

Advanced Food Allergies and Intolerances Nutritional Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



Summary Certification Overview

1	Working with food sensitive clients	13	Cereals
2	Allergies vs intolerances	14	Gluten: The full story
3	Testing methods	15	Reacting to sugar
4	Is prevention or cure possible?	16	Fruit and vegetable allergy
5	Food labelling?	17	Alcohol and histamine
6	Dairy and lactose	18	Yeast
7	Eggs	19	Food additives and meat
8	Fish and shellfish	20	Client journey empowerment
9	Tree nuts	21	Elimination and reintroduction protocols
10	Peanuts	22	Allergy action planning and eating out
11	Seeds	23	Designing a personalised sensitivities plan
12	Soy	24	Setting up your practice

BONUS

Advanced Food Allergies and Intolerances Nutritional Advisor™

Unit	Content
1	Helping clients with food allergies and intolerances
2	Skills Lab™: What's your goal?
3	Skills Lab™: Could you be having an adverse food reaction?
4	Assessing your client's diet
5	Skills Lab™: Are your eating and lifestyle habits to blame?
6	Allergy and intolerance planning
7	Understanding food allergies and intolerances
8	IgE-mediated food allergies
9	Non-IgE and mixed food allergies
10	What are the common food intolerances?

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Unit	Content
11	Medical testing for allergies
12	Intolerance testing methods
13	Myths and misconceptions
14	Skills Lab™: Making the most of seeing an allergist
15	Can food allergies and intolerances be prevented?
16	Genetic manipulation to reduce food allergies
17	Understanding how allergens are listed on food labels
18	Skills Lab™: Reading allergy information on food labels
19	Skills Lab™: Could you have a dairy intolerance?
20	An allergy to cow's milk

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Unit	Content
21	Could it be a lactose intolerance?
22	Alternatives for dairy and lactose
23	Skills Lab™: Could you be reacting to eggs?
24	Egg allergy and intolerance
25	Replacing eggs in the diet
26	Skills Lab™: Could you be reacting to seafood?
27	Seafood allergies
28	Skills Lab™: Identifying omega 3 deficiency risk
29	Replacing seafood in the diet
30	Skills Lab™: Could you be reacting to tree nuts?

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Unit	Content
31	Tree nut allergies
32	Avoiding tree nuts
33	Skills Lab™: Could you be reacting to peanuts?
34	Peanut reactions
35	Replacing foods containing peanuts
36	Skills Lab™: Could you be reacting to seeds?
37	Seed allergies
38	Skills Lab™: Could you be reacting to soy?
39	Soy allergies
40	Supporting a client with a soy allergy

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Unit	Content
41	The proteins in cereals
42	Wheat and barley
43	Rye and oats
44	Skills Lab™: Could you have a problem with gluten?
45	What is coeliac disease?
46	Could it be a non-coeliac gluten sensitivity?
47	A gluten sensitivity or something else?
48	Removing gluten in the diet
49	Skills Lab™: Could you be reacting to sugar?
50	Fructose intolerance

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Unit	Content
51	What is a low-FODMAP diet?
52	Skills Lab™: Are you falling foul of FODMAPs?
53	FODMAP reintroduction guide
54	Skills Lab™: Could your client be sensitive to fruit and veg?
55	Can you react to fruits and vegetables?
56	Skills Lab™: Could you be reacting to alcohol?
57	An intolerance to alcohol?
58	Histamine intolerance
59	Skills Lab™: Could your client be reacting to yeast?
60	A fungal reaction

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Unit	Content
61	Hypersensitive to food additives
62	Reacting to meat
63	Understanding your client's journey
64	What are Elimination, reintroduction, and rotation diets?
65	Skills Lab™: How to do an elimination diet with your client
66	Skills Lab™: How to reintroduce foods effectively
67	Skills Lab™: How to carry out a rotation diet
68	Allergy action planning
69	Skills Lab™: Your guide to eating out
70	Skills Lab™: Your client's personalised food intolerances plan

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Unit	Content
71	Structuring your client consultations
72	Skills Lab™: How can you monitor your client's progress?
73	Dos, don'ts, and must dos
74	Professional, legal, insurance, and tax considerations

0. Professional fundamentals

Unit	Here's what you'll learn	Extra support material
<p>0.1 Helping clients with food allergies and intolerances</p> <p>0.2 Skills Lab™: What's your goal?</p>	<ul style="list-style-type: none">▪ A journey of scientific discovery▪ Learning advanced science▪ 20% of adults▪ We get asked all the time...▪ Scope of this certification▪ What else will it cover?▪ Nutritional Advisor role▪ The aim of this certification▪ What else will you learn?▪ From knowledge to practice▪ More about your course materials▪ Introducing your Success Map▪ Success map▪ Setting up your practice▪ Tell us your goals▪ Your Personal Strategy Questionnaire	<ul style="list-style-type: none">▪ Skills Lab™: Personal Strategy Questionnaire (What's your goal?)

1. Working with food sensitive clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Could you be having an adverse food reaction?</p>	<ul style="list-style-type: none"> ▪ Unwanted symptoms? ▪ Hiding in plain sight ▪ Suspecting an intolerance? ▪ What's in the assessment? ▪ Food Sensitivity Risk Assessment™ consists of the: Digestive Check™, Diet Check™, and Symptom Check™ 	<ul style="list-style-type: none"> ▪ Food Sensitivity Risk Assessment™
<p>1.2 Assessing your client's diet</p>	<ul style="list-style-type: none"> ▪ Let's see a real client example 	<ul style="list-style-type: none"> ▪ Food and Drink Journal™ ▪ Habits Check™
<p>1.3 Skills Lab™: Are your eating and lifestyle habits to blame?</p>	<ul style="list-style-type: none"> ▪ Food Sensitivity Risk Assessment™ example ▪ Moderate risk? ▪ Could it be more? ▪ More on intolerances ▪ Tracking your client's progress 	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Test Your Knowledge exercises
<p>1.4 Allergy and intolerance planning</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Analysing your client's dietary intake ▪ Personalising a plan ▪ Assessing current food choices 	

1. Working with food sensitive clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Could you be having an adverse food reaction?</p>	<ul style="list-style-type: none"> ▪ Food and drink journaling tips ▪ Food and Drink Journal™ ▪ Building a personalised plan ▪ Symptoms due to eating habits? ▪ Habits Check™ 	<ul style="list-style-type: none"> ▪ Food Sensitivity Risk Assessment™ ▪ Food and Drink Journal™ ▪ Habits Check™
<p>1.2 Assessing your client's diet</p>	<ul style="list-style-type: none"> ▪ What to do now... ▪ Tracking your client's progress ▪ Testing Symptoms 	<ul style="list-style-type: none"> ▪ Practical Assignment
<p>1.3 Skills Lab™: Are your eating and lifestyle habits to blame?</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Empowering your client ▪ Feeling overwhelmed ▪ Your role ▪ Who is your client? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises
<p>1.4 Allergy and intolerance planning</p>	<ul style="list-style-type: none"> ▪ Always the adult ▪ Young children ▪ School-aged kids ▪ Teenagers 	

1. Working with food sensitive clients

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: Could you be having an adverse food reaction?</p> <p>1.2 Assessing your client's diet</p> <p>1.3 Skills Lab™: Are your eating and lifestyle habits to blame?</p> <p>1.4 Allergy and intolerance planning</p>	<ul style="list-style-type: none">▪ Young adults▪ What about adults?▪ Where to find clients?▪ Under 18▪ Ongoing care▪ Food production▪ Policy and programming▪ Know your limitations	<ul style="list-style-type: none">▪ Food Sensitivity Risk Assessment™▪ Food and Drink Journal™▪ Habits Check™▪ Practical Assignment▪ Test Your Knowledge exercises

2. Allergies vs intolerance

Unit	Here's what you'll learn	Extra support material
2.1 Understanding food allergies and intolerances	<ul style="list-style-type: none">▪ Food causing problems?▪ “I can’t eat that”▪ Understanding food reactions▪ What is a food allergy?	<ul style="list-style-type: none">▪ Food Allergy vs Intolerance handout
2.2 IgE-mediated food allergies	<ul style="list-style-type: none">▪ What is a food intolerance?▪ Food allergy vs intolerance	<ul style="list-style-type: none">▪ Symptoms of a Food Allergy handout
2.3 Non-IgE and mixed food allergies	<ul style="list-style-type: none">▪ Identifying food as foreign▪ Symptoms of a food allergy▪ A life-threatening reaction▪ How common are allergies?▪ Worldwide allergies	<ul style="list-style-type: none">▪ Symptoms of a Food Intolerance handout▪ Practical Assignment
2.4 What are the common food intolerances?	<ul style="list-style-type: none">▪ Outgrowing allergies?▪ Age of onset▪ The 8 most common allergies▪ Labelling high-risk foods▪ How common are intolerances?▪ Symptoms of a food intolerance	<ul style="list-style-type: none">▪ Videos▪ Test Your Knowledge exercises

2. Allergies vs intolerance

Unit	Here's what you'll learn	Extra support material
2.1 Understanding food allergies and intolerances	<ul style="list-style-type: none">▪ Sensitivities causing a reaction?▪ What you can look forward to...▪ Categorising food sensitivities▪ Adverse food sensitivities	<ul style="list-style-type: none">▪ Food Allergy vs Intolerance handout
2.2 IgE-mediated food allergies	<ul style="list-style-type: none">▪ Narrowing our focus▪ A sensitive organ▪ Hypersensitivity	<ul style="list-style-type: none">▪ Symptoms of a Food Allergy handout
2.3 Non-IgE and mixed food allergies	<ul style="list-style-type: none">▪ Hypersensitivity Types▪ IgE-mediated allergic responses▪ Our immune system▪ Viewing food as foreign?	<ul style="list-style-type: none">▪ Symptoms of a Food Intolerance handout▪ Practical Assignment
2.4 What are the common food intolerances?	<ul style="list-style-type: none">▪ Not always IgE?▪ Non-IgE and mixed allergies▪ Gut food allergies▪ A rare allergy▪ If not IgE... then what?▪ Symptoms and seeking help	<ul style="list-style-type: none">▪ Videos▪ Test Your Knowledge exercises

2. Allergies vs intolerance

Unit	Here's what you'll learn	Extra support material
2.1 Understanding food allergies and intolerances	<ul style="list-style-type: none">▪ 3 main types of FPIES▪ Seeking a Dr's guidance▪ FPIES: Long term outcomes▪ A related allergy	<ul style="list-style-type: none">▪ Food Allergy vs Intolerance handout
2.2 IgE-mediated food allergies	<ul style="list-style-type: none">▪ Super-sensitive allergy▪ FPIAP: Long term outcomes▪ An inflamed oesophagus	<ul style="list-style-type: none">▪ Symptoms of a Food Allergy handout
2.3 Non-IgE and mixed food allergies	<ul style="list-style-type: none">▪ EoE symptoms▪ Triggering the immune system▪ Removing foods?▪ EoE: Long term outcomes	<ul style="list-style-type: none">▪ Symptoms of a Food Intolerance handout▪ Practical Assignment
2.4 What are the common food intolerances?	<ul style="list-style-type: none">▪ Rogue white blood cells▪ Is food always to blame?▪ EG: Long term outcomes▪ Separating allergy from intolerance▪ A non-immune mediated response▪ A prevalent problem?	<ul style="list-style-type: none">▪ Videos▪ Test Your Knowledge exercises

2. Allergies vs intolerance

Unit	Here's what you'll learn	Extra support material
<p>2.1 Understanding food allergies and intolerances</p> <p>2.2 IgE-mediated food allergies</p> <p>2.3 Non-IgE and mixed food allergies</p> <p>2.4 What are the common food intolerances?</p>	<ul style="list-style-type: none">▪ Common Intolerances▪ Intolerances affecting the immune system▪ Possible intolerance triggers▪ What's in our food?▪ Chemicals implicated in intolerance▪ Before you eliminate▪ Identification and prognosis▪ Does how we eat matter?	<ul style="list-style-type: none">▪ Food Allergy vs Intolerance handout▪ Symptoms of a Food Allergy handout▪ Symptoms of a Food Intolerance handout▪ Practical Assignment▪ Videos▪ Test Your Knowledge exercises

3. Testing methods

Unit	Here's what you'll learn	Extra support material
<p>3.1 Medical testing for allergies</p> <p>3.2 Intolerance testing methods</p> <p>3.3 Myths and misconceptions</p> <p>3.4 Skills Lab™: Making the most of seeing an allergist</p>	<ul style="list-style-type: none">▪ Why test?▪ What's the harm?▪ Testing for an immune response▪ Allergy testing methods overview▪ RAST: detecting IgE in the blood▪ The evolving IgE blood test▪ When is a blood test useful?▪ How IgE blood testing works▪ Helping your client▪ Example: US IgE test results▪ IgE test results in the UK▪ Other considerations▪ Reacting to a specific allergen▪ Waiting for a reaction▪ 3 main steps for a skin prick test▪ Things of note▪ Anaphylaxis risk	<ul style="list-style-type: none">▪ Allergist Visit Guide™▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

3. Testing methods

Unit	Here's what you'll learn	Extra support material
3.1 Medical testing for allergies	<ul style="list-style-type: none">▪ Consuming the allergen▪ Who is the oral challenge for?▪ When NOT to reintroduce foods	<ul style="list-style-type: none">▪ Allergist Visit Guide™
3.2 Intolerance testing methods	<ul style="list-style-type: none">▪ Atopy patch tests▪ How is it done?▪ How valid are the results?	<ul style="list-style-type: none">▪ Practical Assignment▪ Video
3.3 Myths and misconceptions	<ul style="list-style-type: none">▪ Going on record▪ What about intolerance testing?▪ Testing for allergy and intolerance	<ul style="list-style-type: none">▪ Test Your Knowledge exercises
3.4 Skills Lab™: Making the most of seeing an allergist	<ul style="list-style-type: none">▪ Identifying the origin of symptoms▪ Food reaction testing methods▪ The “Gold standard”▪ Hydrogen Breath Test▪ How is the HBT done?▪ Understanding your normal▪ Explaining breath testing▪ Sugar malabsorption testing	

3. Testing methods

Unit	Here's what you'll learn	Extra support material
<p>3.1 Medical testing for allergies</p> <p>3.2 Intolerance testing methods</p> <p>3.3 Myths and misconceptions</p> <p>3.4 Skills Lab™: Making the most of seeing an allergist</p>	<ul style="list-style-type: none">▪ Word of caution▪ Elimination diet▪ Closer to the gold standard?▪ Restrictive and hard to follow▪ Tracking and monitoring▪ Doing an elimination▪ Genetic testing▪ Surely gene testing is best?▪ Intolerance as a genetic norm▪ More than just gene mutations▪ What about those 'mail-in' tests?▪ Non-conventional tests▪ Testing our client's desperation▪ Non-science-backed tests▪ Lymphocyte stimulation tests▪ A test for non-IgE allergies?▪ Understand studies in LST	<ul style="list-style-type: none">▪ Allergist Visit Guide™▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

3. Testing methods

Unit	Here's what you'll learn	Extra support material
<p>3.1 Medical testing for allergies</p> <p>3.2 Intolerance testing methods</p> <p>3.3 Myths and misconceptions</p> <p>3.4 Skills Lab™: Making the most of seeing an allergist</p>	<ul style="list-style-type: none"> ▪ Hair analysis ▪ Looking at the science ▪ Applied Kinesiology ▪ How has AK been tested? ▪ So what might be happening? ▪ Provocation-neutralisation ▪ Cytotoxicity assays ▪ Electrodermal test (Vega) ▪ Pulse testing ▪ How valid is it? ▪ No support from science ▪ IgG blood test ▪ What's wrong with it? ▪ IgE/IgG4 ratio testing ▪ Not always straight forward ▪ Who needs a guide? ▪ Allergist Visit Guide™ 	<ul style="list-style-type: none"> ▪ Allergist Visit Guide™ ▪ Practical Assignment ▪ Video ▪ Test Your Knowledge exercises

3. Testing methods

Unit	Here's what you'll learn	Extra support material
<p>3.1 Medical testing for allergies</p> <p>3.2 Intolerance testing methods</p> <p>3.3 Myths and misconceptions</p> <p>3.4 Skills Lab™: Making the most of seeing an allergist</p>	<ul style="list-style-type: none">▪ Building a personalised plan▪ Practical Assignment	<ul style="list-style-type: none">▪ Allergist Visit Guide™▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

4. Is prevention or cure possible?

Unit	Here's what you'll learn	Extra support material
<p>4.1 Can food allergies and intolerances be prevented?</p> <p>4.2 Genetic manipulation to reduce food allergies</p>	<ul style="list-style-type: none">▪ A rise in food reactions▪ Real or imagined?▪ Could it be legitimate?▪ A possible reason for the increase▪ Is anything modifiable?▪ Early life “priming” for allergies▪ Exposure starts before birth▪ Is infancy the key?▪ First nutrition▪ Is early introduction better?▪ When is it not better?▪ Other early life factors▪ The role of the gut▪ Plug the leak?▪ The microbiome and allergies▪ Innovations in food production▪ Manipulating our food	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

4. Is prevention or cure possible?

Unit	Here's what you'll learn	Extra support material
<p>4.1 Can food allergies and intolerances be prevented?</p> <p>4.2 Genetic manipulation to reduce food allergies</p>	<ul style="list-style-type: none">▪ What is genetic modification?▪ Let's be realistic...▪ Anti-sense makes sense?▪ Silencing genes▪ Why not now?▪ Not mature enough yet▪ Consumer concerns▪ Looks can be deceiving▪ Natural manipulation▪ Dive into dairy	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

5. Food labelling

Unit	Here's what you'll learn	Extra support material
<p>5.1 Understanding how allergens are listed on food labels</p> <p>5.2 Skills Lab™: Reading allergy information on food labels</p>	<ul style="list-style-type: none">▪ Rules and regulations▪ Where you are matters▪ Understanding food labels▪ Changes over time▪ Who is Natasha?▪ What does this law mean?▪ UK food labels▪ The importance of getting it right▪ EU regulations▪ US regulations▪ US food labels▪ Australia and New Zealand▪ Food Labelling by Country▪ “May contain”▪ Cross-contamination alerts▪ Does it contain gluten?▪ “Gluten-free” claims	<ul style="list-style-type: none">▪ Food Labelling by Country handout▪ Reading Food Labels Workbook™▪ Practical Assignment▪ Test Your Knowledge exercises

5. Food labelling

Unit	Here's what you'll learn	Extra support material
<p>5.1 Understanding how allergens are listed on food labels</p> <p>5.2 Skills Lab™: Reading allergy information on food labels</p>	<ul style="list-style-type: none">▪ Food labelling around the world▪ Putting knowledge to practice▪ Why read food labels?▪ How to complete the workbook▪ Reading Food Labels Workbook™▪ Showing labels to clients	<ul style="list-style-type: none">▪ Reading Food Labels Workbook™▪ Practical Assignment▪ Test Your Knowledge exercises

6. Dairy and lactose

Unit	Here's what you'll learn	Extra support material
<p>6.1 Skills Lab™: Could you have a dairy intolerance?</p>	<ul style="list-style-type: none"> ▪ Dairy a problem? ▪ What's in the assessment? ▪ Which dairy product? ▪ Dairy Reaction Symptoms Assessment™ 	<ul style="list-style-type: none"> ▪ Dairy Reaction Symptoms Assessment™
<p>6.2 An allergy to cow's milk</p>	<ul style="list-style-type: none"> ▪ Let's see a real client example ▪ Dairy Reaction Symptoms Assessment™ example 	<ul style="list-style-type: none"> ▪ Practical Assignment
<p>6.3 Could it be a lactose intolerance?</p>	<ul style="list-style-type: none"> ▪ Moderate or higher risk? ▪ Lactose intolerance? ▪ Using the assessment 	<ul style="list-style-type: none"> ▪ Nutrients in Dairy, Dairy-Free Calcium Options, Dairy
<p>6.4 Alternatives for dairy and lactose</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Not a dairy allergy or intolerance? ▪ Practical Assignment ▪ Dairy intolerance? ▪ Dairy is "en-vogue" ▪ What is dairy? ▪ Increased risk for a milk allergy 	<ul style="list-style-type: none"> ▪ Alternatives, High, Low, Lactose-Free Options handouts ▪ Test Your Knowledge exercises

6. Dairy and lactose

Unit	Here's what you'll learn	Extra support material
<p>6.1 Skills Lab™: Could you have a dairy intolerance?</p> <p>6.2 An allergy to cow's milk</p> <p>6.3 Could it be a lactose intolerance?</p> <p>6.4 Alternatives for dairy and lactose</p>	<ul style="list-style-type: none"> ▪ Dairy allergy vs intolerance ▪ Recap on milk sensitivities ▪ What type of allergy? ▪ Immediate reaction or delayed? ▪ Varying symptoms ▪ Not alone? ▪ Cross-reaction? ▪ In more than one milk ▪ When is it not an allergy? ▪ What's lactose intolerance? ▪ Can you tolerate the white stuff? ▪ Lactose and ageing ▪ Mechanisms for lactose intolerance ▪ Mechanisms past infancy ▪ What is the default status? ▪ Does geography matter? ▪ Ability to consume lactose 	<ul style="list-style-type: none"> ▪ Dairy Reaction Symptoms Assessment™ ▪ Practical Assignment ▪ Nutrients in Dairy, Dairy-Free Calcium Options, Dairy Alternatives, High, Low, Lactose-Free Options handouts ▪ Test Your Knowledge exercises

6. Dairy and lactose

Unit	Here's what you'll learn	Extra support material
<p>6.1 Skills Lab™: Could you have a dairy intolerance?</p> <p>6.2 An allergy to cow's milk</p> <p>6.3 Could it be a lactose intolerance?</p> <p>6.4 Alternatives for dairy and lactose</p>	<ul style="list-style-type: none"> ▪ A new player in milk intolerance? ▪ A-okay? ▪ Collecting information first ▪ Recording your symptoms ▪ Hydrogen breath test for lactose ▪ The lactose solution test ▪ Milk tolerance tests ▪ Examining a stool sample ▪ Genetic testing ▪ Multiple tests needed ▪ Time to remove dairy? ▪ Being lactose or dairy-free ▪ “Do I need to cut it all out?” ▪ 24 grams a day ▪ Does dairy = lactose? ▪ Potential risks from removing dairy ▪ Nutrients in dairy 	<ul style="list-style-type: none"> ▪ Dairy Reaction Symptoms Assessment™ ▪ Practical Assignment ▪ Nutrients in Dairy, Dairy-Free Calcium Options, Dairy Alternatives, High, Low, Lactose-Free Options handouts ▪ Test Your Knowledge exercises

7. Eggs

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: Could you be reacting to eggs?</p> <p>7.2 Egg allergy and intolerance</p> <p>7.3 Replacing eggs in the diet</p>	<ul style="list-style-type: none">▪ Are eggs to blame?▪ What's in the assessment?▪ Types of egg product▪ Egg Reaction Symptoms Assessment™▪ Let's see a real client example▪ Egg Reaction Symptoms Assessment™ example▪ Moderate or higher risk?▪ Using the assessment▪ Tracking your client's progress▪ Practical Assignment▪ Egg intolerance?▪ Allergic to eggs?▪ How common is an egg allergy?▪ Symptoms of an egg allergy▪ Egg yolk or white?▪ Chicken egg allergens▪ The major egg white allergens	<ul style="list-style-type: none">▪ Egg Reaction Symptoms Assessment™▪ Sources of Eggs▪ Different Names For "Eggs"▪ Substituting For Eggs▪ Egg Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

7. Eggs

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: Could you be reacting to eggs?</p> <p>7.2 Egg allergy and intolerance</p> <p>7.3 Replacing eggs in the diet</p>	<ul style="list-style-type: none">▪ The 2 key protein allergens▪ Cooking matters?▪ Desensitizing children▪ Skin rash and egg allergy?▪ Can you catch an allergy?▪ What about egg intolerance?▪ Suspecting an egg allergen▪ Which foods have eggs?▪ Testing for an egg allergy▪ Tolerate eggs cooked?▪ Egg tolerance levels▪ Limiting consumption▪ Identifying foods with eggs▪ Sources of eggs▪ Checking labels▪ Different names for 'eggs'▪ How do I bake?	<ul style="list-style-type: none">▪ Egg Reaction Symptoms Assessment™▪ Sources of Eggs▪ Different Names For "Eggs"▪ Substituting For Eggs▪ Egg Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

7. Eggs

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: Could you be reacting to eggs?</p> <p>7.2 Egg allergy and intolerance</p> <p>7.3 Replacing eggs in the diet</p>	<ul style="list-style-type: none">▪ Substituting for eggs▪ Getting your missing nutrients▪ Egg Nutrient Swap Guide▪ Something smells fishy...	<ul style="list-style-type: none">▪ Egg Reaction Symptoms Assessment™▪ Sources of Eggs▪ Different Names For “Eggs”▪ Substituting For Eggs▪ Egg Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

8. Fish and shellfish

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Could you be reacting to seafood?</p>	<ul style="list-style-type: none"> ▪ What's in the assessment? ▪ Seafood Reaction Symptoms Assessment™ ▪ Let's see a real client example ▪ Seafood Reaction Symptoms Assessment™ example 	<ul style="list-style-type: none"> ▪ Seafood Reaction Symptoms Assessment™
<p>8.2 Seafood allergies</p>	<ul style="list-style-type: none"> ▪ Moderate or higher risk? ▪ Seafood allergy risk ▪ Using this assessment 	<ul style="list-style-type: none"> ▪ Omega 3 Deficiency Evaluation™
<p>8.3 Skills Lab™: Identifying omega 3 deficiency risk</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Seafood reaction? ▪ Seafood, fish, or shellfish? ▪ Fish, crustacean, and molluscs 	<ul style="list-style-type: none"> ▪ Omega 3 Fatty Acid Food Sources Seafood Nutrient Swap Guide
<p>8.4 Replacing seafood in the diet</p>	<ul style="list-style-type: none"> ▪ Minutes to hours ▪ Triggering anaphylaxis ▪ Allergens in seafood ▪ Main and minor allergens ▪ Shared allergy? 	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Test Your Knowledge exercises

8. Fish and shellfish

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Could you be reacting to seafood?</p>	<ul style="list-style-type: none"> ▪ Linking seafood with FPIES ▪ Growing out of a seafood allergy ▪ Fish gelatin allergy? ▪ Allergic to work? ▪ Marine toxins and similar symptoms 	<ul style="list-style-type: none"> ▪ Seafood Reaction Symptoms Assessment™
<p>8.2 Seafood allergies</p>	<ul style="list-style-type: none"> ▪ Importance of testing ▪ Not just an allergy? ▪ Seafood intolerance 	<ul style="list-style-type: none"> ▪ Omega 3 Deficiency Evaluation™
<p>8.3 Skills Lab™: Identifying omega 3 deficiency risk</p>	<ul style="list-style-type: none"> ▪ The role of the nutrition advisor ▪ Low in omegas? ▪ What's in the assessment? ▪ Omega 3 Deficiency Evaluation™ 	<ul style="list-style-type: none"> ▪ Omega 3 Fatty Acid Food Sources ▪ Seafood Nutrient Swap Guide
<p>8.4 Replacing seafood in the diet</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ The healthful side of fish ▪ The building blocks of life 	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Test Your Knowledge exercises

8. Fish and shellfish

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Could you be reacting to seafood?</p> <p>8.2 Seafood allergies</p> <p>8.3 Skills Lab™: Identifying omega 3 deficiency risk</p> <p>8.4 Replacing seafood in the diet</p>	<ul style="list-style-type: none">▪ Plentiful D▪ Activating vitamin D▪ Omega 3 fatty acids▪ Why is omega 3 important?▪ ALA or... EPA and DHA?▪ Omega 3 fatty acid food sources▪ Replacing nutrients▪ Seafood Nutrient Swap Guide▪ Nuts about nuts?	<ul style="list-style-type: none">▪ Seafood Reaction Symptoms Assessment™▪ Omega 3 Deficiency Evaluation™▪ Omega 3 Fatty Acid Food Sources▪ Seafood Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

9. Tree nuts

Unit	Here's what you'll learn	Extra support material
<p>9.1 Skills Lab™: Could you be reacting to tree nuts?</p>	<ul style="list-style-type: none"> ▪ What's in the assessment? ▪ Which tree nut? ▪ Tree Nut Symptoms Assessment™ ▪ Let's see a real client example ▪ Tree Nut Symptoms Assessment™ example 	<ul style="list-style-type: none"> ▪ Tree Nut Symptoms Assessment™
<p>9.2 Tree nut allergies</p>	<ul style="list-style-type: none"> ▪ My Tree Nut Symptoms™ ▪ Moderate or higher risk? ▪ Tree nut allergy risk? 	<ul style="list-style-type: none"> ▪ Sources of Tree Nuts ▪ Tree Nut Nutrient Swap Guide
<p>9.3 Avoiding tree nuts</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Tree nut reaction? ▪ What is a nut? ▪ When is a nut, not a nut? ▪ So what is a tree nut? ▪ Symptoms of a tree nut allergy ▪ How common are tree nut allergies? 	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Test Your Knowledge exercises

9. Tree nuts

Unit	Here's what you'll learn	Extra support material
<p>9.1 Skills Lab™: Could you be reacting to tree nuts?</p>	<ul style="list-style-type: none">▪ Allergens of tree nuts▪ Why study allergens?▪ Area variations▪ Looking for cross-reactivity▪ Reacting to nuts and seeds	<ul style="list-style-type: none">▪ Tree Nut Symptoms Assessment™
<p>9.2 Tree nut allergies</p>	<ul style="list-style-type: none">▪ Multiple testing methods▪ What can you do for your client?▪ Highly restrictive	<ul style="list-style-type: none">▪ Sources of Tree Nuts▪ Tree Nut Nutrient Swap Guide
<p>9.3 Avoiding tree nuts</p>	<ul style="list-style-type: none">▪ Sources of tree nuts▪ Food labelling▪ Dining out or travelling?▪ Nutrients in nuts▪ Tree Nut Nutrient Swap Guide▪ New nut allergy plan	<ul style="list-style-type: none">▪ Practical Assignment▪ Test Your Knowledge exercises

10. Peanuts

Unit	Here's what you'll learn	Extra support material
10.1 Skills Lab™: Could you be reacting to peanuts?	<ul style="list-style-type: none">▪ What's in the assessment?▪ Peanut Reaction Symptoms Assessment™▪ Let's see a real client example▪ Assessment example	<ul style="list-style-type: none">▪ Peanut Reaction Symptoms Assessment™
10.2 Peanut reactions	<ul style="list-style-type: none">▪ Moderate or higher risk?▪ Using the assessment▪ Tracking your client's progress	<ul style="list-style-type: none">▪ Sources of Peanuts▪ Peanut Nutrient Swap Guide
10.3 Replacing foods containing peanuts	<ul style="list-style-type: none">▪ Practical Assignment▪ Peanut sensitivities?▪ The feared allergy▪ From child to adult▪ Asymptomatic sensitivity?▪ Peanut allergy symptoms▪ Is it a peanut allergy?▪ Food challenge?▪ At least 12 allergens▪ Cross-reactivity	<ul style="list-style-type: none">▪ Replacing foods containing peanuts▪ Practical Assignment▪ Test Your Knowledge exercises

10. Peanuts

Unit	Here's what you'll learn	Extra support material
<p>10.1 Skills Lab™: Could you be reacting to peanuts?</p> <p>10.2 Peanut reactions</p> <p>10.3 Replacing foods containing peanuts</p>	<ul style="list-style-type: none">▪ Is peanut oil ok?▪ Prevention better than cure?▪ Is desensitising the cure?▪ Peanut tolerance?▪ Life saving... but no cure▪ Peanut intolerance?▪ A complex allergy▪ Empowering your client▪ Sources of peanuts▪ Food labelling▪ Looking at labels▪ Other names for peanuts▪ Other wording on labels▪ Nuts in public places▪ Reducing nutritional deficiency risk▪ Peanut Nutrient Swap Guide▪ A family resemblance	<ul style="list-style-type: none">▪ Peanut Reaction Symptoms Assessment™▪ Sources of Peanuts▪ Peanut Nutrient Swap Guide▪ Replacing foods containing peanuts▪ Practical Assignment▪ Test Your Knowledge exercises

11. Seeds

Unit	Here's what you'll learn	Extra support material
<p>11.1 Skills Lab™: Could you be reacting to seeds?</p> <p>11.2 Seed allergies</p>	<ul style="list-style-type: none">▪ Which seeds?▪ What's in the assessment?▪ Seed Reaction Symptoms Assessment™▪ Let's see a real client example▪ Seed Reaction Symptoms Assessment™ example▪ Moderate or higher risk?▪ Using this assessment▪ Tracking your client's progress▪ Practical Assignment▪ Seed allergy or intolerance▪ What about seeds?▪ Where do sesame seeds come from?▪ How common is it?▪ Sources of seeds▪ Where can you find seeds?▪ The surprising allergy to fruit seeds!	<ul style="list-style-type: none">▪ Seed Reaction Symptoms Assessment™▪ Sources of Seeds▪ Seed Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

11. Seeds

Unit	Here's what you'll learn	Extra support material
<p>11.1 Skills Lab™: Could you be reacting to seeds?</p> <p>11.2 Seed allergies</p>	<ul style="list-style-type: none">▪ Allergens within seeds▪ Why cross-reactions?▪ Not just seeds▪ False positives?▪ What might your client miss out on?▪ Seed Nutrient Swap Guide▪ The rise in “I can’t eat...”	<ul style="list-style-type: none">▪ Seed Reaction Symptoms Assessment™▪ Sources of Seeds▪ Seed Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

12. Soy

Unit	Here's what you'll learn	Extra support material
12.1 Skills Lab™: Could you be reacting to soy?	<ul style="list-style-type: none">▪ Reacting to soy?▪ What's in the assessment?▪ Soy Reaction Symptoms Assessment™▪ Let's see a real client example	<ul style="list-style-type: none">▪ Soy Reaction Symptoms Assessment™
12.2 Soy allergies	<ul style="list-style-type: none">▪ Soy Reaction Symptoms Assessment™ example▪ Moderate or higher risk?	<ul style="list-style-type: none">▪ Sources of Soy▪ Alternative Names for Soy
12.3 Supporting a client with a soy allergy	<ul style="list-style-type: none">▪ Using the assessment▪ Tracking your client's progress▪ Practical Assignment▪ Sensitive to soy?▪ The legume family▪ Highly sensitive▪ What are soy allergy symptoms?▪ Soy in formula?▪ Soy and milk allergy?▪ Myth Buster: No soy before 6 months?▪ IgE: an indication of long-term risk?	<ul style="list-style-type: none">▪ Soy Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

12. Soy

Unit	Here's what you'll learn	Extra support material
<p>12.1 Skills Lab™: Could you be reacting to soy?</p> <p>12.2 Soy allergies</p> <p>12.3 Supporting a client with a soy allergy</p>	<ul style="list-style-type: none">▪ Soy IgE over time▪ When does it start?▪ How much soy?▪ Soy allergens▪ Similar allergens?▪ Oral allergy syndrome▪ GMO soybeans▪ Replacing soy▪ How to help your client▪ Identifying sources of soy▪ Sources of soy▪ Checking labels▪ Alternative names for soy▪ Replacing nutrients▪ Soy Nutrient Swap Guide▪ Cross-reactivity with soy▪ Can cooking help?	<ul style="list-style-type: none">▪ Soy Reaction Symptoms Assessment™▪ Sources of Soy▪ Alternative Names for Soy▪ Soy Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

12. Soy

Unit	Here's what you'll learn	Extra support material
<p>12.1 Skills Lab™: Could you be reacting to soy?</p> <p>12.2 Soy allergies</p> <p>12.3 Supporting a client with a soy allergy</p>	<ul style="list-style-type: none">▪ Heat and pressure sensitive?▪ Fermentation to reduce reactivity▪ Soy fermentation▪ Can my client try fermented soy?▪ Korean soy products▪ The big guys	<ul style="list-style-type: none">▪ Soy Reaction Symptoms Assessment™▪ Sources of Soy▪ Alternative Names for Soy▪ Soy Nutrient Swap Guide▪ Practical Assignment▪ Test Your Knowledge exercises

13. Cereals

Unit	Here's what you'll learn	Extra support material
13.1 The proteins in cereals	<ul style="list-style-type: none">▪ What are cereals?▪ Types of cereal reactions▪ Going inside the grain	<ul style="list-style-type: none">▪ Sources of Wheat▪ Alternative Names for Barley
13.2 Wheat and barley	<ul style="list-style-type: none">▪ Separating the storage proteins▪ Gluten proteins▪ Gluten-related reactions	<ul style="list-style-type: none">▪ Sources of Barley▪ Practical Assignment
13.3 Rye and oats	<ul style="list-style-type: none">▪ Does the prolamin matter?▪ The mystery deepens▪ Why are oats different?▪ Cross-reactivity▪ What does this mean?▪ Gliadins and glutenin▪ Hordeins▪ Secalins▪ Avenins▪ Cereal allergies and intolerance▪ Examining wheat and barley	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

13. Cereals

Unit	Here's what you'll learn	Extra support material
13.1 The proteins in cereals	<ul style="list-style-type: none">▪ Wheat intolerance?▪ How common is it?▪ Symptoms of a wheat allergy	<ul style="list-style-type: none">▪ Sources of Wheat▪ Alternative Names for Barley
13.2 Wheat and barley	<ul style="list-style-type: none">▪ Changes in the skin▪ Understanding wheat reactions▪ Wheat proteins	<ul style="list-style-type: none">▪ Sources of Barley▪ Practical Assignment
13.3 Rye and oats	<ul style="list-style-type: none">▪ Allergens in wheat flour▪ Not just consumption?▪ Baker's asthma▪ Where is wheat found?▪ Sources of wheat▪ Exercise induced▪ Barley sensitivity?▪ Level of risk▪ What are the symptoms?▪ Revisiting hordeins▪ Naked barley?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

13. Cereals

Unit	Here's what you'll learn	Extra support material
13.1 The proteins in cereals	<ul style="list-style-type: none">▪ Processing barley▪ Alternative names for barley▪ Sources of barley	<ul style="list-style-type: none">▪ Sources of Wheat▪ Alternative Names for Barley
13.2 Wheat and barley	<ul style="list-style-type: none">▪ How do you figure out the trigger?▪ Other cereals▪ From skin rash to anaphylaxis	<ul style="list-style-type: none">▪ Sources of Barley▪ Practical Assignment
13.3 Rye and oats	<ul style="list-style-type: none">▪ Rye intolerance?▪ Understanding rye▪ Sources of rye▪ Occupational hazard▪ Replacing rye▪ Non-cereal substitutes▪ Understanding oats▪ Allergic to oats?▪ Not enough by itself?▪ Avoid due to cross-contamination▪ Missing out?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p>	<ul style="list-style-type: none"> ▪ Could it be a gluten sensitivity? ▪ Identifying gluten symptoms ▪ Gluten Symptom Questionnaire™ ▪ Let's see a real client example! ▪ Gluten Symptom Questionnaire™ example 	<ul style="list-style-type: none"> ▪ Gluten Symptom Questionnaire™ ▪ Symptoms of Coeliac Disease
<p>14.2 What is coeliac disease?</p>	<ul style="list-style-type: none"> ▪ Time to visit the doctor? ▪ Removing gluten from the diet? ▪ Reducing symptoms through change 	<ul style="list-style-type: none"> ▪ "To Eat" and "Not to Eat" Foods ▪ Checking Labels for Gluten
<p>14.3 Could it be a non-coeliac gluten sensitivity?</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Practical Assignment ▪ Coeliac and autoimmune disease 	<ul style="list-style-type: none"> ▪ Restaurant Tips ▪ Practical Assignment
<p>14.4 A gluten sensitivity or something else?</p>	<ul style="list-style-type: none"> ▪ Public enemy number one? ▪ Passing through the gut wall ▪ Are genes responsible? ▪ A body that attacks itself 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises
<p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none"> ▪ Normal vs Damaged Villi ▪ What's the damage? 	

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p> <p>14.2 What is coeliac disease?</p> <p>14.3 Could it be a non-coeliac gluten sensitivity?</p> <p>14.4 A gluten sensitivity or something else?</p> <p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none"> ▪ A coeliac's gluten response ▪ HLA mutants, antibodies, biopsies... ▪ How is coeliac disease diagnosed? ▪ Medical procedure for CD ▪ What does coeliac feel like? ▪ Symptoms of coeliac disease ▪ Complications of coeliac disease ▪ Coeliac disease statistics ▪ Stay positive! ▪ Treatment for coeliac disease ▪ Time to avoid gluten? ▪ Risk of deficiencies? ▪ Gluten-free ups and downs ▪ What about oats? ▪ What can be done? ▪ How big is the problem? ▪ Ruling out coeliac disease 	<ul style="list-style-type: none"> ▪ Gluten Symptom Questionnaire™ ▪ Symptoms of Coeliac Disease ▪ “To Eat” and “Not to Eat” Foods ▪ Checking Labels for Gluten ▪ Restaurant Tips ▪ Practical Assignment ▪ Test Your Knowledge exercises

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p>	<ul style="list-style-type: none"> ▪ I'm not coeliac, but... ▪ NCGS Diagnostic Algorithm ▪ The History of NCGS ▪ The first signs? ▪ A rapidly growing phenomenon 	<ul style="list-style-type: none"> ▪ Gluten Symptom Questionnaire™ ▪ Symptoms of Coeliac Disease
<p>14.2 What is coeliac disease?</p>	<ul style="list-style-type: none"> ▪ Doctor's diagnosis of NCGS ▪ Testing for suspected NCGS ▪ Coeliac 'lite'? 	<ul style="list-style-type: none"> ▪ "To Eat" and "Not to Eat" Foods ▪ Checking Labels for Gluten
<p>14.3 Could it be a non-coeliac gluten sensitivity?</p>	<ul style="list-style-type: none"> ▪ Meet 'lite', the new kid on the block ▪ Are coeliac lite and NCGS the same? ▪ Where does coeliac 'lite' fit in? ▪ Hidden coeliac disease? 	<ul style="list-style-type: none"> ▪ Restaurant Tips ▪ Practical Assignment
<p>14.4 A gluten sensitivity or something else?</p>	<ul style="list-style-type: none"> ▪ Trying to Define NCGS ▪ Is NCGS its own entity? ▪ The trouble with NCGS ▪ Half the NCGS diagnosis 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises
<p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none"> ▪ The gluten re-challenge 	

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p>	<ul style="list-style-type: none"> ▪ Gluten re-challenge study ▪ What do the results tell us? ▪ Could NCGS studies be wheat allergy? ▪ Is it all in the mind? ▪ Further complications? 	<ul style="list-style-type: none"> ▪ Gluten Symptom Questionnaire™
<p>14.2 What is coeliac disease?</p>	<ul style="list-style-type: none"> ▪ Oops, they were wrong! ▪ What's in a name? 	<ul style="list-style-type: none"> ▪ "To Eat" and "Not to Eat" Foods
<p>14.3 Could it be a non-coeliac gluten sensitivity?</p>	<ul style="list-style-type: none"> ▪ Where is NCGS research heading? ▪ Not due to gluten? ▪ Have we caught the culprit? ▪ Can we assume it is the gluten? 	<ul style="list-style-type: none"> ▪ Checking Labels for Gluten ▪ Restaurant Tips
<p>14.4 A gluten sensitivity or something else?</p>	<ul style="list-style-type: none"> ▪ Partners in crime ▪ What's behind NCGS? ▪ Revisiting key concepts ▪ What are ATIs? 	<ul style="list-style-type: none"> ▪ Practical Assignment
<p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none"> ▪ Are ATIs taking their toll? ▪ Damaging the gut? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p> <p>14.2 What is coeliac disease?</p> <p>14.3 Could it be a non-coeliac gluten sensitivity?</p> <p>14.4 A gluten sensitivity or something else?</p> <p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none"> ▪ ATIs in action? ▪ What can be done about ATIs? ▪ The FODMAP Connection ▪ FODMAPs ▪ Fructans in the spotlight ▪ So... does NCGS exist? ▪ Is it IBS? ▪ Time for elimination? ▪ Risks of a low-FODMAP diet? ▪ Needing to remove gluten? ▪ Gluten and lactose out... what's in? ▪ Where do I start? ▪ "To eat" and "not to eat" foods ▪ How do I know it's gluten-free? ▪ Checking labels for gluten ▪ Gluten-free: a healthy choice? ▪ Other considerations 	<ul style="list-style-type: none"> ▪ Gluten Symptom Questionnaire™ ▪ Symptoms of Coeliac Disease ▪ "To Eat" and "Not to Eat" Foods ▪ Checking Labels for Gluten ▪ Restaurant Tips ▪ Practical Assignment ▪ Test Your Knowledge exercises

14. Gluten: The full story

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: Could you have a problem with gluten?</p> <p>14.2 What is coeliac disease?</p> <p>14.3 Could it be a non-coeliac gluten sensitivity?</p> <p>14.4 A gluten sensitivity or something else?</p> <p>14.5 Removing gluten in the diet</p>	<ul style="list-style-type: none">▪ 5 restaurant tips▪ Further guidance	<ul style="list-style-type: none">▪ Gluten Symptom Questionnaire™▪ Symptoms of Coeliac Disease▪ “To Eat” and “Not to Eat” Foods▪ Checking Labels for Gluten▪ Restaurant Tips▪ Practical Assignment▪ Test Your Knowledge exercises

15. Reacting to sugars and FODMAPs

Unit	Here's what you'll learn	Extra support material
<p>15.1 Skills Lab™: Could you be reacting to sugar?</p>	<ul style="list-style-type: none"> ▪ What's in the assessment? ▪ But 'sugar' is in everything! ▪ Sugar Reaction Assessment™ ▪ Let's see a real client example 	<ul style="list-style-type: none"> ▪ Sugar Reaction Assessment™ ▪ FODMAP Reduction Guide™
<p>15.2 Fructose intolerance</p>	<ul style="list-style-type: none"> ▪ Sugar Reaction Assessment™ example ▪ Moderate or higher risk? ▪ Using the assessment 	<ul style="list-style-type: none"> ▪ My FODMAP Swapper™
<p>15.3 What is a low-FODMAP diet?</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Practical Assignment ▪ Intolerance to sugar? 	<ul style="list-style-type: none"> ▪ FODMAP Symptom Tracker™
<p>15.4 Skills Lab™: Are you falling foul of FODMAPs?</p>	<ul style="list-style-type: none"> ▪ What is fructose? ▪ Fructose metabolism ▪ What are the symptoms? ▪ Avoiding all fructose? 	<ul style="list-style-type: none"> ▪ FODMAP Food Guide™
<p>15.5 FODMAP reintroduction guide</p>	<ul style="list-style-type: none"> ▪ Processed fructose ▪ Why are we eating so much of it? ▪ A genetic intolerance? 	<ul style="list-style-type: none"> ▪ Low-FODMAP Shopping List™ ▪ My Low-FODMAP Shopping List™

15. Reacting to sugars and FODMAPs

Unit	Here's what you'll learn	Extra support material
<p>15.1 Skills Lab™: Could you be reacting to sugar?</p> <p>15.2 Fructose intolerance</p> <p>15.3 What is a low-FODMAP diet?</p> <p>15.4 Skills Lab™: Are you falling foul of FODMAPs?</p> <p>15.5 FODMAP reintroduction guide</p>	<ul style="list-style-type: none"> ▪ Enzymes of fructose metabolism ▪ Fructose breath testing ▪ Fructose elimination? ▪ FODMAPs – the new gluten? ▪ What do we need to know? ▪ Understanding FODMAPs ▪ FODMAPs impact on the gut ▪ FODMAPs and IBS ▪ An expanding field of research ▪ Who's cutting our FODMAPs? ▪ FODMAPs out forever? ▪ FODMAPs food for your bacteria? ▪ Sources of FODMAPs? ▪ High and low FODMAP foods ▪ Missing nutrients? ▪ FODMAPs gone forever? ▪ The return of FODMAPs 	<ul style="list-style-type: none"> ▪ Sugar Reaction Assessment™ ▪ FODMAP Reduction Guide™ ▪ My FODMAP Swapper™ ▪ FODMAP Symptom Tracker™ ▪ FODMAP Food Guide™ ▪ Low-FODMAP Shopping List™ ▪ My Low-FODMAP Shopping List™

15. Reacting to sugars and FODMAPs

Unit	Here's what you'll learn	Extra support material
<p>15.1 Skills Lab™: Could you be reacting to sugar?</p>	<ul style="list-style-type: none"> ▪ What's in the guide? ▪ The FODMAP Reduction Guide™ consists of the: My FODMAP Swapper™ and FODMAP Symptom Tracker™ 	<ul style="list-style-type: none"> ▪ Sugar Reaction Assessment™ ▪ FODMAP Reduction Guide™
<p>15.2 Fructose intolerance</p>	<ul style="list-style-type: none"> ▪ Let's see a real client example! ▪ FODMAP Symptom Tracker™ example 	<ul style="list-style-type: none"> ▪ My FODMAP Swapper™
<p>15.3 What is a low-FODMAP diet?</p>	<ul style="list-style-type: none"> ▪ Keeping up to date ▪ Time for a reintroduction? ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ FODMAP Symptom Tracker™
<p>15.4 Skills Lab™: Are you falling foul of FODMAPs?</p>	<ul style="list-style-type: none"> ▪ Not for the long term ▪ Reintroducing smartly ▪ Which foods to introduce? ▪ More than 1 group? 	<ul style="list-style-type: none"> ▪ FODMAP Food Guide™
<p>15.5 FODMAP reintroduction guide</p>	<ul style="list-style-type: none"> ▪ 3 main FODMAP levels ▪ 5 groups of foods ▪ Amount of food consumed 	<ul style="list-style-type: none"> ▪ Low-FODMAP Shopping List™ ▪ My Low-FODMAP Shopping List™

15. Reacting to sugars and FODMAPs

Unit	Here's what you'll learn	Extra support material
<p>15.1 Skills Lab™: Could you be reacting to sugar?</p> <p>15.2 Fructose intolerance</p> <p>15.3 What is a low-FODMAP diet?</p> <p>15.4 Skills Lab™: Are you falling foul of FODMAPs?</p> <p>15.5 FODMAP reintroduction guide</p>	<ul style="list-style-type: none">▪ Example: Mango FODMAP▪ Time to go shopping▪ FODMAP Food Guide™▪ Low-FODMAP Shopping List™▪ My Low-FODMAP Shopping List™▪ Not always the most common	<ul style="list-style-type: none">▪ High and Low FODMAP Foods▪ Practical Assignment▪ Test Your Knowledge exercises

16. Fruit and vegetable allergy

Unit	Here's what you'll learn	Extra support material
<p>16.1 Skills Lab™: Could your client be sensitive to fruit and veg?</p> <p>16.2 Can you react to fruits and vegetables?</p>	<ul style="list-style-type: none">▪ An allergy to fruit and vegetables?▪ What is in the assessment?▪ OAS Risk Questionnaire™▪ Let's see a real client example▪ OAS Risk Questionnaire™ example▪ Moderate to higher risk?▪ Practical Assignment▪ What is OAS?▪ Understanding OAS▪ How common is it?▪ Not the same?▪ Could your client have OAS?▪ Cross-reactivity▪ What cross-reactivities may exist?▪ Pollen/latex and food allergens▪ More than just Bet?▪ LTP and food allergens	<ul style="list-style-type: none">▪ OAS Risk Questionnaire™▪ Pollen Cross-Reactivities▪ Seasonal Allergies▪ Cooking Food Allergens▪ Practical Assignment▪ Test Your Knowledge exercises

16. Fruit and vegetable allergy

Unit	Here's what you'll learn	Extra support material
<p>16.1 Skills Lab™: Could your client be sensitive to fruit and veg?</p> <p>16.2 Can you react to fruits and vegetables?</p>	<ul style="list-style-type: none">▪ Is your client at risk?▪ Pollen cross-reactivities▪ Seasonal cross-reactivity▪ Taking note of the seasons▪ Seasonal allergies▪ Minimising risk▪ Cooking food allergens▪ The future of OAS▪ What could your client look for?	<ul style="list-style-type: none">▪ OAS Risk Questionnaire™▪ Pollen Cross-Reactivities▪ Seasonal Allergies▪ Cooking Food Allergens▪ Practical Assignment▪ Test Your Knowledge exercises

17. Alcohol and histamine

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Could you be reacting to alcohol?</p> <p>17.2 An intolerance to alcohol?</p> <p>17.3 Histamine intolerance</p>	<ul style="list-style-type: none">▪ Even a sip of alcohol is too much▪ Which alcohol?▪ Alcohol Reaction Symptoms Assessment™▪ Let's see a real client example▪ Alcohol Reaction Symptoms Assessment™ example▪ Moderate or higher risk?▪ Using the assessment and tracker▪ Tracking your client's progress▪ Practical Assignment▪ Intolerance to alcohol – really?▪ Not even 1 sip▪ Breaking down alcohol▪ Alcohol metabolism▪ Tolerance based on our genes?▪ Alcohol and cancer risk?▪ Noticing a problem?	<ul style="list-style-type: none">▪ Alcohol Reaction Symptoms Assessment™▪ Alcohol Tracker™▪ Alcohol to Vitamin and Mineral Losses▪ UK alcohol guidelines▪ Sources of Histamine in Foods▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

17. Alcohol and histamine

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Could you be reacting to alcohol?</p> <p>17.2 An intolerance to alcohol?</p> <p>17.3 Histamine intolerance</p>	<ul style="list-style-type: none">▪ Alcohol – vitamin and mineral losses▪ All or nothing?▪ UK alcohol guidelines▪ Alcohol units and calories▪ What if it's not the alcohol?▪ What else could it be?▪ Alcohol Tracker™▪ Wine causing problems?▪ Recap on histamines▪ Sources of histamines in foods▪ Histamines during allergic reactions▪ The roles of histamines▪ Understanding histamines▪ Histamine overload▪ Breaking down histamines▪ Histamine intolerance▪ Changes in DAO functioning?	<ul style="list-style-type: none">▪ Alcohol Reaction Symptoms Assessment™▪ Alcohol Tracker™▪ Alcohol to Vitamin and Mineral Losses▪ UK alcohol guidelines▪ Sources of Histamine in Foods▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

17. Alcohol and histamine

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: Could you be reacting to alcohol?</p> <p>17.2 An intolerance to alcohol?</p> <p>17.3 Histamine intolerance</p>	<ul style="list-style-type: none">▪ Overlapping symptoms▪ Symptoms of a histamine reaction▪ Reducing the allergic response▪ Until there is a cure...▪ Overhyped or out of control?	<ul style="list-style-type: none">▪ Alcohol Reaction Symptoms Assessment™▪ Alcohol Tracker™▪ Alcohol to Vitamin and Mineral Losses▪ UK alcohol guidelines▪ Sources of Histamine in Foods▪ Practical Assignment▪ Video▪ Test Your Knowledge exercises

18. Yeast

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Could your client be reacting to yeast?</p> <p>18.2 A fungal reaction</p>	<ul style="list-style-type: none">▪ Allergy, intolerance, or overgrowth?▪ What's in the assessment?▪ Which yeast product?▪ Yeast Reaction Symptoms Assessment™▪ Let's see a real client example▪ Yeast Reaction Symptoms Assessment™ example▪ Moderate or higher risk?▪ Using the assessment▪ Tracking your client's progress▪ Practical Assignment▪ Too much fungus?▪ Saccharomyces▪ Common in food and drink▪ Sources of yeast▪ Only a few cases▪ Symptoms and cross-reactivity	<ul style="list-style-type: none">▪ Yeast Reaction Symptoms Assessment™▪ Sources of Yeast▪ Yeast Food Swaps▪ Foods to Limit During Candidiasis▪ Practical Assignment▪ Test Your Knowledge exercises

18. Yeast

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Could your client be reacting to yeast?</p> <p>18.2 A fungal reaction</p>	<ul style="list-style-type: none">▪ Nutrient deficiency▪ Yeast Food swaps▪ Candida▪ The yeast within us▪ Out of control?▪ Time to test?▪ Candida overgrowth▪ Upset stomach▪ Encouraging growth▪ What increases the risk?▪ Foods to limit during Candidiasis▪ Little known but important	<ul style="list-style-type: none">▪ Yeast Reaction Symptoms Assessment™▪ Sources of Yeast▪ Yeast Food Swaps▪ Foods to Limit During Candidiasis▪ Practical Assignment▪ Test Your Knowledge exercises

19. Food additives and meat

Unit	Here's what you'll learn	Extra support material
19.1 Hypersensitive to food additives 19.2 Reacting to meat	<ul style="list-style-type: none">▪ Unknown territory...▪ Food additives 101▪ Where do additives come from?▪ Why do we have additives?▪ Which foods contain colouring?▪ Multiple sensitivities?▪ Over 3000 food additives▪ Main food additive groups▪ Fact or fiction?▪ The science of additive reactions▪ First exposure through the skin?▪ Allergy or hypersensitivity?▪ Also a drug allergy?▪ Too much Chinese food?▪ The spice of life▪ Less common allergies▪ Are meat allergies real?	<ul style="list-style-type: none">▪ Main Food Additive Groups▪ Limiting Alpha-gal▪ Practical Assignment▪ Test Your Knowledge exercises

19. Food additives and meat

Unit	Here's what you'll learn	Extra support material
19.1 Hypersensitive to food additives 19.2 Reacting to meat	<ul style="list-style-type: none">▪ A delayed allergic reaction▪ It's to do with a lone star▪ What doesn't kill you, makes you... weaker?▪ Alpha-gal from a tick bite▪ Alpha-gal syndrome symptoms▪ The effect of blood groups▪ Not long-lasting▪ How are sufferers diagnosed?▪ Higher vs lower risk foods▪ Where can Alpha-gal be hiding?▪ Avoiding Alpha-gal▪ Making it worse?▪ Could reducing dairy help?▪ Who's at risk?▪ Not just ticks▪ Dairy allergies and heart valves▪ Pig, cats, birds, and fish?▪ Helping your client	<ul style="list-style-type: none">▪ Main Food Additive Groups▪ Limiting Alpha-gal▪ Practical Assignment▪ Test Your Knowledge exercises

20. Client journey empowerment

Unit	Here's what you'll learn	Extra support material
20.1 Understanding your client's journey	<ul style="list-style-type: none">▪ Let's get down to business▪ Visualising your client's journey▪ Client Journey▪ Health Assessment▪ Allergy and Intolerance Risk▪ Risk profiles▪ If in doubt, refer▪ Foods and symptoms▪ My client has an allergy!▪ Risk for an intolerance?▪ Client Sensitivity Risk Summary™▪ Removing foods from the diet▪ Diet planning	<ul style="list-style-type: none">▪ Client Sensitivity Risk Summary™▪ Practical Assignment▪ Test Your Knowledge exercises

21. Elimination and reintroduction protocols

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are elimination, reintroduction, and rotation diets?</p>	<ul style="list-style-type: none">▪ Pathway to symptom management▪ Which protocol?▪ What is an elimination diet?▪ Points to remember▪ Gone forever?	<ul style="list-style-type: none">▪ Food Elimination Workbook™▪ Food Elimination Planner™▪ Food Elimination Tracker™
<p>21.2 Skills Lab™: How to do an elimination diet with your client</p>	<ul style="list-style-type: none">▪ Planning ahead...▪ Beware of junk science!▪ Who is this elimination for?▪ Minimising deficiency risk▪ Carrying out an elimination diet	<ul style="list-style-type: none">▪ Food Reintroduction Workbook™▪ Food Reintroduction Tracker™
<p>21.3 Skills Lab™: How to reintroduce foods effectively</p>	<ul style="list-style-type: none">▪ What is a reintroduction diet?▪ What is a rotation diet?▪ The elimination isn't everything!▪ Getting the practicalities right	<ul style="list-style-type: none">▪ Food Reintroduction Tracker™▪ Food Rotation Workbook™
<p>21.4 Skills Lab™: How to carry out a rotation diet</p>	<ul style="list-style-type: none">▪ Efficiency is key▪ What's in the workbook?▪ What to eliminate?	<ul style="list-style-type: none">▪ Food Rotation Calendar™

21. Elimination and reintroduction protocols

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are elimination, reintroduction, and rotation diets?</p>	<ul style="list-style-type: none"> ▪ Eliminate 'like' foods ▪ Elimination / Reintroduction timeline ▪ Food Elimination Workbook™ which consists of 2 sections: Food Elimination Planner™ and Food Elimination Tracker™ 	<ul style="list-style-type: none"> ▪ Food Rotation Tracker™ ▪ Practical Assignment
<p>21.2 Skills Lab™: How to do an elimination diet with your client</p>	<ul style="list-style-type: none"> ▪ Let's see a real client example! ▪ Food Elimination Workbook™ example ▪ Seeing improved symptoms? ▪ Practical Assignment ▪ Reintroducing problem foods 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises
<p>21.3 Skills Lab™: How to reintroduce foods effectively</p>	<ul style="list-style-type: none"> ▪ What does the plan look like? ▪ What to do and when ▪ It takes a lot of planning ▪ Reintroduction tips 	
<p>21.4 Skills Lab™: How to carry out a rotation diet</p>	<ul style="list-style-type: none"> ▪ Food Reintroduction Workbook™ ▪ Food Reintroduction Tracker™ 	

21. Elimination and reintroduction protocols

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are elimination, reintroduction, and rotation diets?</p>	<ul style="list-style-type: none">▪ Pathway to symptom management▪ Which protocol?▪ What is an elimination diet?▪ Points to remember▪ Gone forever?	<ul style="list-style-type: none">▪ Food Elimination Workbook™▪ Food Elimination Planner™▪ Food Elimination Tracker™
<p>21.2 Skills Lab™: How to do an elimination diet with your client</p>	<ul style="list-style-type: none">▪ Planning ahead...▪ Beware of junk science!▪ Who is this elimination for?▪ Minimising deficiency risk▪ Carrying out an elimination diet	<ul style="list-style-type: none">▪ Food Reintroduction Workbook™▪ Food Reintroduction Tracker™
<p>21.3 Skills Lab™: How to reintroduce foods effectively</p>	<ul style="list-style-type: none">▪ What is a reintroduction diet?▪ What is a rotation diet?▪ The elimination isn't everything!▪ Getting the practicalities right	<ul style="list-style-type: none">▪ Food Reintroduction Tracker™▪ Food Rotation Workbook™
<p>21.4 Skills Lab™: How to carry out a rotation diet</p>	<ul style="list-style-type: none">▪ Efficiency is key▪ What's in the workbook?▪ What to eliminate?	<ul style="list-style-type: none">▪ Food Rotation Calendar™

21. Elimination and reintroduction protocols

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are elimination, reintroduction, and rotation diets?</p>	<ul style="list-style-type: none"> ▪ Eliminate 'like' foods ▪ Elimination / Reintroduction timeline ▪ Food Elimination Workbook™ which consists of 2 sections: Food Elimination Planner™ and Food Elimination Tracker™ 	<ul style="list-style-type: none"> ▪ Food Rotation Tracker™ ▪ Practical Assignment
<p>21.2 Skills Lab™: How to do an elimination diet with your client</p>	<ul style="list-style-type: none"> ▪ Let's see a real client example! ▪ Food Elimination Workbook™ example ▪ Seeing improved symptoms? ▪ Practical Assignment ▪ Reintroducing problem foods 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises
<p>21.3 Skills Lab™: How to reintroduce foods effectively</p>	<ul style="list-style-type: none"> ▪ What does the plan look like? ▪ What to do and when ▪ It takes a lot of planning ▪ Reintroduction tips 	
<p>21.4 Skills Lab™: How to carry out a rotation diet</p>	<ul style="list-style-type: none"> ▪ Food Reintroduction Workbook™ ▪ Food Reintroduction Tracker™ 	

22. BONUS: Allergy action planning and eating out

Unit	Here's what you'll learn	Extra support material
<p>22.1 Allergy action planning</p> <p>22.2 Skills Lab™: Your guide to eating out</p>	<ul style="list-style-type: none">▪ Just in case▪ What is an allergy action plan?▪ Where is the autoinjector?▪ Creating an action plan▪ Allergy Action Plan™▪ Creating a plan for a child▪ Too much at risk▪ Keeping food safe▪ Supporting those wanting to eat out▪ Eating Out Workbook™▪ Severe allergies?	<ul style="list-style-type: none">▪ Allergy Action Plan™▪ Eating Out Workbook™▪ Restaurant Allergy Warning Card▪ Practical Assignment▪ Test Your Knowledge exercises

23. Designing a personalised sensitivities plan

Unit	Here's what you'll learn	Extra support material
<p>23.1 Skills Lab™: Your client's personalised food intolerances plan</p>	<ul style="list-style-type: none"> ▪ Creating a personalised plan ▪ Diet Planning Workbook™ which includes the: ▪ Food Master List™ ▪ Daily Meal Planner™ ▪ Meal Options Kit™ 	<ul style="list-style-type: none"> ▪ Diet Planning Workbook™ ▪ Food Master List™
<p>23.2 Structuring your client consultations</p>	<ul style="list-style-type: none"> ▪ Shopping List™ ▪ Practical Assignment ▪ Providing everything at once? ▪ Everyone is different 	<ul style="list-style-type: none"> ▪ Daily Meal Planner™ ▪ Meal Options Kit™
<p>23.3 Skills Lab™: How can you monitor your client's progress?</p>	<ul style="list-style-type: none"> ▪ Big goals ▪ Running the first session ▪ Structuring a client session ▪ Keeping notes ▪ Session Summary Handout ▪ Getting your first clients ▪ Keeping them on track ▪ Tracking progress 	<ul style="list-style-type: none"> ▪ Shopping List™ ▪ 3-Part Weekly Tracking Kit™ includes the Environmental Check™, Sleep Check™, Physical Activity Check™

23. Designing a personalised sensitivities plan

Unit	Here's what you'll learn	Extra support material
<p>23.1 Skills Lab™: Your client's personalised food intolerances plan</p>	<ul style="list-style-type: none"> ▪ Motivational changes ▪ Tracking diet intakes weekly ▪ Monitoring behavioural changes ▪ 3-Part Weekly Tracking Kit™ including the: ▪ Environmental Check™ ▪ Sleep Check™ ▪ Physical Activity Check™ ▪ All "Yes" answers? ▪ Do adjustments need to be made? 	<ul style="list-style-type: none"> ▪ Body Weight Tracker™ ▪ Session Summary Handout
<p>23.2 Structuring your client consultations</p>	<ul style="list-style-type: none"> ▪ All "Yes" answers? ▪ Do adjustments need to be made? 	<ul style="list-style-type: none"> ▪ Practical Assignment
<p>23.3 Skills Lab™: How can you monitor your client's progress?</p>	<ul style="list-style-type: none"> ▪ Monitoring body weight ▪ Body Weight Tracker™ ▪ A record and motivational tool ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ Test Your Knowledge exercises

24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none">▪ Your role as an advisor▪ What you CAN and CAN'T do▪ What you MUST do▪ The importance of medical advice▪ Which products or brands?▪ Running a successful practice▪ Here's what you'll learn in this unit:<ul style="list-style-type: none">▪ Legal and tax considerations▪ The 4 most important steps to follow▪ Getting insurance cover▪ Registering as self-employed▪ Preparing for your initial client consultation▪ Observing client confidentiality and data protection	<ul style="list-style-type: none">▪ Client Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Informed Consent Form▪ Practical Assignment▪ Test Your Knowledge exercises

24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none">▪ Includes the following downloadable documents for immediate use:<ol style="list-style-type: none">1. Health Check Questionnaire2. Medical Referral Form3. Client Informed Consent Form	<ul style="list-style-type: none">▪ Client Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Informed Consent Form▪ Practical Assignment▪ Test Your Knowledge exercises

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