</li> <li>▪ Tell us your goals</li> <li>▪ Your Personal Strategy Questionnaire</li> <li>▪ Let's get started!</li> </ul> | <ul style="list-style-type: none"> <li>▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)</li> </ul> |

# 1. Is your gut healthy?

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>1.1 Skills Lab™:<br/>How comfortable does your gut feel?</p> <p>1.2 Following food from top to bottom</p> <p>1.3 Gut symptoms and springing a leak</p> <p>1.4 What are the 4R's?</p> | <ul style="list-style-type: none"> <li>▪ How do we measure gut health?</li> <li>▪ What's in the assessment?</li> <li>▪ Gut Discomfort Assessment™ consists of the:               <ol style="list-style-type: none"> <li>1. Post-meal Discomfort Evaluation™</li> <li>2. Gut Discomfort Questionnaire™</li> </ol> </li> <li>▪ Let's see a real client example!</li> <li>▪ Gut Discomfort Assessment™ example</li> <li>▪ Understanding the results</li> <li>▪ Building a personalised plan</li> <li>▪ Tracking your client's progress</li> <li>▪ Exploring gut physiology</li> <li>▪ Suffering in silence</li> <li>▪ Fundamentals first</li> <li>▪ A long way down</li> <li>▪ The digestive system</li> <li>▪ The first entry point of food</li> <li>▪ The stomach</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gut Discomfort Assessment™</li> <li>▪ Post-meal Discomfort Evaluation™</li> <li>▪ Gut Discomfort Questionnaire™</li> <li>▪ The 4 'R's: rebuilding your gut handout</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 1. Is your gut healthy?

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>1.1 Skills Lab™:<br/>How comfortable does your gut feel?</p> | <ul style="list-style-type: none"> <li>▪ The long and winding road...</li> <li>▪ An apartment in the gut?</li> <li>▪ Alimentary canal area</li> <li>▪ The importance of folds</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gut Discomfort Assessment™</li> <li>▪ Post-meal Discomfort Evaluation™</li> </ul>  |
| <p>1.2 Following food from top to bottom</p>                    | <ul style="list-style-type: none"> <li>▪ What's left for the colon to do?</li> <li>▪ What if something goes wrong?</li> <li>▪ Digestion not working as it should?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gut Discomfort Questionnaire™</li> </ul>   |
| <p>1.3 Gut symptoms and springing a leak</p>                    | <ul style="list-style-type: none"> <li>▪ What are the signs?</li> <li>▪ What do the symptoms mean?</li> <li>▪ IBS: The mystery condition?</li> <li>▪ What can we do?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ The 4 'R's: rebuilding your gut handout</li> <li>▪ Practical Assignment</li> </ul> |
| <p>1.4 What are the 4R's?</p>                                   | <ul style="list-style-type: none"> <li>▪ A first key concept</li> <li>▪ Not a new idea</li> <li>▪ What is the "leaky gut"?</li> <li>▪ Normal gut vs "leaky gut"</li> <li>▪ How do molecules pass through?</li> <li>▪ What are the junction proteins?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>   |

# 1. Is your gut healthy?

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>1.1 Skills Lab™:<br/>How comfortable does your gut feel?</p> <p>1.2 Following food from top to bottom</p> <p>1.3 Gut symptoms and springing a leak</p> <p>1.4 What are the 4R's?</p> | <ul style="list-style-type: none"> <li>▪ How does the “leaky gut” occur?</li> <li>▪ How is the “leaky gut” defined?</li> <li>▪ What causes the damage?</li> <li>▪ Looking to reduce leakiness</li> <li>▪ What's the use of the 4 'R's?</li> <li>▪ The 4 'R's: rebuilding your gut</li> <li>▪ Clearing the site</li> <li>▪ Building the structure</li> <li>▪ Moving in</li> <li>▪ Fixing the leaks</li> <li>▪ The finished home</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gut Discomfort Assessment™</li> <li>▪ Post-meal Discomfort Evaluation™</li> <li>▪ Gut Discomfort Questionnaire™</li> <li>▪ The 4 'R's: rebuilding your gut handout</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

## 2. Your unique gut

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>2.1 Trillions of microbes in the gut</p> <p>2.2 When the microbiome is out of balance</p> <p>2.3 What are enterotypes</p> | <ul style="list-style-type: none"> <li>▪ Bacteria in our gut?</li> <li>▪ The tiny puppet masters</li> <li>▪ Scientific classification</li> <li>▪ Naming bacteria and viruses</li> <li>▪ Where is our microbiome from?</li> <li>▪ Bacteria before birth?</li> <li>▪ Our first main bacterial exposure</li> <li>▪ Are there other factors involved?</li> <li>▪ What about after birth?</li> <li>▪ 4 influences on our gut microbiome</li> <li>▪ Variation between individuals</li> <li>▪ Antibiotics for infants</li> <li>▪ Early bacterial sources</li> <li>▪ More to the microbiome?</li> <li>▪ Viruses: friends or foe?</li> <li>▪ Just a phage?</li> <li>▪ Temperate vs lytic bacteriophages</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

## 2. Your unique gut

| Unit                                      | Here's what you'll learn  | Extra support material  |
|---|---|---|
| 2.1 Trillions of microbes in the gut      | <ul style="list-style-type: none"> <li>▪ A balancing act?</li> <li>▪ No longer running smoothly?</li> <li>▪ “Helpful” vs “Harmful”?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul> |
| 2.2 When the microbiome is out of balance | <ul style="list-style-type: none"> <li>▪ Tipping the scales</li> <li>▪ Dysbiosis and the “leaky gut”?</li> <li>▪ A hostile takeover?</li> <li>▪ Too many bacteria?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Video</li> </ul>                         |
| 2.3 What are enterotypes                  | <ul style="list-style-type: none"> <li>▪ Dysbiosis: what comes first?</li> <li>▪ Helping a client</li> <li>▪ Testing for dysbiosis?</li> <li>▪ All about moderation</li> <li>▪ Viruses and gut health?</li> <li>▪ Viruses and IBD</li> <li>▪ Maintaining balance</li> <li>▪ Are we in or out of balance?</li> <li>▪ What is an enterotype?</li> <li>▪ How were enterotypes discovered?</li> </ul> |   |



## 2. Your unique gut

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>2.1 Trillions of microbes in the gut</p> <p>2.2 When the microbiome is out of balance</p> <p>2.3 What are enterotypes</p> | <ul style="list-style-type: none"> <li>▪ The three suggested enterotypes</li> <li>▪ Enterotypes and nutrients</li> <li>▪ Breaking down fibre</li> <li>▪ How many enterotypes?</li> <li>▪ Not as clear as it seems?</li> <li>▪ The debate continues...</li> <li>▪ Prevotella vs Bacteroides?</li> <li>▪ And the winner is?</li> <li>▪ Changes down to diet?</li> <li>▪ Can we shift enterotypes?</li> <li>▪ And in the short term?</li> <li>▪ What about the rest?</li> <li>▪ Going with your “gut feeling”</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 3. Communication between gut and brain

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>3.1 Bacteria in our gut are talking to our brain</p> <p>3.2 Can the gut bacteria contribute to autism</p> | <ul style="list-style-type: none"> <li>▪ Butterflies in your belly?</li> <li>▪ Achieving top performance</li> <li>▪ Two-way chatter</li> <li>▪ Maintaining gut control</li> <li>▪ A snapshot of the ENS</li> <li>▪ Unravelling the mystery</li> <li>▪ How many routes to the brain?</li> <li>▪ Linking the gut and emotion</li> <li>▪ Pathways to the brain</li> <li>▪ Path 1: the long way to the top</li> <li>▪ Linking stress to our gut</li> <li>▪ Path 2: the direct route</li> <li>▪ Path 3: bacteria making happiness?</li> <li>▪ Path 4: modified immunity?</li> <li>▪ A potential “epidemic”?</li> <li>▪ Is there more to the gut-brain link?</li> <li>▪ Busting myths about autism</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 3. Communication between gut and brain

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>3.1 Bacteria in our gut are talking to our brain</p> <p>3.2 Can the gut bacteria contribute to autism</p> | <ul style="list-style-type: none"> <li>▪ What are the symptoms?</li> <li>▪ Symptoms of autism</li> <li>▪ Is there a cure?</li> <li>▪ Microbiota-gut-brain axis and ASD?</li> <li>▪ Severity of symptoms</li> <li>▪ Microbiome imbalance in autism?</li> <li>▪ A weakened immune system?</li> <li>▪ Not only changes in bacteria</li> <li>▪ Foods and autism?</li> <li>▪ A difficult dinnertime</li> <li>▪ Nutrition for our genes</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 4. Connecting genes to food

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>4.1 Nutrigenetics and personalised nutrition</p> <p>4.2 Can our diet alter our gene expression</p> <p>4.3 Skills Lab™: What's in your kitchen?</p> | <ul style="list-style-type: none"> <li>▪ Making a unique gut</li> <li>▪ What do genes have to do with it?</li> <li>▪ How do we define nutrigenetics?</li> <li>▪ Can you tolerate the white stuff?</li> <li>▪ Lactase and ageing</li> <li>▪ What is the default state?</li> <li>▪ Does geography matter?</li> <li>▪ Lactase persistence</li> <li>▪ Is there a “vegetarian gene”?</li> <li>▪ The LCPUFA connection</li> <li>▪ From ALA to DHA</li> <li>▪ Does geography still matter?</li> <li>▪ What can you do?</li> <li>▪ 23and... you?</li> <li>▪ Lactose gene results</li> <li>▪ Does our diet affect our genes?</li> <li>▪ Same code, different expression</li> </ul> | <ul style="list-style-type: none"> <li>▪ The Food Habits Workbook™ which consists of the:</li> <li>▪ Food Inventory Check™</li> <li>▪ Favourite Foods, Easy Meals™</li> <li>▪ 24-Hour Food Recall™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 4. Connecting genes to food

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>4.1 Nutrigenetics and personalised nutrition</p> <p>4.2 Can our diet alter our gene expression</p> <p>4.3 Skills Lab™: What's in your kitchen?</p> | <ul style="list-style-type: none"> <li>▪ Winning the lottery?</li> <li>▪ Adding tags to genes</li> <li>▪ Epigenetics in action</li> <li>▪ Vitamin D for gut health?</li> <li>▪ A mutated NOD2</li> <li>▪ A equals B equals C?</li> <li>▪ Genes aren't everything!</li> <li>▪ How are your client's eating habits?</li> <li>▪ What's your client eating?</li> <li>▪ What's in this workbook?</li> <li>▪ Tracking the habits to make change</li> <li>▪ The Food Habits Workbook™ which consists of the:               <ol style="list-style-type: none"> <li>1. Food Inventory Check™</li> <li>2. Favourite Foods, Easy Meals™</li> <li>3. 24-Hour Food Recall™</li> </ol> </li> </ul> | <ul style="list-style-type: none"> <li>▪ The Food Habits Workbook™ which consists of the:</li> <li>▪ Food Inventory Check™</li> <li>▪ Favourite Foods, Easy Meals™</li> <li>▪ 24-Hour Food Recall™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 4. Connecting genes to food

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>4.1 Nutrigenetics and personalised nutrition</p> <p>4.2 Can our diet alter our gene expression</p> <p>4.3 Skills Lab™: What's in your kitchen?</p> | <ul style="list-style-type: none"> <li>▪ Your client's dietary baseline</li> <li>▪ Linking habits and symptoms</li> <li>▪ Practical Assignment</li> </ul> | <ul style="list-style-type: none"> <li>▪ The Food Habits Workbook™ which consists of the:               <ul style="list-style-type: none"> <li>▪ Food Inventory Check™</li> <li>▪ Favourite Foods, Easy Meals™</li> <li>▪ 24-Hour Food Recall™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> </li> </ul> |

# 5. Influence of a stressed gut

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>5.1 Could your stomach pains be stress related?</p> <p>5.2 Skills Lab™: What do you eat under stressful conditions?</p> | <ul style="list-style-type: none"> <li>▪ Anxiety causing stomach pains?</li> <li>▪ Stress Identification Audit™</li> <li>▪ Bringing in another pathway</li> <li>▪ The HPA axis: a key player</li> <li>▪ Dysbiosis = anxiety = dysbiosis?</li> <li>▪ Bi-directional communication</li> <li>▪ Not just IBD</li> <li>▪ Top-down or bottom-up?</li> <li>▪ Bacteria causing stress?</li> <li>▪ An anxious leaky gut?</li> <li>▪ Sleeping on the job</li> <li>▪ Proposed mechanism?</li> <li>▪ Lowering stress?</li> <li>▪ 12 Tips for reducing stress</li> <li>▪ A change in food choices</li> <li>▪ What your client eats when stressed</li> </ul> | <ul style="list-style-type: none"> <li>▪ Stress Identification Audit™</li> <li>▪ 12 Tips for reducing stress</li> <li>▪ Stress Eating Assessment™ consists of the Comfort Eating Evaluation™ and</li> <li>▪ Under-eating / Overeating Evaluation™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 5. Influence of a stressed gut

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>5.1 Could your stomach pains be stress related?</p> <p>5.2 Skills Lab™: What do you eat under stressful conditions?</p> | <ul style="list-style-type: none"> <li>▪ What's in the assessment?</li> <li>▪ Stress Eating Assessment™</li> <li>▪ What do the results mean?</li> <li>▪ Supporting your client</li> <li>▪ Tracking your client's comfort eating</li> <li>▪ Tracking your client's stress eating</li> <li>▪ Client talk</li> <li>▪ Hormonal regulation of eating?</li> <li>▪ Practical Assignment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Stress Identification Audit™</li> <li>▪ 12 Tips for reducing stress handout</li> <li>▪ Stress Eating Assessment™ consists of the Comfort Eating Evaluation™ and</li> <li>▪ Under-eating / Overeating Evaluation™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |



# 6. Understanding hunger hormones

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>6.1 Gut hormones: hungry messengers</p> <p>6.2 Are our cravings due to changes in gut hormones?</p> <p>6.3 Is our gut bacteria making us overeat?</p> | <ul style="list-style-type: none"> <li>▪ Molecules controlling hunger?</li> <li>▪ Sending a message</li> <li>▪ Many messengers</li> <li>▪ Leptin: the “satiety hormone”</li> <li>▪ A break in the signal</li> <li>▪ Ghrelin: the “hunger hormone”</li> <li>▪ The leptin and ghrelin balance</li> <li>▪ CCK: The “fat/protein responder”</li> <li>▪ Insulin: the “blood sugar reducer”</li> <li>▪ Glucagon: the “blood sugar raiser”</li> <li>▪ Insulin, glucagon, and blood glucose</li> <li>▪ Amylin: insulin’s “little helper”</li> <li>▪ GLP-1 and GIP: the incretins</li> <li>▪ Peptide YY: the “suppressor”</li> <li>▪ Gut hormone secretion zones</li> <li>▪ Honourable mentions</li> <li>▪ Hormone “cheat sheet”</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 6. Understanding hunger hormones

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>6.1 Gut hormones: hungry messengers</p> <p>6.2 Are our cravings due to changes in gut hormones?</p> <p>6.3 Is our gut bacteria making us overeat?</p> | <ul style="list-style-type: none"> <li>▪ Getting hormones under control</li> <li>▪ 8 hormone balancing tips</li> <li>▪ The root of food cravings?</li> <li>▪ Why do we overeat?</li> <li>▪ Craving chocolate?</li> <li>▪ Dopamine: the “rewarder”</li> <li>▪ Is palatable food like a drug?</li> <li>▪ Interactions with dopamine?</li> <li>▪ Rewarded by fat and sugar?</li> <li>▪ Primed to comfort eat?</li> <li>▪ Do you eat more, or less?</li> <li>▪ Finding comfort in food</li> <li>▪ Increasing emotional responses</li> <li>▪ When stress becomes chronic</li> <li>▪ Insulin and emotional eating</li> <li>▪ The impact of chronic stress</li> <li>▪ PYY vs NPY: fighting for feeding?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 6. Understanding hunger hormones

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>6.1 Gut hormones: hungry messengers</p> <p>6.2 Are our cravings due to changes in gut hormones?</p> <p>6.3 Is our gut bacteria making us overeat?</p> | <ul style="list-style-type: none"> <li>▪ GLP-1 and emotional regulation</li> <li>▪ GLP-1 and food reward</li> <li>▪ Eating behaviour and gut disorder?</li> <li>▪ Binge eating and IBS</li> <li>▪ Can bacteria alter hormone levels?</li> <li>▪ Uneven gut = uneven hormones?</li> <li>▪ Bacteria as an endocrine organ?</li> <li>▪ Made from tryptophan</li> <li>▪ Serotonin: the “controller”</li> <li>▪ Is tryptophan the key?</li> <li>▪ Theft of tryptophan?</li> <li>▪ The “tryptophan balance”</li> <li>▪ Bacteria affecting our cells?</li> <li>▪ SCFAs adding up</li> <li>▪ Gut hormones are gut healers?</li> <li>▪ Intriguing correlations</li> <li>▪ The microbiome in emotion</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 6. Understanding hunger hormones

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>6.1 Gut hormones: hungry messengers</p> <p>6.2 Are our cravings due to changes in gut hormones?</p> <p>6.3 Is our gut bacteria making us overeat?</p> | <ul style="list-style-type: none"><li>▪ The vicious cycle of eat and repeat</li><li>▪ The microbiome's role in the cycle</li><li>▪ Breaking the cycle</li><li>▪ Using bacteria to break the cycle</li><li>▪ Ready for the 4R program?</li></ul> | <ul style="list-style-type: none"><li>▪ Test Your Knowledge exercises</li><li>▪ Video</li></ul> |

# 7. Obesity and the gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>7.1 Is your client at risk for poor gut health due to excess fat?</p> | <ul style="list-style-type: none"> <li>▪ Ready for implementation?</li> <li>▪ The 4 'R's: rebuilding your gut</li> <li>▪ The first R: removing excess</li> <li>▪ How to calculate a person's BMI</li> <li>▪ BMI first</li> </ul> | <ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Daily Caloric Need Calculator™</li> </ul> |
| <p>7.2 Excess fat: a risk for poor gut health?</p>                       | <ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Is BMI an accurate measure?</li> <li>▪ Getting it right</li> <li>▪ Getting to the ideal weight range</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul>           |
| <p>7.3 Does dysbiosis contribute to obesity?</p>                         | <ul style="list-style-type: none"> <li>▪ 3 steps for calculating calories</li> <li>▪ Step 1 – BMR</li> <li>▪ Step 1 – Practice</li> <li>▪ Step 2 – PAL</li> </ul>  |  |
| <p>7.4 Metabolic syndrome and the microbiome</p>                         | <ul style="list-style-type: none"> <li>▪ Step 2 – Practice</li> <li>▪ Step 3 – DCN</li> <li>▪ Step 3 – Practice</li> <li>▪ Calorie calculator answers</li> </ul>   |  |

# 7. Obesity and the gut

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>7.1 Is your client at risk for poor gut health due to excess fat?</p> | <ul style="list-style-type: none"> <li>▪ Daily Caloric Need Calculator™</li> <li>▪ Example</li> <li>▪ Gradual weight loss</li> <li>▪ Client talk tips</li> <li>▪ Does excess fat alter gut health?</li> </ul> | <ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Daily Caloric Need Calculator™</li> </ul> |
| <p>7.2 Excess fat: a risk for poor gut health?</p>                       | <ul style="list-style-type: none"> <li>▪ Obesity: a global crisis?</li> <li>▪ The first R: removing excess</li> <li>▪ Is it our environment?</li> <li>▪ Is it our genes?</li> </ul>                           | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul>           |
| <p>7.3 Does dysbiosis contribute to obesity?</p>                         | <ul style="list-style-type: none"> <li>▪ It's... both!</li> <li>▪ Apples and pears?</li> <li>▪ Is obesity pushing us too hard?</li> <li>▪ Can weight loss help?</li> </ul>                                    |  |
| <p>7.4 Metabolic syndrome and the microbiome</p>                         | <ul style="list-style-type: none"> <li>▪ Managing GERD</li> <li>▪ Fat cells causing inflammation?</li> <li>▪ Inflammation around the body</li> <li>▪ Adipocytes and inflammation</li> </ul>                   |  |

# 7. Obesity and the gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>7.1 Is your client at risk for poor gut health due to excess fat?</p> | <ul style="list-style-type: none"> <li>▪ Inflammation on the move?</li> <li>▪ Increasing all IBS symptoms?</li> <li>▪ Diarrhoea or constipation?</li> <li>▪ What are we missing?</li> <li>▪ Bacteria influencing obesity?</li> </ul> | <ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Daily Caloric Need Calculator™</li> </ul> |
| <p>7.2 Excess fat: a risk for poor gut health?</p>                       | <ul style="list-style-type: none"> <li>▪ Diet, obesity and dysbiosis</li> <li>▪ Two theories for obesity?</li> <li>▪ Short-chain fatty acids and energy</li> <li>▪ Does butyrate cause fat gain?</li> </ul>                          | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                            |
| <p>7.3 Does dysbiosis contribute to obesity?</p>                         | <ul style="list-style-type: none"> <li>▪ “Leaky gut” and inflammation</li> <li>▪ Is it the diet?</li> <li>▪ Hormones and the microbiome</li> <li>▪ Leptin sensitivity and resistance</li> </ul>                                      | <ul style="list-style-type: none"> <li>▪ Video</li> </ul>  |
| <p>7.4 Metabolic syndrome and the microbiome</p>                         | <ul style="list-style-type: none"> <li>▪ How does leptin resistance happen?</li> <li>▪ Microbial diversity</li> <li>▪ Other obesity-related conditions?</li> <li>▪ Metabolic misalignment?</li> </ul>                                |  |

# 7. Obesity and the gut

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>7.1 Is your client at risk for poor gut health due to excess fat?</p> | <ul style="list-style-type: none"> <li>▪ What is metabolic syndrome?</li> <li>▪ From obesity to metabolic syndrome</li> <li>▪ Rising pressure?</li> <li>▪ The microbiome and hypertension?</li> <li>▪ Dyslipidaemia and the microbiome</li> </ul> | <ul style="list-style-type: none"> <li>▪ BMI Calculator</li> <li>▪ Daily Caloric Need Calculator™</li> </ul> |
| <p>7.2 Excess fat: a risk for poor gut health?</p>                       | <ul style="list-style-type: none"> <li>▪ Mouse studies into dyslipidaemia</li> <li>▪ Passing MS through bacteria?</li> <li>▪ What is insulin resistance?</li> <li>▪ How does insulin resistance occur?</li> </ul>                                 | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                            |
| <p>7.3 Does dysbiosis contribute to obesity?</p>                         | <ul style="list-style-type: none"> <li>▪ Insulin resistance through bacteria?</li> <li>▪ Weight loss to prevent dysbiosis?</li> <li>▪ Removing problem foods</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Video</li> </ul>  |
| <p>7.4 Metabolic syndrome and the microbiome</p>                         |   |  |



# 8. Identifying and removing problem foods

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>8.1 Skills Lab™: How "Western" is your diet</p> <p>8.2 Sugars in the "Western diet"</p> <p>8.3 Fats in the "Western diet"</p> <p>8.4 Which food additives could be harming your gut?</p> | <ul style="list-style-type: none"> <li>▪ The “Western diet” problem</li> <li>▪ What’s in the assessment?</li> <li>▪ Which assessments to take?</li> <li>▪ The Western Diet Assessment™ which consists of the:               <ol style="list-style-type: none"> <li>1. Added Sugar Evaluation™</li> <li>2. Saturated Fat Evaluation™</li> <li>3. Non-animal Fat Evaluation™</li> </ol> </li> <li>▪ Let’s see a real client example!</li> <li>▪ Western Diet Assessment™ example</li> <li>▪ Understanding the results</li> <li>▪ Tracking my client – Omnivore</li> <li>▪ Tracking my client – Vegetarian</li> <li>▪ Swapping options</li> <li>▪ Practical Assignment</li> <li>▪ What is a “Western diet”?</li> <li>▪ Obsession for the Western diet</li> </ul> | <ul style="list-style-type: none"> <li>▪ Western Diet Assessment™</li> <li>▪ Added Sugar Evaluation™</li> <li>▪ Saturated Fat Evaluation™</li> <li>▪ Non-animal Fat Evaluation™</li> <li>▪ Practical Assignment</li> <li>▪ Sources of additives handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 8. Identifying and removing problem foods

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>8.1 Skills Lab™:<br/>How "Western" is your diet</p>     | <ul style="list-style-type: none"> <li>▪ Sugar in the diet</li> <li>▪ Fructose free-for-all</li> <li>▪ What are FODMAPs?</li> <li>▪ The main FODMAP groups</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Western Diet Assessment™</li> <li>▪ Added Sugar Evaluation™</li> </ul>           |
| <p>8.2 Sugars in the "Western diet"</p>                    | <ul style="list-style-type: none"> <li>▪ What do FODMAPs do?</li> <li>▪ FODMAPs and gut distress</li> <li>▪ Fructose: hard to stomach?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Saturated Fat Evaluation™</li> </ul>   |
| <p>8.3 Fats in the "Western diet"</p>                      | <ul style="list-style-type: none"> <li>▪ Sugar and bile</li> <li>▪ Back to the microbiome</li> <li>▪ Is refined sugar a "feeder"?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Non-animal Fat Evaluation™</li> <li>▪ Practical Assignment</li> </ul>            |
| <p>8.4 Which food additives could be harming your gut?</p> | <ul style="list-style-type: none"> <li>▪ Fructose vs glucose</li> <li>▪ Reactive sugar?</li> <li>▪ The sweetest issue?</li> <li>▪ Should I quit sugar completely?</li> <li>▪ Kicking the sugar habit</li> <li>▪ Sugar sources in the UK diet</li> <li>▪ Sugar, the villain?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Sources of additives handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 8. Identifying and removing problem foods

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>8.1 Skills Lab™:<br/>How "Western" is your diet</p>     | <ul style="list-style-type: none"> <li>▪ Sugar vs fat, or sugar AND fat?</li> <li>▪ High-fat diets in the lab</li> <li>▪ Are all fats created equal?</li> <li>▪ The structures of fats</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Western Diet Assessment™</li> <li>▪ Added Sugar Evaluation™</li> </ul>           |
| <p>8.2 Sugars in the "Western diet"</p>                    | <ul style="list-style-type: none"> <li>▪ Saturated fats and inflammation</li> <li>▪ Common "bad fat" sources</li> <li>▪ Trans fats and the gut</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Saturated Fat Evaluation™</li> <li>▪ Non-animal Fat Evaluation™</li> </ul>       |
| <p>8.3 Fats in the "Western diet"</p>                      | <ul style="list-style-type: none"> <li>▪ The "good" news about trans fats</li> <li>▪ Partners in crime?</li> <li>▪ The "Western diet" on a spoon</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>  |
| <p>8.4 Which food additives could be harming your gut?</p> | <ul style="list-style-type: none"> <li>▪ Reducing the pressure</li> <li>▪ Dietary guidelines for fat and sugar</li> <li>▪ What about food additives?</li> <li>▪ An added risk?</li> <li>▪ A savoury dilemma</li> <li>▪ Bacteria eating salt?</li> <li>▪ Transferring salt-sensitive bacteria</li> </ul> | <ul style="list-style-type: none"> <li>▪ Sources of additives handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 8. Identifying and removing problem foods

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>8.1 Skills Lab™:<br/>How "Western" is your diet</p>     | <ul style="list-style-type: none"> <li>▪ Bacteria fighting salt?</li> <li>▪ Salt and stomach cancer?</li> <li>▪ Reducing salt intake</li> <li>▪ What are emulsifiers?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Western Diet Assessment™</li> <li>▪ Added Sugar Evaluation™</li> </ul>           |
| <p>8.2 Sugars in the "Western diet"</p>                    | <ul style="list-style-type: none"> <li>▪ Are emulsifiers a problem?</li> <li>▪ Human studies into emulsifiers?</li> <li>▪ Simulating the gut in the lab</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Saturated Fat Evaluation™</li> <li>▪ Non-animal Fat Evaluation™</li> </ul>       |
| <p>8.3 Fats in the "Western diet"</p>                      | <ul style="list-style-type: none"> <li>▪ Emulsifiers in the gut model system</li> <li>▪ Avoiding emulsifiers</li> <li>▪ A contentious subject?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>  |
| <p>8.4 Which food additives could be harming your gut?</p> | <ul style="list-style-type: none"> <li>▪ Artificial sweeteners and the gut</li> <li>▪ So what about low doses?</li> <li>▪ Any observable changes?</li> <li>▪ Does the dose make the poison?</li> <li>▪ Hitting the sweet spot</li> <li>▪ Sources of additives</li> <li>▪ Is it an allergy? Or an intolerance?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Sources of additives handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 9. Identifying allergies and intolerances

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>9.1 What is an allergy?</p> <p>9.2 Skills Lab™: Could you have a food intolerance?</p> <p>9.3 How is an intolerance different from an allergy?</p> | <ul style="list-style-type: none"> <li>▪ More to remove?</li> <li>▪ Is it still edible?</li> <li>▪ Sources of allergens</li> <li>▪ Common reactions to food allergens</li> <li>▪ Why do food allergies occur?</li> <li>▪ How are food allergies triggered?</li> <li>▪ The IgE-mediated allergic response</li> <li>▪ Not always IgE?</li> <li>▪ FPIES: A rare allergy</li> <li>▪ Allergens causing leaks?</li> <li>▪ IgE-mediated permeability</li> <li>▪ Early life “priming” for allergies</li> <li>▪ Other early life factors</li> <li>▪ The infant microbiome</li> <li>▪ Allergy or an intolerance?</li> <li>▪ What is an intolerance?</li> <li>▪ What’s in the assessment?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Common reactions to food allergens</li> <li>▪ Intolerance Risk Assessment™</li> <li>▪ Digestive Symptom Check™</li> <li>▪ Non-digestive Symptom Check™</li> <li>▪ Practical Assignment</li> <li>▪ Symptom and Food Monitor™</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 9. Identifying allergies and intolerances

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>9.1 What is an allergy?</p> <p>9.2 Skills Lab™: Could you have a food intolerance?</p> <p>9.3 How is an intolerance different from an allergy?</p> | <ul style="list-style-type: none"> <li>▪ The Intolerance Risk Assessment™ which consists of the:               <ol style="list-style-type: none"> <li>1. Digestive Symptom Check™</li> <li>2. Non-digestive Symptom Check™</li> </ol> </li> <li>▪ What do the results mean?</li> <li>▪ More on intolerances</li> <li>▪ Tracking your client's progress</li> <li>▪ Practical Assignment</li> <li>▪ Allergy vs intolerance</li> <li>▪ Possible intolerance triggers?</li> <li>▪ Sources of intolerances?</li> <li>▪ Chemicals implicated in intolerance</li> <li>▪ A new player in milk intolerance?</li> <li>▪ A prevalent problem?</li> <li>▪ Testing for allergy and intolerance</li> <li>▪ Could you have a food intolerance?</li> <li>▪ Non-science backed tests</li> </ul> | <ul style="list-style-type: none"> <li>▪ Common reactions to food allergens</li> <li>▪ Intolerance Risk Assessment™</li> <li>▪ Digestive Symptom Check™</li> <li>▪ Non-digestive Symptom Check™</li> <li>▪ Practical Assignment</li> <li>▪ Symptom and Food Monitor™</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 9. Identifying allergies and intolerances

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>9.1 What is an allergy?</p> <p>9.2 Skills Lab™: Could you have a food intolerance?</p> <p>9.3 How is an intolerance different from an allergy?</p> | <ul style="list-style-type: none"> <li>▪ Are there suspect foods?</li> <li>▪ Symptom and Food Monitor™</li> <li>▪ Is gluten to blame?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Common reactions to food allergens</li> <li>▪ Intolerance Risk Assessment™</li> <li>▪ Digestive Symptom Check™</li> <li>▪ Non-digestive Symptom Check™</li> <li>▪ Practical Assignment</li> <li>▪ Symptom and Food Monitor™</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 10. Gluten: The full story

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>10.1 Skills Lab™: Could you have a problem with gluten?</p> | <ul style="list-style-type: none"> <li>▪ Could it be a gluten sensitivity?</li> <li>▪ Identifying gluten symptoms</li> <li>▪ Gluten Symptom Questionnaire™ which consists of the:               <ol style="list-style-type: none"> <li>1. Asking My Doctor about Gluten™</li> <li>2. My Gluten and Symptom Journal™</li> </ol> </li> </ul> | <ul style="list-style-type: none"> <li>▪ Gluten Symptom Questionnaire™</li> <li>▪ What's behind NCGS handout</li> </ul> |
| <p>10.2 What is coeliac disease?</p>                           | <ul style="list-style-type: none"> <li>▪ Let's see a real client example!</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Gluten Management Workbook™</li> </ul>   |
| <p>10.3 Could it be non-coeliac gluten sensitivity?</p>        | <ul style="list-style-type: none"> <li>▪ Gluten Symptom Questionnaire™ example</li> <li>▪ Where to from here</li> <li>▪ Time to visit the doctor?</li> <li>▪ Removing gluten from the diet?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Asking My Doctor about Gluten™</li> </ul>                                      |
| <p>10.4 Gluten sensitivity or something else?</p>              | <ul style="list-style-type: none"> <li>▪ Tracking your client's progress</li> <li>▪ Practical Assignment</li> <li>▪ Public enemy number one?</li> <li>▪ Defining coeliac disease</li> </ul>  | <ul style="list-style-type: none"> <li>▪ My Gluten and Symptom Journal™</li> <li>▪ Practical Assignments</li> </ul>     |
| <p>10.5 Skills Lab™: Are you planning to remove gluten</p>     | <ul style="list-style-type: none"> <li>▪ Passing through the gut wall</li> <li>▪ Are genes responsible?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |



# 10. Gluten: The full story

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>10.1 Skills Lab™:<br/>Could you have a problem with gluten?</p> | <ul style="list-style-type: none"> <li>▪ What's the damage?</li> <li>▪ A coeliac's gluten response</li> <li>▪ Coeliac symptoms</li> <li>▪ Symptoms for coeliac disease</li> <li>▪ How is coeliac disease diagnosed?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gluten Symptom Questionnaire™</li> <li>▪ What's behind NCGS handout</li> </ul> |
| <p>10.2 What is coeliac disease?</p>                               | <ul style="list-style-type: none"> <li>▪ Medical procedure for CD</li> <li>▪ Time to avoid gluten?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gluten Management Workbook™</li> </ul>   |
| <p>10.3 Could it be non-coeliac gluten sensitivity?</p>            | <ul style="list-style-type: none"> <li>▪ Risk of deficiencies?</li> <li>▪ Gluten-free traps</li> <li>▪ Coeliac "lite"?</li> <li>▪ Hidden coeliac disease?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Asking My Doctor about Gluten™</li> </ul>                                      |
| <p>10.4 Gluten sensitivity or something else?</p>                  | <ul style="list-style-type: none"> <li>▪ What can be done?</li> <li>▪ More to gluten than meets the eye?</li> <li>▪ The first signs?</li> <li>▪ A rapidly growing phenomenon</li> </ul>  | <ul style="list-style-type: none"> <li>▪ My Gluten and Symptom Journal™</li> <li>▪ Practical Assignments</li> </ul>     |
| <p>10.5 Skills Lab™:<br/>Are you planning to remove gluten</p>     | <ul style="list-style-type: none"> <li>▪ Doctor's diagnosis of NCGS</li> <li>▪ The trouble with NCGS</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 10. Gluten: The full story

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>10.1 Skills Lab™:<br/>Could you have a problem with gluten?</p> | <ul style="list-style-type: none"> <li>▪ The gluten re-challenge</li> <li>▪ Gluten re-challenge study</li> <li>▪ What do the results tell us?</li> <li>▪ Where does coeliac “lite” fit in?</li> <li>▪ Could NCGS be a wheat allergy?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gluten Symptom Questionnaire™</li> <li>▪ What’s behind NCGS handout</li> </ul> |
| <p>10.2 What is coeliac disease?</p>                               | <ul style="list-style-type: none"> <li>▪ Is it all in the mind?</li> <li>▪ Further complications?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gluten Management Workbook™</li> </ul>   |
| <p>10.3 Could it be non-coeliac gluten sensitivity?</p>            | <ul style="list-style-type: none"> <li>▪ Is NCGS causing IBS?</li> <li>▪ What’s in a name?</li> <li>▪ Where is NCGS research heading?</li> <li>▪ Not due to gluten?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Asking My Doctor about Gluten™</li> </ul>                                      |
| <p>10.4 Gluten sensitivity or something else?</p>                  | <ul style="list-style-type: none"> <li>▪ Have we caught the culprit?</li> <li>▪ What’s behind NCGS?</li> <li>▪ Revisiting key concepts</li> <li>▪ Are ATIs taking their toll?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ My Gluten and Symptom Journal™</li> <li>▪ Practical Assignments</li> </ul>     |
| <p>10.5 Skills Lab™:<br/>Are you planning to remove gluten</p>     | <ul style="list-style-type: none"> <li>▪ Damaging the gut?</li> <li>▪ ATIs in action?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 10. Gluten: The full story

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>10.1 Skills Lab™: Could you have a problem with gluten?</p> | <ul style="list-style-type: none"> <li>▪ What can be done about ATIs?</li> <li>▪ Revisiting FODMAPs</li> <li>▪ Fructans in the spotlight</li> <li>▪ So... does NCGS exist?</li> <li>▪ Is it IBS?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gluten Symptom Questionnaire™</li> <li>▪ What's behind NCGS handout</li> </ul> |
| <p>10.2 What is coeliac disease?</p>                           | <ul style="list-style-type: none"> <li>▪ Time for elimination?</li> <li>▪ Risks of a low-FODMAP diet?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gluten Management Workbook™</li> </ul>   |
| <p>10.3 Could it be non-coeliac gluten sensitivity?</p>        | <ul style="list-style-type: none"> <li>▪ Time for a drink?</li> <li>▪ Time to see the doctor?</li> <li>▪ 2 parts of the workbook</li> <li>▪ Completing the journal</li> </ul>                               | <ul style="list-style-type: none"> <li>▪ Asking My Doctor about Gluten™</li> </ul>                                      |
| <p>10.4 Gluten sensitivity or something else?</p>              | <ul style="list-style-type: none"> <li>▪ The Gluten Management Workbook™</li> <li>▪ Mitigating deficiency risk</li> <li>▪ Practical Assignment</li> </ul>   | <ul style="list-style-type: none"> <li>▪ My Gluten and Symptom Journal™</li> <li>▪ Practical Assignments</li> </ul>     |
| <p>10.5 Skills Lab™: Are you planning to remove gluten</p>     |   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 11. Our guts on alcohol

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>11.1 Skills Lab™: Is your alcohol intake putting you at risk?</p> | <ul style="list-style-type: none"> <li>▪ Is alcohol affecting their health?</li> <li>▪ Alcohol Habits Evaluation™</li> <li>▪ Let's see a real client example!</li> <li>▪ Alcohol Habits Evaluation™ example</li> </ul> | <ul style="list-style-type: none"> <li>▪ Alcohol Habits Evaluation™</li> <li>▪ UK Alcohol guidelines handout</li> </ul> |
| <p>11.2 Can alcohol cause physical damage to our gut?</p>            | <ul style="list-style-type: none"> <li>▪ Impact on gut health</li> <li>▪ Tracking your client's progress</li> <li>▪ Answering the key questions</li> <li>▪ Practical Assignment</li> </ul>                             | <ul style="list-style-type: none"> <li>▪ Alcohol Tracker™</li> <li>▪ Alcohol Unit Calculator™</li> </ul>                |
| <p>11.3 The indirect effects of alcohol on the gut</p>               | <ul style="list-style-type: none"> <li>▪ A few drinks can't hurt, right?</li> <li>▪ How much is too much?</li> <li>▪ Alcohol's direct impacts</li> <li>▪ Alcohol causing reflux?</li> </ul>                            | <ul style="list-style-type: none"> <li>▪ Client Alcohol Intake Check</li> <li>▪ Practical Assignments</li> </ul>        |
| <p>11.4 Skills Lab™: Tracking and calculating alcoholic units</p>    | <ul style="list-style-type: none"> <li>▪ Genetic differences</li> <li>▪ Increasing cancer risk</li> <li>▪ Up to 75% of cases?</li> <li>▪ Alcohol and IBS?</li> <li>▪ Binge vs moderate drinking</li> </ul>             | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 11. Our guts on alcohol

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>11.1 Skills Lab™: Is your alcohol intake putting you at risk?</p> | <ul style="list-style-type: none"> <li>▪ Alcohol and “leaky gut”?</li> <li>▪ Tight junctions not so tight?</li> <li>▪ When is there dysbiosis risk?</li> <li>▪ Mice drinking alcohol?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Alcohol Habits Evaluation™</li> <li>▪ UK Alcohol guidelines handout</li> </ul> |
| <p>11.2 Can alcohol cause physical damage to our gut?</p>            | <ul style="list-style-type: none"> <li>▪ Multiplying “harmful” bacteria</li> <li>▪ Liver damage and gut bacteria</li> <li>▪ Not the end of the story</li> <li>▪ The indirect effects</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Alcohol Tracker™</li> <li>▪ Alcohol Unit Calculator™</li> </ul>                |
| <p>11.3 The indirect effects of alcohol on the gut</p>               | <ul style="list-style-type: none"> <li>▪ Microbes in the throat?</li> <li>▪ Alcohol metabolism</li> <li>▪ Tolerance based on our genes?</li> <li>▪ Are all drinks the same?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Client Alcohol Intake Check</li> <li>▪ Practical Assignments</li> </ul>        |
| <p>11.4 Skills Lab™: Tracking and calculating alcoholic units</p>    | <ul style="list-style-type: none"> <li>▪ Bacteria loves red wine!</li> <li>▪ Is alcohol encouraging bad eating?</li> <li>▪ Throwing nutrients away?</li> <li>▪ Alcohol → vitamin and mineral losses</li> <li>▪ Alcohol and smoking</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 11. Our guts on alcohol

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>11.1 Skills Lab™: Is your alcohol intake putting you at risk?</p> | <ul style="list-style-type: none"> <li>▪ All or nothing?</li> <li>▪ UK alcohol guidelines</li> <li>▪ Alcohol units and calories</li> <li>▪ Identifying how many units</li> </ul>              | <ul style="list-style-type: none"> <li>▪ Alcohol Habits Evaluation™</li> <li>▪ UK Alcohol guidelines handout</li> </ul> |
| <p>11.2 Can alcohol cause physical damage to our gut?</p>            | <ul style="list-style-type: none"> <li>▪ Tracking your client's intake</li> <li>▪ Alcohol Tracker™</li> <li>▪ Let's see a real client example!</li> <li>▪ Alcohol Tracker™ example</li> </ul> | <ul style="list-style-type: none"> <li>▪ Alcohol Tracker™</li> <li>▪ Alcohol Unit Calculator™</li> </ul>                |
| <p>11.3 The indirect effects of alcohol on the gut</p>               | <ul style="list-style-type: none"> <li>▪ A typical week?</li> <li>▪ Alcohol Unit Calculator™</li> <li>▪ Alcohol Unit Calculator™ example</li> <li>▪ Client Alcohol Intake Check</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Client Alcohol Intake Check</li> <li>▪ Practical Assignments</li> </ul>        |
| <p>11.4 Skills Lab™: Tracking and calculating alcoholic units</p>    | <ul style="list-style-type: none"> <li>▪ What do I tell my client?</li> <li>▪ Extra resources for help</li> <li>▪ Unwanted side-effects?</li> <li>▪ Practical Assignment</li> </ul>           | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                       |

# 12. The truth about drugs and digestion

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>12.1 Impact of antibiotics and NSAIDS</p> <p>12.2 Examining antacids and the Pill</p> | <ul style="list-style-type: none"> <li>▪ Drugs and the gut</li> <li>▪ A culture of over-prescription?</li> <li>▪ Antibiotics: slash-and-burning</li> <li>▪ Antibiotics and IBS?</li> <li>▪ Helping the good bacteria?</li> <li>▪ NSAIDs: Reducing inflammation...</li> <li>▪ ...and causing inflammation?</li> <li>▪ NSAIDs: COX-inhibitors</li> <li>▪ How NSAIDs may cause damage</li> <li>▪ Prostaglandin protectors</li> <li>▪ Good news or bad news?</li> <li>▪ What can we do?</li> <li>▪ More medications to come</li> <li>▪ 2 more troublesome tablets?</li> <li>▪ The clue's in the name</li> <li>▪ More than just antacids</li> <li>▪ What's on a label?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Medication Risk Audit™</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 12. The truth about drugs and digestion

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>12.1 Impact of antibiotics and NSAIDS</p> <p>12.2 Examining antacids and the Pill</p> | <ul style="list-style-type: none"> <li>▪ PPIs and dysbiosis</li> <li>▪ Lowering protection?</li> <li>▪ Too little acid?</li> <li>▪ Losing nutrients</li> <li>▪ What can reduce your risk?</li> <li>▪ The Pill and IBD?</li> <li>▪ Is oestrogen the culprit?</li> <li>▪ Other effects of The Pill?</li> <li>▪ Are other options available?</li> <li>▪ Non-oestrogen contraceptives</li> <li>▪ Completing the checklist</li> <li>▪ Medication Risk Audit™</li> <li>▪ Prescribed medication can be vital</li> <li>▪ The end of excess?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Medication Risk Audit™</li> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |



# 13. Replacing losses through the alimentary canal

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>13.1 Where losses occur in the mouth and stomach</p>  | <ul style="list-style-type: none"> <li>▪ The 2nd 'R'</li> <li>▪ The 4 'R's: rebuilding your gut</li> <li>▪ Maximising nutrients: top to bottom</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Limiting losses from mouth to stomach handout</li> </ul>  |
| <p>13.2 Where losses occur in the pancreas and liver</p> | <ul style="list-style-type: none"> <li>▪ The mouth and stomach</li> <li>▪ Chewing and digestion</li> <li>▪ More benefits to chewing?</li> <li>▪ Kickstarting carb digestion</li> <li>▪ The role of genetics</li> <li>▪ The stomach: An acid factory</li> <li>▪ Understanding stomach pH</li> <li>▪ Too much stomach acid?</li> <li>▪ Too little stomach acid?</li> <li>▪ Stomach pH testing</li> <li>▪ Oesophageal pH test for GERD</li> <li>▪ Low oesophageal pH?</li> <li>▪ Minerals for balancing pH</li> <li>▪ Limiting losses summary</li> </ul> | <ul style="list-style-type: none"> <li>▪ Limiting losses in the pancreas and liver handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 13. Replacing losses through the alimentary canal

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>13.1 Where losses occur in the mouth and stomach</p> <p>13.2 Where losses occur in the pancreas and liver</p> | <ul style="list-style-type: none"> <li>▪ The pancreas and liver</li> <li>▪ Pancreatic insufficiency</li> <li>▪ Managing pancreatic insufficiency</li> <li>▪ The liver: Aiding fat digestion</li> <li>▪ A galling problem?</li> <li>▪ What if your bile production is low?</li> <li>▪ Stimulating bile production?</li> <li>▪ Fighting cholesterol, promoting bile</li> <li>▪ Digestive deficiency summary</li> <li>▪ Limiting losses summary</li> </ul> | <ul style="list-style-type: none"> <li>▪ Limiting losses from mouth to stomach handout</li> <li>▪ Limiting losses in the pancreas and liver handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 14. Replacing the excesses

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| 14.1 Replacing sugars and processed food      | <ul style="list-style-type: none"> <li>▪ Is removal enough?</li> <li>▪ Replacing what's been removed</li> <li>▪ Switching sugar sources</li> <li>▪ An apple a day?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ EFSA fibre and water guidelines handout</li> <li>▪ Sugar and processed replacements handout</li> </ul> |
| 14.2 Replacing saturated fat and salt         | <ul style="list-style-type: none"> <li>▪ Fixing with fibre</li> <li>▪ EFSA fibre and water guidelines</li> <li>▪ How does fibre work?</li> <li>▪ Fibrous food for bacteria</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Herb and Spice Matching Chart™</li> </ul>  |
| 14.3 Replacing gluten and lactose             | <ul style="list-style-type: none"> <li>▪ Phytochemicals</li> <li>▪ 5 a day... or more?</li> <li>▪ Simple swap: carbohydrates</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Fat and salt replacements</li> </ul>   |
| 14.4 Skills Lab™: Making healthy food changes | <ul style="list-style-type: none"> <li>▪ What IS processed food?</li> <li>▪ AGEs revisited</li> <li>▪ Buying fresh</li> <li>▪ Cooking at home</li> <li>▪ Sugar and processed replacements</li> <li>▪ Time to make those swaps?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Grains and gluten food handout</li> <li>▪ 5 restaurant tips for gluten-free handout</li> </ul>         |

# 14. Replacing the excesses

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>14.1 Replacing sugars and processed food</p>      | <ul style="list-style-type: none"> <li>▪ Replacing fat and salt</li> <li>▪ Replacing saturates with...?</li> <li>▪ Fats: friends and foes?</li> <li>▪ Benefits of unsaturated fats?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Herb and Spice Matching Chart™</li> <li>▪ Fat and salt replacements handout</li> </ul> |
| <p>14.2 Replacing saturated fat and salt</p>         | <ul style="list-style-type: none"> <li>▪ Simple swap: fats</li> <li>▪ Salternatives?</li> <li>▪ Spicing up your meals</li> <li>▪ Which spice for which food?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Grains and gluten food handout</li> </ul>  |
| <p>14.3 Replacing gluten and lactose</p>             | <ul style="list-style-type: none"> <li>▪ Herb and Spice Matching Chart™</li> <li>▪ Fat and salt replacements</li> <li>▪ 2 more to go...</li> </ul>  |   |
| <p>14.4 Skills Lab™: Making healthy food changes</p> | <ul style="list-style-type: none"> <li>▪ Gluten and lactose out... what's in?</li> <li>▪ Where do I start?</li> <li>▪ "To eat" and "not to eat" foods</li> <li>▪ How do I know it's gluten free?</li> <li>▪ Checking labels for gluten</li> <li>▪ Gluten-free: a healthy choice?</li> </ul> |   |

# 14. Replacing the excesses

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| 14.1 Replacing sugars and processed food      | <ul style="list-style-type: none"> <li>▪ Other considerations</li> <li>▪ 5 restaurant tips</li> <li>▪ Further guidance</li> <li>▪ Do I need to eliminate lactose?</li> </ul>                       | <ul style="list-style-type: none"> <li>▪ 5 restaurant tips for gluten-free handout</li> </ul>   |
| 14.2 Replacing saturated fat and salt         | <ul style="list-style-type: none"> <li>▪ High, low, and lactose-free options</li> <li>▪ “Hidden” lactose</li> <li>▪ Can lactose digestion be improved?</li> <li>▪ Missing any minerals?</li> </ul> | <ul style="list-style-type: none"> <li>▪ High, low, and lactose-free options handout</li> </ul> |
| 14.3 Replacing gluten and lactose             | <ul style="list-style-type: none"> <li>▪ Lactose-free calcium options</li> <li>▪ What if it's not lactose?</li> <li>▪ Materials for your client</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Lactose-free calcium options handout</li> </ul>        |
| 14.4 Skills Lab™: Making healthy food changes | <ul style="list-style-type: none"> <li>▪ Inducing positive change</li> <li>▪ What's included?</li> <li>▪ Getting prepared to swap</li> </ul>   |   |

# 14. Replacing the excesses

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>14.1 Replacing sugars and processed food</p> <p>14.2 Replacing saturated fat and salt</p> <p>14.3 Replacing gluten and lactose</p> <p>14.4 Skills Lab™: Making healthy food changes</p> | <ul style="list-style-type: none"> <li>▪ The Healthier Gut Swap Shop™ which consists of the:               <ol style="list-style-type: none"> <li>1. Food Swap Guide™</li> <li>2. Shopping Swaps™</li> <li>3. Lifestyle Swaps Tracker™</li> </ol> </li> <li>▪ Check back for improvement</li> <li>▪ Practical Assignment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Healthier Gut Swap Shop™</li> <li>▪ Food Swap Guide™</li> <li>▪ Shopping Swaps™</li> <li>▪ Lifestyle Swaps Tracker™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 15. Active days

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| <p>15.1 Skills Lab™:<br/>Are you being active in protecting your gut</p> <p>15.2 Does an active life mean a protected gut?</p> | <ul style="list-style-type: none"> <li>▪ A workout for the gut</li> <li>▪ Weekly Physical Activity Evaluation™</li> <li>▪ Let's see a real client example!</li> <li>▪ Weekly Physical Activity Evaluation™ example</li> <li>▪ Room for improvement?</li> <li>▪ Be realistic and involve your client</li> <li>▪ Multiple benefits of exercise</li> <li>▪ Tracking your client's progress</li> <li>▪ Practical Assignment</li> <li>▪ A sneak preview...</li> <li>▪ Exercise: good for your gut?</li> <li>▪ How is exercise protective?</li> <li>▪ Reducing dysbiosis</li> <li>▪ The gut-brain axis in action</li> <li>▪ Protection against permeability</li> <li>▪ Energy powerhouses</li> <li>▪ Bacteria regulating mitochondria</li> </ul> | <ul style="list-style-type: none"> <li>▪ Weekly Physical Activity Evaluation™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 15. Active days

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>15.1 Skills Lab™:<br/>Are you being active in protecting your gut</p> <p>15.2 Does an active life mean a protected gut?</p> | <ul style="list-style-type: none"> <li>▪ Gut bacteria and mitochondria</li> <li>▪ Exercise for IBS?</li> <li>▪ Too much of a good thing?</li> <li>▪ Feeling the heat?</li> <li>▪ Reduced blood flow responsible?</li> <li>▪ Exercise and acid reflux</li> <li>▪ Striking a balance</li> <li>▪ NHS Recommendations for exercise</li> <li>▪ Looking for new activities?</li> <li>▪ The Physical Activity Planner™ which contains the:               <ol style="list-style-type: none"> <li>1. Physical Activity Score Sheet™</li> <li>2. Physical Activity Monitor™</li> </ol> </li> <li>▪ Staying motivated</li> <li>▪ But we also need rest...</li> </ul> | <ul style="list-style-type: none"> <li>▪ Weekly Physical Activity Evaluation™</li> <li>▪ Practical Assignment</li> <li>▪ Physical Activity Planner™</li> <li>▪ Physical Activity Score Sheet™</li> <li>▪ Physical Activity Monitor™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |



# 16. Restful nights

| Unit  | Here's what you'll learn  | Extra support material   |
|---|---|--|
| <p>16.1 Skills Lab™:<br/>Are you getting enough sleep for your gut</p> <p>16.2 Rested nights, restful gut</p> | <ul style="list-style-type: none"> <li>▪ Sleeping for gut health?</li> <li>▪ Your assessment in 3 parts</li> <li>▪ The Sleep Quality Assessment™ consists of 3 parts:               <ol style="list-style-type: none"> <li>1. Sleep Distractors Evaluation™</li> <li>2. Daytime Sleepiness Evaluation™</li> <li>3. Sleep Efficiency Calculator™</li> </ol> </li> <li>▪ Let's see a real client example!</li> <li>▪ Sleep Quality Assessment™ example</li> <li>▪ Understanding the scores</li> <li>▪ A possible sleep disorder?</li> <li>▪ Learn even more about sleep...</li> <li>▪ Tracking your client's progress</li> <li>▪ Practical Assignment</li> <li>▪ Entering dreamland</li> <li>▪ Keeping a consistent rhythm</li> <li>▪ Sleep quality and the gut?</li> </ul> | <ul style="list-style-type: none"> <li>▪ The Sleep Quality Assessment™</li> <li>▪ Sleep Distractors Evaluation™</li> <li>▪ Daytime Sleepiness Evaluation™</li> <li>▪ Sleep Efficiency Calculator™</li> <li>▪ Practical Assignment</li> <li>▪ 14 sleep tips handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 16. Restful nights

| Unit  | Here's what you'll learn   | Extra support material   |
|---|--|--|
| <p>16.1 Skills Lab™:<br/>Are you getting enough sleep for your gut</p> <p>16.2 Rested nights, restful gut</p> | <ul style="list-style-type: none"> <li>▪ Creating a viscous cycle</li> <li>▪ Patchy sleep = patchy bacteria?</li> <li>▪ Mice studies translated to humans?</li> <li>▪ Human studies into sleep</li> <li>▪ Poor sleep causing obesity?</li> <li>▪ Recommendations for sleep?</li> <li>▪ Improving sleep</li> <li>▪ 14 sleep tips</li> </ul> | <ul style="list-style-type: none"> <li>▪ The Sleep Quality Assessment™</li> <li>▪ Sleep Distractors Evaluation™</li> <li>▪ Daytime Sleepiness Evaluation™</li> <li>▪ Sleep Efficiency Calculator™</li> <li>▪ Practical Assignment</li> <li>▪ 14 sleep tips handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 17. Pro and prebiotics: Feeding your gut

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>17.1 What are probiotics?</p> <p>17.2 How do probiotics work their magic?</p> <p>17.3 Prebiotics: feeding your gut</p> <p>17.4 Synbiotics and faecal microbial transplantation</p> <p>17.5 Probiotic, prebiotic, and fermented food guide</p> | <ul style="list-style-type: none"> <li>▪ Bringing in reinforcements</li> <li>▪ The 4 'R's: rebuilding your gut</li> <li>▪ Defining probiotics</li> <li>▪ What isn't a probiotic?</li> <li>▪ Well-studied probiotic species</li> <li>▪ Probiotic supplements</li> <li>▪ What's on the label?</li> <li>▪ Probiotic label example</li> <li>▪ Probiotic potential</li> <li>▪ Dairy only?</li> <li>▪ "True" probiotic foods</li> <li>▪ Bacterial breakdown</li> <li>▪ A selection of fermented foods</li> <li>▪ Could these foods be probiotics?</li> <li>▪ Eating lactose so you don't have to</li> <li>▪ Benefits from beyond the grave?</li> <li>▪ Other potential benefits?</li> </ul> | <ul style="list-style-type: none"> <li>▪ A selection of fermented foods</li> <li>▪ Make your own kefir</li> <li>▪ 10 probiotic tips</li> <li>▪ Potential prebiotics foods</li> <li>▪ 6 prebiotics tips</li> <li>▪ Fermented foods</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented-Prebiotics Food Tracker™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 17. Pro and prebiotics: Feeding your gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>17.1 What are probiotics?</p> <p>17.2 How do probiotics work their magic?</p> <p>17.3 Prebiotics: feeding your gut</p> <p>17.4 Synbiotics and faecal microbial transplantation</p> <p>17.5 Probiotic, prebiotic, and fermented food guide</p> | <ul style="list-style-type: none"> <li>▪ Home-made potential probiotic</li> <li>▪ Make your own kefir</li> <li>▪ Vegan and dairy-free kefir option</li> <li>▪ The evidence for fermented foods?</li> <li>▪ Potential to unlock nutrients</li> <li>▪ How do probiotics work?</li> <li>▪ 4 methods to probiotic perfection</li> <li>▪ Jostling for position</li> <li>▪ Short-chain fatty acids</li> <li>▪ Inflammation regulation stations</li> <li>▪ Fighting pathogens</li> <li>▪ Probiotics and IBS?</li> <li>▪ Gut trouble soothers</li> <li>▪ Case study: E. coli Nissle 1917</li> <li>▪ E. coli Nissle 1917 and the gut</li> <li>▪ Case study diagram: EcN</li> <li>▪ Only benefits to the gut?</li> </ul> | <ul style="list-style-type: none"> <li>▪ A selection of fermented foods</li> <li>▪ Make your own kefir</li> <li>▪ 10 probiotic tips</li> <li>▪ Potential prebiotics foods</li> <li>▪ 6 prebiotics tips</li> <li>▪ Fermented foods</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented-Prebiotics Food Tracker™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 17. Pro and prebiotics: Feeding your gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>17.1 What are probiotics?</p> <p>17.2 How do probiotics work their magic?</p> <p>17.3 Prebiotics: feeding your gut</p> <p>17.4 Synbiotics and faecal microbial transplantation</p> <p>17.5 Probiotic, prebiotic, and fermented food guide</p> | <ul style="list-style-type: none"> <li>▪ Probiotics for the brain?</li> <li>▪ Soothing your stress?</li> <li>▪ Psychobiotics to the rescue?</li> <li>▪ Other benefits of probiotics?</li> <li>▪ The need to personalise</li> <li>▪ Where next for probiotics?</li> <li>▪ Feeding a trillion hungry mouths</li> <li>▪ Defining prebiotics</li> <li>▪ What do prebiotics do?</li> <li>▪ What makes a good prebiotic?</li> <li>▪ Natural “potential prebiotic” sources</li> <li>▪ Prebiotic supplements</li> <li>▪ Prebiotic supplement example</li> <li>▪ Pros of prebiotic supplements</li> <li>▪ Prebiotics as FODMAPs?</li> <li>▪ Getting the dose right</li> <li>▪ Prebiotics: good for everyone?</li> </ul> | <ul style="list-style-type: none"> <li>▪ A selection of fermented foods</li> <li>▪ Make your own kefir</li> <li>▪ 10 probiotic tips</li> <li>▪ Potential prebiotics foods</li> <li>▪ 6 prebiotics tips</li> <li>▪ Fermented foods</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented-Prebiotics Food Tracker™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 17. Pro and prebiotics: Feeding your gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>17.1 What are probiotics?</p> <p>17.2 How do probiotics work their magic?</p> <p>17.3 Prebiotics: feeding your gut</p> <p>17.4 Synbiotics and faecal microbial transplantation</p> <p>17.5 Probiotic, prebiotic, and fermented food guide</p> | <ul style="list-style-type: none"> <li>▪ Other benefits for prebiotics</li> <li>▪ Probiotics vs prebiotics</li> <li>▪ 2 more areas to explore</li> <li>▪ What is a synbiotic?</li> <li>▪ Additive benefits?</li> <li>▪ Why might synbiotics be better?</li> <li>▪ Synbiotic supplement example</li> <li>▪ Transplanting WHAT?!</li> <li>▪ How does it work?</li> <li>▪ What could FMT be used for?</li> <li>▪ Regulating FMT</li> <li>▪ Should I get a FMT?</li> <li>▪ Putting it all together</li> <li>▪ So many choices!</li> <li>▪ Picking a probiotic</li> <li>▪ 10 probiotic tips</li> <li>▪ The probiotic “milk test”</li> </ul> | <ul style="list-style-type: none"> <li>▪ A selection of fermented foods</li> <li>▪ Make your own kefir</li> <li>▪ 10 probiotic tips</li> <li>▪ Potential prebiotics foods</li> <li>▪ 6 prebiotics tips</li> <li>▪ Fermented foods</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented-Prebiotics Food Tracker™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 17. Pro and prebiotics: Feeding your gut

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>17.1 What are probiotics?</p> <p>17.2 How do probiotics work their magic?</p> <p>17.3 Prebiotics: feeding your gut</p> <p>17.4 Synbiotics and faecal microbial transplantation</p> <p>17.5 Probiotic, prebiotic, and fermented food guide</p> | <ul style="list-style-type: none"> <li>▪ Best probiotics for the gut?</li> <li>▪ Probiotics for gut conditions</li> <li>▪ Feeding the right bacteria</li> <li>▪ 6 prebiotic tips</li> <li>▪ Potential prebiotic foods</li> <li>▪ A true or potential probiotic?</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented foods</li> <li>▪ Important considerations</li> <li>▪ Fermented/Prebiotic Food Tracker™</li> <li>▪ Ready for step 4?</li> </ul> | <ul style="list-style-type: none"> <li>▪ A selection of fermented foods</li> <li>▪ Make your own kefir</li> <li>▪ 10 probiotic tips</li> <li>▪ Potential prebiotics foods</li> <li>▪ 6 prebiotics tips</li> <li>▪ Fermented foods</li> <li>▪ 6 fermented food tips</li> <li>▪ Fermented-Prebiotics Food Tracker™</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 18. Repair and maintenance for a sturdy gut

| Unit                                | Here's what you'll learn  | Extra support material  |
|-------------------------------------|---|---|
| 18.1 Repairing with vitamins        | <ul style="list-style-type: none"> <li>▪ The fourth 'R'</li> <li>▪ The 4 'R's: rebuilding your gut</li> <li>▪ A sunny disposition</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Happy Gut Shopping List™</li> <li>▪ My Happy Gut Shopping List™</li> </ul> |
| 18.2 Omega 3 and zinc to the rescue | <ul style="list-style-type: none"> <li>▪ Activating vitamin D</li> <li>▪ Food and supplements</li> <li>▪ Are some groups at higher risk?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                   |
| 18.3 A Trio of gut supporters       | <ul style="list-style-type: none"> <li>▪ Vitamin D in the gut</li> <li>▪ But how does vitamin D help?</li> <li>▪ VDR and DNA</li> <li>▪ Receiving loud and clear</li> <li>▪ Vitamin dysbiosis?</li> <li>▪ Getting the dose right</li> <li>▪ "Carrots help you see in the dark!"</li> <li>▪ An A+ for vitamin A</li> <li>▪ Vitamin A for gut conditions?</li> <li>▪ Different sources of vitamin A</li> <li>▪ How much is too much?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Video</li> </ul>   |



# 18. Repair and maintenance for a sturdy gut

| Unit                                | Here's what you'll learn  | Extra support material  |
|-------------------------------------|---|---|
| 18.1 Repairing with vitamins        | <ul style="list-style-type: none"> <li>▪ Additional important nutrients?</li> <li>▪ Fitting the pieces together</li> <li>▪ Where do we get omega 3 from?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Happy Gut Shopping List™</li> <li>▪ My Happy Gut Shopping List™</li> </ul> |
| 18.2 Omega 3 and zinc to the rescue | <ul style="list-style-type: none"> <li>▪ Suppressing the inflammasome</li> <li>▪ A key player in gut protection?</li> <li>▪ Gluing the gut together?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul>                                   |
| 18.3 A Trio of gut supporters       | <ul style="list-style-type: none"> <li>▪ Omega 3 preventing damage</li> <li>▪ Omega 3: for bacteria too?</li> <li>▪ Not just omega 3</li> <li>▪ The 3:6 balancing act</li> <li>▪ Omega 3 vs omega 6</li> <li>▪ The intestinal showdown</li> <li>▪ Do we need more omega 3?</li> <li>▪ Many roles for zinc</li> <li>▪ Zinc: keeping things tight</li> <li>▪ How zinc may reduce permeability</li> <li>▪ Sources of zinc</li> </ul> | <ul style="list-style-type: none"> <li>▪ Video</li> </ul>   |

# 18. Repair and maintenance for a sturdy gut

| Unit                                | Here's what you'll learn   | Extra support material   |
|-------------------------------------|--|--|
| 18.1 Repairing with vitamins        | <ul style="list-style-type: none"> <li>▪ Risks from excess zinc?</li> <li>▪ The “magnificent seven”</li> <li>▪ Tightening the bolts</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Happy Gut Shopping List™</li> </ul>                       |
| 18.2 Omega 3 and zinc to the rescue | <ul style="list-style-type: none"> <li>▪ Glutamine: a vital building block</li> <li>▪ Glutamine and the gut</li> <li>▪ Saving mice with glutamine</li> </ul>   | <ul style="list-style-type: none"> <li>▪ My Happy Gut Shopping List™</li> </ul>                    |
| 18.3 A Trio of gut supporters       | <ul style="list-style-type: none"> <li>▪ Glutamine provides a cooling touch</li> <li>▪ Glutamine for permeability?</li> <li>▪ Any glutamine risks?</li> <li>▪ Butyrate and the barrier</li> <li>▪ Butyrate preventing damage</li> <li>▪ Butyrate and DNA?</li> <li>▪ Healing and repairing</li> <li>▪ Is butyrate already in my food?</li> <li>▪ What is a polyphenol?</li> <li>▪ Polyphenol's roles</li> <li>▪ Quercetin</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 18. Repair and maintenance for a sturdy gut

| Unit                                | Here's what you'll learn  | Extra support material   |
|-------------------------------------|---|--|
| 18.1 Repairing with vitamins        | <ul style="list-style-type: none"> <li>▪ Curcumin</li> <li>▪ Polyphenol supplements?</li> <li>▪ The road to restoration</li> </ul>                          | <ul style="list-style-type: none"> <li>▪ Happy Gut Shopping List™</li> </ul>                       |
| 18.2 Omega 3 and zinc to the rescue | <ul style="list-style-type: none"> <li>▪ Restorative nutrient sources</li> <li>▪ Happy Gut Shopping List™</li> <li>▪ My Happy Gut Shopping List™</li> </ul> | <ul style="list-style-type: none"> <li>▪ My Happy Gut Shopping List™</li> </ul>                    |
| 18.3 A Trio of gut supporters       | <ul style="list-style-type: none"> <li>▪ My Happy Gut Shopping List™</li> <li>▪ The 4R wrap-up</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> <li>▪ Video</li> </ul> |

# 19. Plant-based and popular diets

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>19.1 Is plant-based the answer?</p> <p>19.2 Four popular diets uncovered</p> | <ul style="list-style-type: none"> <li>▪ The power of plant-based?</li> <li>▪ What is plant-based?</li> <li>▪ Plant-based = healthy?</li> <li>▪ The benefits of “good” plant-based</li> <li>▪ Removing meat?</li> <li>▪ Fibrous food for gut flora</li> <li>▪ Saturated fat begone!</li> <li>▪ Going nuts?</li> <li>▪ Beneficial plant chemicals?</li> <li>▪ Big picture thinking</li> <li>▪ Is deficiency holding you back?</li> <li>▪ Deficiency corrector</li> <li>▪ 3 essential amino acids</li> <li>▪ Plant-based and FODMAPs</li> <li>▪ Is your client at risk?</li> <li>▪ A trip to the Med</li> <li>▪ The Mediterranean pyramid</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant-based deficiency corrector</li> <li>▪ Fasting: claims and core concepts</li> <li>▪ Fasting: claims Raw: core concepts</li> <li>▪ Keto: claims and core concepts</li> <li>▪ Paleo: claims and core concepts</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 19. Plant-based and popular diets

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>19.1 Is plant-based the answer?</p> <p>19.2 Four popular diets uncovered</p> | <ul style="list-style-type: none"> <li>▪ A solution to the “Western diet”?</li> <li>▪ Mediterranean eubiosis?</li> <li>▪ Extra benefits</li> <li>▪ Plant-based round-up</li> <li>▪ So many choices!</li> <li>▪ Fasting: claims and core concepts</li> <li>▪ White fat going brown?</li> <li>▪ Rejuvenated by fasting?</li> <li>▪ Working with your rhythm</li> <li>▪ Fasting, microbiota, and rhythms</li> <li>▪ What about humans?</li> <li>▪ Raw: claims and core concepts</li> <li>▪ Raw benefits?</li> <li>▪ A raw deal?</li> <li>▪ Keto: claims and core concepts</li> <li>▪ Carb-cutting effects?</li> <li>▪ In it for the long haul?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 19. Plant-based and popular diets

| Unit  | Here's what you'll learn  | Extra support material   |
|---|---|--|
| <p>19.1 Is plant-based the answer?</p> <p>19.2 Four popular diets uncovered</p> | <ul style="list-style-type: none"> <li>▪ Carbs, glycogen, and performance</li> <li>▪ Keto diet tummy troubles?</li> <li>▪ Paleo: claims and core concepts</li> <li>▪ Are the old ways the best?</li> <li>▪ Risks of omissions in paleo diets</li> <li>▪ Don't believe the hype?</li> <li>▪ Low FODMAP diet: fact or fad?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant-based deficiency corrector</li> <li>▪ Fasting: claims and core concepts</li> <li>▪ Fasting: claims</li> <li>Raw: core concepts</li> <li>▪ Keto: claims and core concepts</li> <li>▪ Paleo: claims and core concepts</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 20. What's the fuss about FODMAPs

| Unit  | Here's what you'll learn  | Extra support material   |
|---|---|--|
| <p>20.1 Skills Lab™:<br/>Is low FODMAP right for me?</p>      | <ul style="list-style-type: none"> <li>▪ Learning more about FODMAPs</li> <li>▪ The My FODMAP Guidebook™ which consists of the:               <ol style="list-style-type: none"> <li>1. My FODMAP Evaluation™</li> <li>2. FODMAP FAQ™</li> </ol> </li> </ul>  | <ul style="list-style-type: none"> <li>▪ My FODMAP Guidebook™</li> <li>▪ My FODMAP Evaluation™</li> </ul>                                    |
| <p>20.2 A low FODMAP diet for those with IBS</p>              | <ul style="list-style-type: none"> <li>▪ Ready for low FODMAP?</li> <li>▪ Low vs High FODMAP</li> <li>▪ Practical Assignment</li> </ul>   | <ul style="list-style-type: none"> <li>▪ FODMAP FAQ™</li> <li>▪ High and low FODMAP foods</li> </ul>   |
| <p>20.3 Skills Lab™:<br/>Are you falling foul of FODMAPs?</p> | <ul style="list-style-type: none"> <li>▪ A quick FODMAP recap</li> <li>▪ FODMAPs and IBS</li> <li>▪ An expanding field of research</li> <li>▪ Who's cutting out FODMAPs?</li> <li>▪ FODMAPs out forever?</li> <li>▪ FODMAPs food for your bacteria?</li> <li>▪ Sources of FODMAPs</li> <li>▪ High and low FODMAP foods</li> <li>▪ Missing nutrients?</li> </ul> | <ul style="list-style-type: none"> <li>▪ FODMAP Reduction Guide™</li> <li>▪ My FODMAP Swapper™</li> <li>▪ FODMAP Symptom Tracker™</li> </ul> |

# 20. What's the fuss about FODMAPs

| Unit  | Here's what you'll learn  | Extra support material   |
|---|---|--|
| <p>20.1 Skills Lab™:<br/>Is low FODMAP right for me?</p>      | <ul style="list-style-type: none"> <li>▪ FODMAPs and IBS?</li> <li>▪ FODMAPs gone forever?</li> <li>▪ The return of FODMAPs</li> <li>▪ What's in the guide?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Practical Assignments</li> <li>▪ Test Your Knowledge exercises</li> </ul> |
| <p>20.2 A low FODMAP diet for those with IBS</p>              | <ul style="list-style-type: none"> <li>▪ The FODMAP Reduction Guide™ which consists of the:               <ol style="list-style-type: none"> <li>1. My FODMAP Swapper™</li> <li>2. FODMAP Symptom Tracker™</li> </ol> </li> </ul>   |  |
| <p>20.3 Skills Lab™:<br/>Are you falling foul of FODMAPs?</p> | <ul style="list-style-type: none"> <li>▪ Let's see a real client example!</li> <li>▪ FODMAP Symptom Tracker™ example</li> <li>▪ Keeping up to date</li> <li>▪ Time for a reintroduction?</li> <li>▪ Practical Assignment</li> </ul> |  |



# 21. Elimination and rotation diets

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>21.1 What are elimination and rotation diets?</p> <p>21.2 Skills Lab™: How to eliminate foods effectively</p> | <ul style="list-style-type: none"> <li>▪ Taking back control</li> <li>▪ What is an elimination diet?</li> <li>▪ Gone forever?</li> <li>▪ Planning ahead...</li> <li>▪ Beware of junk science!</li> <li>▪ Minimising deficiency risk</li> <li>▪ Eliminated nutrients replacer</li> <li>▪ What is a food rotation diet?</li> <li>▪ Getting the most of out a rotation</li> <li>▪ What does food rotation look like?</li> <li>▪ The elimination isn't everything!</li> <li>▪ Getting the practicalities right</li> <li>▪ Efficiency is key</li> <li>▪ What's in the workbooks?</li> <li>▪ What to eliminate?</li> </ul> | <ul style="list-style-type: none"> <li>▪ Elimination Diet Workbook™</li> <li>▪ Elimination Planner™</li> <li>▪ Reintroduction Planner™</li> <li>▪ Rotation Diet Guide™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 21. Elimination and rotation diets

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>21.1 What are elimination and rotation diets?</p> <p>21.2 Skills Lab™: How to eliminate foods effectively</p> | <ul style="list-style-type: none"> <li>▪ The Elimination Diet Workbook™ which consists of 3 sections:               <ol style="list-style-type: none"> <li>1. Elimination Planner™</li> <li>2. Reintroduction Planner™</li> <li>3. Rotation Diet Guide™</li> </ol> </li> <li>▪ Let's see a real client example!</li> <li>▪ Elimination Diet Workbook™ example</li> <li>▪ Seeing improved symptoms?</li> <li>▪ Practical Assignment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Elimination Diet Workbook™</li> <li>▪ Elimination Planner™</li> <li>▪ Reintroduction Planner™</li> <li>▪ Rotation Diet Guide™</li> <li>▪ Practical Assignment</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 22. Planning a personalised gut restoration diet

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>22.1 Skills Lab™:<br/>Designing your client's gut restoration diet</p> | <ul style="list-style-type: none"> <li>▪ Meal plans for the 4Rs</li> <li>▪ Creating a personalised plan</li> <li>▪ The Gut Diet Planning Workbook™ which includes the:               <ol style="list-style-type: none"> <li>1. Gut Foods Master List™</li> <li>2. Daily Gut Meal Planner™</li> <li>3. Gut Meal Options Kit™</li> <li>4. Gut Shopping List™</li> </ol> </li> </ul> | <ul style="list-style-type: none"> <li>▪ Gut Diet Planning Workbook™</li> <li>▪ Gut Foods Master List™</li> <li>▪ Daily Gut Meal Planner™</li> </ul>  |
| <p>22.2 Structuring client consultations</p>                              | <ul style="list-style-type: none"> <li>▪ Reviewing and adjusting</li> <li>▪ Practical Assignment</li> <li>▪ Providing everything at once?</li> <li>▪ Big goals</li> <li>▪ Gut restoration plan overview</li> <li>▪ Running the first session</li> <li>▪ Structuring a client session</li> <li>▪ Keeping notes</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Gut Meal Options Kit™</li> <li>▪ Gut Shopping List™</li> <li>▪ Practical Assignment</li> <li>▪ Session Summary Handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 22. Planning a personalised gut restoration diet

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>22.1 Skills Lab™:<br/>Designing your client's gut restoration diet</p> <p>22.2 Structuring client consultations</p> | <ul style="list-style-type: none"> <li>▪ Session Summary Handout</li> <li>▪ Getting your first clients</li> </ul> | <ul style="list-style-type: none"> <li>▪ Gut Diet Planning Workbook™</li> <li>▪ Gut Foods Master List™</li> <li>▪ Daily Gut Meal Planner™</li> <li>▪ Gut Meal Options Kit™</li> <li>▪ Gut Shopping List™</li> <li>▪ Practical Assignment</li> <li>▪ Session Summary Handout</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

# 23. Common gut conditions

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| 23.1 Gut conditions manual (Part 1)                              | <ul style="list-style-type: none"> <li>▪ Solving a mystery</li> <li>▪ Learning the fundamentals</li> <li>▪ Case file: GERD</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: GERD</li> <li>▪ Case file: Gastritis</li> </ul>   |
| 23.2 Gut conditions manual (Part 2)                              | <ul style="list-style-type: none"> <li>▪ GERD: Description</li> <li>▪ Hiatal hernia</li> <li>▪ GERD: Diagnosis</li> <li>▪ GERD: Treatment</li> <li>▪ GERD: Future directions</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Coeliac disease</li> <li>▪ Case file: Crohn's disease</li> </ul>  |
| 23.3 Skills Lab™: Making the most of seeing a gastroenterologist | <ul style="list-style-type: none"> <li>▪ Case file: Gastritis</li> <li>▪ Gastritis: Description</li> <li>▪ Progression of gastritis</li> <li>▪ Gastritis: Diagnosis</li> <li>▪ Gastritis: Treatment</li> <li>▪ Gastritis: Future directions</li> <li>▪ Case file: Coeliac disease</li> <li>▪ Coeliac disease: Description</li> <li>▪ Coeliac disease: Diagnosis</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Ulcerative colitis</li> <li>▪ Case file: Diverticulitis</li> <li>▪ Case file: IBS</li> <li>▪ Case file: Haemorrhoids</li> </ul> |

# 23. Common gut conditions

| Unit   | Here's what you'll learn   | Extra support material  |
|--|--|---|
| 23.1 Gut conditions manual (Part 1)                              | <ul style="list-style-type: none"> <li>▪ Coeliac disease: Treatment</li> <li>▪ Coeliac disease: Future directions</li> <li>▪ Case file: Crohn's disease</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Case file: GERD</li> <li>▪ Case file: Gastritis</li> </ul>   |
| 23.2 Gut conditions manual (Part 2)                              | <ul style="list-style-type: none"> <li>▪ Crohn's disease: Description</li> <li>▪ Factors affecting Crohn's disease</li> <li>▪ Crohn's disease: Diagnosis</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Coeliac disease</li> <li>▪ Case file: Crohn's disease</li> </ul>  |
| 23.3 Skills Lab™: Making the most of seeing a gastroenterologist | <ul style="list-style-type: none"> <li>▪ Crohn's disease: Treatment</li> <li>▪ Crohn's disease: Future directions</li> <li>▪ Case file: Ulcerative colitis</li> <li>▪ Ulcerative colitis: Description</li> <li>▪ Ulcerative colitis: Diagnosis</li> <li>▪ Ulcerative colitis: Treatment</li> <li>▪ Ulcerative colitis: Future directions</li> <li>▪ Coming up in part 2...</li> <li>▪ Examining more conditions</li> <li>▪ Case file: Diverticulitis</li> <li>▪ Diverticulitis: Description</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Ulcerative colitis</li> <li>▪ Case file: Diverticulitis</li> <li>▪ Case file: IBS</li> <li>▪ Case file: Haemorrhoids</li> </ul> |

# 23. Common gut conditions

| Unit  | Here's what you'll learn  | Extra support material  |
|---|---|---|
| <p>23.1 Gut conditions manual (Part 1)</p>                              | <ul style="list-style-type: none"> <li>▪ Diverticulitis: Diagnosis</li> <li>▪ Diverticulitis: Treatment</li> <li>▪ Diverticulitis: Future directions</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Case file: GERD</li> <li>▪ Case file: Gastritis</li> </ul>   |
| <p>23.2 Gut conditions manual (Part 2)</p>                              | <ul style="list-style-type: none"> <li>▪ Case file: IBS</li> <li>▪ IBS: Description</li> <li>▪ IBS: Diagnosis</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Coeliac disease</li> <li>▪ Case file: Crohn's disease</li> </ul>  |
| <p>23.3 Skills Lab™: Making the most of seeing a gastroenterologist</p> | <ul style="list-style-type: none"> <li>▪ IBS: Treatment</li> <li>▪ IBS: Future directions</li> <li>▪ Case file: Haemorrhoids</li> <li>▪ Haemorrhoids: Description</li> <li>▪ Haemorrhoids: Diagnosis</li> <li>▪ Haemorrhoids: Treatment</li> <li>▪ Haemorrhoids: Future directions</li> <li>▪ Suspect that something's up?</li> <li>▪ Preparing for a doctor's visit</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Ulcerative colitis</li> <li>▪ Case file: Diverticulitis</li> <li>▪ Case file: IBS</li> <li>▪ Case file: Haemorrhoids</li> </ul> |

# 23. Common gut conditions

| Unit  | Here's what you'll learn   | Extra support material  |
|---|--|---|
| <p>23.1 Gut conditions manual (Part 1)</p> <p>23.2 Gut conditions manual (Part 2)</p> <p>23.3 Skills Lab™: Making the most of seeing a gastroenterologist</p> | <ul style="list-style-type: none"> <li>▪ The Digestive Doctor Visit Guide™ which consists of the:               <ol style="list-style-type: none"> <li>1. Making the Most of a Doctor Visit™</li> <li>2. My Recent Symptoms™</li> <li>3. Food Journal™</li> </ol> </li> <li>▪ Working with the doctor</li> <li>▪ Practical Assignment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Digestive Doctor Visit Guide™</li> <li>▪ Making the Most of a Doctor Visit™</li> <li>▪ My Recent Symptoms™</li> <li>▪ Food Journal™</li> <li>▪ Practical Assignment</li> </ul> |



# 24. Reducing risks for digestive cancers

| Unit   | Here's what you'll learn  | Extra support material  |
|--|---|---|
| <p>24.1 Digestive cancers manual (Part 1)</p>                | <ul style="list-style-type: none"> <li>▪ Cancers in the digestive system</li> <li>▪ The fundamentals of cancer</li> <li>▪ Key definitions</li> <li>▪ Case file: Oesophageal cancer</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Case file: Oesophageal cancer</li> </ul>   |
| <p>24.2 Digestive cancers manual (Part 2)</p>                | <ul style="list-style-type: none"> <li>▪ Types of oesophageal cancer</li> <li>▪ Risk factors for oesophageal cancer</li> <li>▪ Changes in the West</li> <li>▪ Why is OAC on the rise?</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Case file: Gastric cancer</li> </ul>   |
| <p>24.3 Risk factors for digestive cancers</p>               | <ul style="list-style-type: none"> <li>▪ Survival rates for OC</li> <li>▪ Case file: Gastric cancer</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Pancreatic cancer</li> </ul>  |
| <p>24.4 Protective factors for digestive cancers</p>         | <ul style="list-style-type: none"> <li>▪ Types of gastric cancer</li> <li>▪ H. pylori infection</li> <li>▪ H. pylori and gastric cancer</li> <li>▪ Other risk factors for gastric cancer</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Liver cancer</li> <li>▪ Case file: Gallbladder cancer</li> </ul>      |
| <p>24.5 Skills Lab™: How to ask your doctor about cancer</p> | <ul style="list-style-type: none"> <li>▪ Gastric cancer survival rates</li> <li>▪ Case file: Pancreatic cancer</li> <li>▪ The importance of location</li> </ul>                                     | <ul style="list-style-type: none"> <li>▪ Case file: Small bowel cancer</li> <li>▪ Case file: Colorectal cancer</li> </ul> |

# 24. Reducing risks for digestive cancers

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>24.1 Digestive cancers manual (Part 1)</p>                | <ul style="list-style-type: none"> <li>▪ Pancreatic cancer survival rates</li> <li>▪ Other conditions as risk factors</li> <li>▪ Case file: Liver cancer</li> <li>▪ Forms of liver cancer</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Oesophageal cancer</li> </ul>  |
| <p>24.2 Digestive cancers manual (Part 2)</p>                | <ul style="list-style-type: none"> <li>▪ HBV + HCV = HCC?</li> <li>▪ From healthy to cancerous</li> <li>▪ Liver cancer on the rise?</li> <li>▪ Coming up in part 2</li> </ul>                        | <ul style="list-style-type: none"> <li>▪ Case file: Gastric cancer</li> <li>▪ Case file: Pancreatic cancer</li> </ul>      |
| <p>24.3 Risk factors for digestive cancers</p>               | <ul style="list-style-type: none"> <li>▪ Continuing the journey</li> <li>▪ Case file: Gallbladder cancer</li> <li>▪ At risk populations</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Case file: Liver cancer</li> </ul>  |
| <p>24.4 Protective factors for digestive cancers</p>         | <ul style="list-style-type: none"> <li>▪ Survival rates for GBC</li> <li>▪ Case file: Small bowel cancer</li> <li>▪ How does this cancer present?</li> <li>▪ A mystery to solve?</li> </ul>          | <ul style="list-style-type: none"> <li>▪ Case file: Gallbladder cancer</li> <li>▪ Case file: Small bowel cancer</li> </ul> |
| <p>24.5 Skills Lab™: How to ask your doctor about cancer</p> | <ul style="list-style-type: none"> <li>▪ Case file: Colorectal cancer</li> <li>▪ Genes + environment = CRC?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Case file: Colorectal cancer</li> </ul>   |

# 24. Reducing risks for digestive cancers

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>24.1 Digestive cancers manual (Part 1)</p>                | <ul style="list-style-type: none"> <li>▪ A slow march</li> <li>▪ Genetic progression of CRC</li> <li>▪ CRC risk factors</li> <li>▪ Managing colorectal cancer</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Oesophageal cancer</li> <li>▪ Case file: Gastric cancer</li> </ul> |
| <p>24.2 Digestive cancers manual (Part 2)</p>                | <ul style="list-style-type: none"> <li>▪ How to reduce the risks?</li> <li>▪ Identifying and mitigating risk</li> <li>▪ Non-modifiable or modifiable?</li> <li>▪ Modifiable Risk Factors</li> </ul>               | <ul style="list-style-type: none"> <li>▪ Case file: Pancreatic cancer</li> <li>▪ Case file: Liver cancer</li> </ul>    |
| <p>24.3 Risk factors for digestive cancers</p>               | <ul style="list-style-type: none"> <li>▪ Obesity: is it tumour promoting?</li> <li>▪ Visceral or overall obesity?</li> <li>▪ The reason for increased risk?</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Case file: Gallbladder cancer</li> </ul>                                      |
| <p>24.4 Protective factors for digestive cancers</p>         | <ul style="list-style-type: none"> <li>▪ Cigarettes, carcinogens, and cancer</li> <li>▪ Carcinogens in cigarette smoke</li> <li>▪ Pathogens and cancer risk</li> <li>▪ Mitigating risks for infections</li> </ul> | <ul style="list-style-type: none"> <li>▪ Case file: Small bowel cancer</li> </ul>                                      |
| <p>24.5 Skills Lab™: How to ask your doctor about cancer</p> | <ul style="list-style-type: none"> <li>▪ Alcohol and digestive cancers</li> <li>▪ The “J-shaped” curve</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Case file: Colorectal cancer</li> </ul>                                       |

# 24. Reducing risks for digestive cancers

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>24.1 Digestive cancers manual (Part 1)</p>                | <ul style="list-style-type: none"> <li>▪ Red and processed meats</li> <li>▪ Mutagens from meat preparation</li> <li>▪ Individual exposures</li> <li>▪ Wrapping up risks</li> </ul>          | <ul style="list-style-type: none"> <li>▪ Digestive cancer risk factors handout</li> </ul>                |
| <p>24.2 Digestive cancers manual (Part 2)</p>                | <ul style="list-style-type: none"> <li>▪ Evidence for risk factors</li> <li>▪ Reducing risks even further</li> <li>▪ Physical activity</li> <li>▪ Benefits of exercise in cancer</li> </ul> | <ul style="list-style-type: none"> <li>▪ Digestive cancer risk reduction food sources handout</li> </ul> |
| <p>24.3 Risk factors for digestive cancers</p>               | <ul style="list-style-type: none"> <li>▪ Client ability</li> <li>▪ Can dietary fibre reduce risk?</li> <li>▪ Plant protection?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Guide for Visiting an Oncologist™</li> </ul>                    |
| <p>24.4 Protective factors for digestive cancers</p>         | <ul style="list-style-type: none"> <li>▪ Alleviating with Allium</li> <li>▪ Possible preventative compounds</li> <li>▪ What about oily fish?</li> </ul>                                     | <ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>                                 |
| <p>24.5 Skills Lab™: How to ask your doctor about cancer</p> | <ul style="list-style-type: none"> <li>▪ Vitality through vitamins?</li> <li>▪ Vitamin A-OK?</li> <li>▪ The three Bs</li> </ul>   |  |

# 24. Reducing risks for digestive cancers

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>24.1 Digestive cancers manual (Part 1)</p>                | <ul style="list-style-type: none"> <li>▪ One-carbon metabolism and DNA</li> <li>▪ The sunshine vitamin and cancer</li> <li>▪ Vitamins C and E: brothers in arms?</li> <li>▪ Vitamins C and E working together</li> </ul> | <ul style="list-style-type: none"> <li>▪ Digestive cancer risk factors handout</li> </ul>                |
| <p>24.2 Digestive cancers manual (Part 2)</p>                | <ul style="list-style-type: none"> <li>▪ Vitamin K: a liver protector?</li> <li>▪ Top vitamin sources</li> <li>▪ Calcium: not just for bones!</li> <li>▪ Magnificent magnesium</li> </ul>                                | <ul style="list-style-type: none"> <li>▪ Digestive cancer risk reduction food sources handout</li> </ul> |
| <p>24.3 Risk factors for digestive cancers</p>               | <ul style="list-style-type: none"> <li>▪ Selenium: a little goes a long way</li> <li>▪ Top mineral sources</li> <li>▪ Is everyone at the same risk?</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Guide for Visiting an Oncologist™</li> </ul>                    |
| <p>24.4 Protective factors for digestive cancers</p>         | <ul style="list-style-type: none"> <li>▪ Risk reduction, not a cure</li> <li>▪ A guide for visiting the oncologist</li> <li>▪ Discussing cancer candidly</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Practical Assignment</li> </ul>                                 |
| <p>24.5 Skills Lab™: How to ask your doctor about cancer</p> | <ul style="list-style-type: none"> <li>▪ Guide for Visiting an Oncologist™</li> <li>▪ A transition period</li> <li>▪ Practical Assignment</li> </ul>   |  |

# 25. Microbiome testing

| Unit                           | Here's what you'll learn  | Extra support material |
|--------------------------------|---|------------------------|
| <p>25.1 Microbiome testing</p> | <ul style="list-style-type: none"> <li>▪ What's going on in my gut?</li> <li>▪ How to take the test</li> <li>▪ The typical approach</li> <li>▪ A “shotgun” approach</li> <li>▪ Identifying bacterial DNA</li> <li>▪ Potential accuracy risks?</li> <li>▪ How little we know</li> <li>▪ Predictions or guesswork?</li> <li>▪ Trillions of invisible interactions</li> <li>▪ A snapshot in time</li> <li>▪ What can these tests tell us?</li> <li>▪ So, should you get tested?</li> <li>▪ What does the future hold?</li> </ul> |                        |

# 26. Setting up your practice

| Unit   | Here's what you'll learn  | Extra support material   |
|--|---|--|
| <p>26.1 Dos, don'ts, and must dos</p> <p>26.2 Professional, legal, insurance, and tax considerations</p> | <ul style="list-style-type: none"> <li>▪ Acting responsibly and ethically with clients</li> <li>▪ What you CAN and CANNOT do</li> <li>▪ What you MUST do</li> <li>▪ The importance of medical advice</li> <li>▪ Which products or brands?</li> <li>▪ Running a successful practice</li> <li>▪ Includes templates of legal documents</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</li> <li>▪ Observing client confidentiality and data protection</li> </ul> | <ul style="list-style-type: none"> <li>▪ Health Check Questionnaire</li> <li>▪ Medical Referral Form</li> <li>▪ Client Informed Consent Form</li> <li>▪ Test Your Knowledge exercises</li> </ul> |

## 26. Setting up your practice

| Unit   | Here's what you'll learn   | Extra support material   |
|--|--|--|
| <p>26.1 Dos, don'ts, and must dos</p> <p>26.2 Professional, legal, insurance, and tax considerations</p> | <ul style="list-style-type: none"> <li>▪ Includes the following downloadable documents for immediate use:               <ol style="list-style-type: none"> <li>1. Health Check Questionnaire</li> <li>2. Medical Referral Form</li> <li>3. Client Informed Consent Form</li> </ol> </li> </ul> | <ul style="list-style-type: none"> <li>▪ Health Check Questionnaire</li> <li>▪ Medical Referral Form</li> <li>▪ Client Informed Consent Form</li> <li>▪ Test Your Knowledge exercises</li> </ul> |





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