

Advanced Gut Restoration Nutritional Advisor™

Advisory and Client-Focused Certification

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
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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 BONUS MODULE
11	Our guts on alcohol	24	Reducing risk for digestive cancers BONUS MODULE
12	The truth about drugs and digestion	25	Microbiome testing BONUS MODULE
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

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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?

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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

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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?

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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)

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

1. Is your gut healthy?

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

1. Is your gut healthy?

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

1. Is your gut healthy?

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: 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">▪ How does the “leaky gut” occur?▪ How is the “leaky gut” defined?▪ What causes the damage?▪ Looking to reduce leakiness▪ What's the use of the 4 'R's?▪ The 4 'R's: rebuilding your gut▪ Clearing the site▪ Building the structure▪ Moving in▪ Fixing the leaks▪ The finished home	<ul style="list-style-type: none">▪ Gut Discomfort Assessment™▪ Post-meal Discomfort Evaluation™▪ Gut Discomfort Questionnaire™▪ The 4 'R's: rebuilding your gut handout▪ Practical Assignment▪ Test Your Knowledge exercises

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">▪ Bacteria in our gut?▪ The tiny puppet masters▪ Scientific classification▪ Naming bacteria and viruses▪ Where is our microbiome from?▪ Bacteria before birth?▪ Our first main bacterial exposure▪ Are there other factors involved?▪ What about after birth?▪ 4 influences on our gut microbiome▪ Variation between individuals▪ Antibiotics for infants▪ Early bacterial sources▪ More to the microbiome?▪ Viruses: friends or foe?▪ Just a phage?▪ Temperate vs lytic bacteriophages	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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

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">▪ The three suggested enterotypes▪ Enterotypes and nutrients▪ Breaking down fibre▪ How many enterotypes?▪ Not as clear as it seems?▪ The debate continues...▪ Prevotella vs Bacteroides?▪ And the winner is?▪ Changes down to diet?▪ Can we shift enterotypes?▪ And in the short term?▪ What about the rest?▪ Going with your “gut feeling”	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ Butterflies in your belly?▪ Achieving top performance▪ Two-way chatter▪ Maintaining gut control▪ A snapshot of the ENS▪ Unravelling the mystery▪ How many routes to the brain?▪ Linking the gut and emotion▪ Pathways to the brain▪ Path 1: the long way to the top▪ Linking stress to our gut▪ Path 2: the direct route▪ Path 3: bacteria making happiness?▪ Path 4: modified immunity?▪ A potential “epidemic”?▪ Is there more to the gut-brain link?▪ Busting myths about autism	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ What are the symptoms?▪ Symptoms of autism▪ Is there a cure?▪ Microbiota-gut-brain axis and ASD?▪ Severity of symptoms▪ Microbiome imbalance in autism?▪ A weakened immune system?▪ Not only changes in bacteria▪ Foods and autism?▪ A difficult dinnertime▪ Nutrition for our genes	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ Making a unique gut▪ What do genes have to do with it?▪ How do we define nutrigenetics?▪ Can you tolerate the white stuff?▪ Lactase and ageing▪ What is the default state?▪ Does geography matter?▪ Lactase persistence▪ Is there a “vegetarian gene”?▪ The LCPUFA connection▪ From ALA to DHA▪ Does geography still matter?▪ What can you do?▪ 23and... you?▪ Lactose gene results▪ Does our diet affect our genes?▪ Same code, different expression	<ul style="list-style-type: none">▪ The Food Habits Workbook™ which consists of the:▪ Food Inventory Check™▪ Favourite Foods, Easy Meals™▪ 24-Hour Food Recall™▪ Practical Assignment▪ Test Your Knowledge exercises▪ Video

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"> ▪ Winning the lottery? ▪ Adding tags to genes ▪ Epigenetics in action ▪ Vitamin D for gut health? ▪ A mutated NOD2 ▪ A equals B equals C? ▪ Genes aren't everything! ▪ How are your client's eating habits? ▪ What's your client eating? ▪ What's in this workbook? ▪ Tracking the habits to make change ▪ The Food Habits Workbook™ which consists of the: <ol style="list-style-type: none"> 1. Food Inventory Check™ 2. Favourite Foods, Easy Meals™ 3. 24-Hour Food Recall™ 	<ul style="list-style-type: none"> ▪ The Food Habits Workbook™ which consists of the: ▪ Food Inventory Check™ ▪ Favourite Foods, Easy Meals™ ▪ 24-Hour Food Recall™ ▪ Practical Assignment ▪ Test Your Knowledge exercises ▪ Video

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">▪ Your client's dietary baseline▪ Linking habits and symptoms▪ Practical Assignment	<ul style="list-style-type: none">▪ The Food Habits Workbook™ which consists of the:▪ Food Inventory Check™▪ Favourite Foods, Easy Meals™▪ 24-Hour Food Recall™▪ Practical Assignment▪ Test Your Knowledge exercises▪ Video

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"> ▪ Anxiety causing stomach pains? ▪ Stress Identification Audit™ ▪ Bringing in another pathway ▪ The HPA axis: a key player ▪ Dysbiosis = anxiety = dysbiosis? ▪ Bi-directional communication ▪ Not just IBD ▪ Top-down or bottom-up? ▪ Bacteria causing stress? ▪ An anxious leaky gut? ▪ Sleeping on the job ▪ Proposed mechanism? ▪ Lowering stress? ▪ 12 Tips for reducing stress ▪ A change in food choices ▪ What your client eats when stressed 	<ul style="list-style-type: none"> ▪ Stress Identification Audit™ ▪ 12 Tips for reducing stress ▪ Stress Eating Assessment™ consists of the Comfort Eating Evaluation™ and ▪ Under-eating / Overeating Evaluation™ ▪ Test Your Knowledge exercises

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">▪ What's in the assessment?▪ Stress Eating Assessment™▪ What do the results mean?▪ Supporting your client▪ Tracking your client's comfort eating▪ Tracking your client's stress eating▪ Client talk▪ Hormonal regulation of eating?▪ Practical Assignment	<ul style="list-style-type: none">▪ Stress Identification Audit™▪ 12 Tips for reducing stress handout▪ Stress Eating Assessment™ consists of the Comfort Eating Evaluation™ and▪ Under-eating / Overeating Evaluation™▪ Test Your Knowledge exercises

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">▪ Molecules controlling hunger?▪ Sending a message▪ Many messengers▪ Leptin: the “satiety hormone”▪ A break in the signal▪ Ghrelin: the “hunger hormone”▪ The leptin and ghrelin balance▪ CCK: The “fat/protein responder”▪ Insulin: the “blood sugar reducer”▪ Glucagon: the “blood sugar raiser”▪ Insulin, glucagon, and blood glucose▪ Amylin: insulin’s “little helper”▪ GLP-1 and GIP: the incretins▪ Peptide YY: the “suppressor”▪ Gut hormone secretion zones▪ Honourable mentions▪ Hormone “cheat sheet”	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ Getting hormones under control▪ 8 hormone balancing tips▪ The root of food cravings?▪ Why do we overeat?▪ Craving chocolate?▪ Dopamine: the “rewarder”▪ Is palatable food like a drug?▪ Interactions with dopamine?▪ Rewarded by fat and sugar?▪ Primed to comfort eat?▪ Do you eat more, or less?▪ Finding comfort in food▪ Increasing emotional responses▪ When stress becomes chronic▪ Insulin and emotional eating▪ The impact of chronic stress▪ PYY vs NPY: fighting for feeding?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ GLP-1 and emotional regulation▪ GLP-1 and food reward▪ Eating behaviour and gut disorder?▪ Binge eating and IBS▪ Can bacteria alter hormone levels?▪ Uneven gut = uneven hormones?▪ Bacteria as an endocrine organ?▪ Made from tryptophan▪ Serotonin: the “controller”▪ Is tryptophan the key?▪ Theft of tryptophan?▪ The “tryptophan balance”▪ Bacteria affecting our cells?▪ SCFAs adding up▪ Gut hormones are gut healers?▪ Intriguing correlations▪ The microbiome in emotion	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ The vicious cycle of eat and repeat▪ The microbiome's role in the cycle▪ Breaking the cycle▪ Using bacteria to break the cycle▪ Ready for the 4R program?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

7. Obesity and the gut

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

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

7. Obesity and the gut

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

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">▪ What is metabolic syndrome?▪ From obesity to metabolic syndrome▪ Rising pressure?▪ The microbiome and hypertension?▪ Dyslipidaemia and the microbiome	<ul style="list-style-type: none">▪ BMI Calculator▪ Daily Caloric Need Calculator™
<p>7.2 Excess fat: a risk for poor gut health?</p>	<ul style="list-style-type: none">▪ Mouse studies into dyslipidaemia▪ Passing MS through bacteria?▪ What is insulin resistance?▪ How does insulin resistance occur?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises
<p>7.3 Does dysbiosis contribute to obesity?</p>	<ul style="list-style-type: none">▪ Insulin resistance through bacteria?▪ Weight loss to prevent dysbiosis?▪ Removing problem foods	<ul style="list-style-type: none">▪ Video
<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"> ▪ The “Western diet” problem ▪ What’s in the assessment? ▪ Which assessments to take? ▪ The Western Diet Assessment™ which consists of the: <ol style="list-style-type: none"> 1. Added Sugar Evaluation™ 2. Saturated Fat Evaluation™ 3. Non-animal Fat Evaluation™ ▪ Let’s see a real client example! ▪ Western Diet Assessment™ example ▪ Understanding the results ▪ Tracking my client – Omnivore ▪ Tracking my client – Vegetarian ▪ Swapping options ▪ Practical Assignment ▪ What is a “Western diet”? ▪ Obsession for the Western diet 	<ul style="list-style-type: none"> ▪ Western Diet Assessment™ ▪ Added Sugar Evaluation™ ▪ Saturated Fat Evaluation™ ▪ Non-animal Fat Evaluation™ ▪ Practical Assignment ▪ Sources of additives handout ▪ Test Your Knowledge exercises

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

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

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

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"> ▪ More to remove? ▪ Is it still edible? ▪ Sources of allergens ▪ Common reactions to food allergens ▪ Why do food allergies occur? ▪ How are food allergies triggered? ▪ The IgE-mediated allergic response ▪ Not always IgE? ▪ FPIES: A rare allergy ▪ Allergens causing leaks? ▪ IgE-mediated permeability ▪ Early life “priming” for allergies ▪ Other early life factors ▪ The infant microbiome ▪ Allergy or an intolerance? ▪ What is an intolerance? ▪ What’s in the assessment? 	<ul style="list-style-type: none"> ▪ Common reactions to food allergens ▪ Intolerance Risk Assessment™ ▪ Digestive Symptom Check™ ▪ Non-digestive Symptom Check™ ▪ Practical Assignment ▪ Symptom and Food Monitor™ ▪ Test Your Knowledge exercises ▪ Video

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"> ▪ The Intolerance Risk Assessment™ which consists of the: <ol style="list-style-type: none"> 1. Digestive Symptom Check™ 2. Non-digestive Symptom Check™ ▪ What do the results mean? ▪ More on intolerances ▪ Tracking your client's progress ▪ Practical Assignment ▪ Allergy vs intolerance ▪ Possible intolerance triggers? ▪ Sources of intolerances? ▪ Chemicals implicated in intolerance ▪ A new player in milk intolerance? ▪ A prevalent problem? ▪ Testing for allergy and intolerance ▪ Could you have a food intolerance? ▪ Non-science backed tests 	<ul style="list-style-type: none"> ▪ Common reactions to food allergens ▪ Intolerance Risk Assessment™ ▪ Digestive Symptom Check™ ▪ Non-digestive Symptom Check™ ▪ Practical Assignment ▪ Symptom and Food Monitor™ ▪ Test Your Knowledge exercises ▪ Video

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">▪ Are there suspect foods?▪ Symptom and Food Monitor™▪ Is gluten to blame?	<ul style="list-style-type: none">▪ Common reactions to food allergens▪ Intolerance Risk Assessment™▪ Digestive Symptom Check™▪ Non-digestive Symptom Check™▪ Practical Assignment▪ Symptom and Food Monitor™▪ Test Your Knowledge exercises▪ Video

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

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

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

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

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

11. Our guts on alcohol

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

11. Our guts on alcohol

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

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">▪ Drugs and the gut▪ A culture of over-prescription?▪ Antibiotics: slash-and-burning▪ Antibiotics and IBS?▪ Helping the good bacteria?▪ NSAIDs: Reducing inflammation...▪ ...and causing inflammation?▪ NSAIDs: COX-inhibitors▪ How NSAIDs may cause damage▪ Prostaglandin protectors▪ Good news or bad news?▪ What can we do?▪ More medications to come▪ 2 more troublesome tablets?▪ The clue's in the name▪ More than just antacids▪ What's on a label?	<ul style="list-style-type: none">▪ Medication Risk Audit™▪ Test Your Knowledge exercises▪ Video

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">▪ PPIs and dysbiosis▪ Lowering protection?▪ Too little acid?▪ Losing nutrients▪ What can reduce your risk?▪ The Pill and IBD?▪ Is oestrogen the culprit?▪ Other effects of The Pill?▪ Are other options available?▪ Non-oestrogen contraceptives▪ Completing the checklist▪ Medication Risk Audit™▪ Prescribed medication can be vital▪ The end of excess?	<ul style="list-style-type: none">▪ Medication Risk Audit™▪ Test Your Knowledge exercises▪ Video

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

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">▪ The pancreas and liver▪ Pancreatic insufficiency▪ Managing pancreatic insufficiency▪ The liver: Aiding fat digestion▪ A galling problem?▪ What if your bile production is low?▪ Stimulating bile production?▪ Fighting cholesterol, promoting bile▪ Digestive deficiency summary▪ Limiting losses summary	<ul style="list-style-type: none">▪ Limiting losses from mouth to stomach handout▪ Limiting losses in the pancreas and liver handout▪ Test Your Knowledge exercises

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

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">▪ Replacing fat and salt▪ Replacing saturates with...?▪ Fats: friends and foes?▪ Benefits of unsaturated fats?	<ul style="list-style-type: none">▪ Herb and Spice Matching Chart™▪ Fat and salt replacements handout
14.2 Replacing saturated fat and salt	<ul style="list-style-type: none">▪ Simple swap: fats▪ Salternatives?▪ Spicing up your meals▪ Which spice for which food?	<ul style="list-style-type: none">▪ Grains and gluten food handout
14.3 Replacing gluten and lactose	<ul style="list-style-type: none">▪ Herb and Spice Matching Chart™▪ Fat and salt replacements▪ 2 more to go...	
14.4 Skills Lab™: Making healthy food changes	<ul style="list-style-type: none">▪ 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?	

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

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">▪ The Healthier Gut Swap Shop™ which consists of the:<ol style="list-style-type: none">1. Food Swap Guide™2. Shopping Swaps™3. Lifestyle Swaps Tracker™▪ Check back for improvement▪ Practical Assignment	<ul style="list-style-type: none">▪ Healthier Gut Swap Shop™▪ Food Swap Guide™▪ Shopping Swaps™▪ Lifestyle Swaps Tracker™▪ Practical Assignment▪ Test Your Knowledge exercises

15. Active days

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

15. Active days

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

16. Restful nights

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

16. Restful nights

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

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"> ▪ Bringing in reinforcements ▪ The 4 'R's: rebuilding your gut ▪ Defining probiotics ▪ What isn't a probiotic? ▪ Well-studied probiotic species ▪ Probiotic supplements ▪ What's on the label? ▪ Probiotic label example ▪ Probiotic potential ▪ Dairy only? ▪ "True" probiotic foods ▪ Bacterial breakdown ▪ A selection of fermented foods ▪ Could these foods be probiotics? ▪ Eating lactose so you don't have to ▪ Benefits from beyond the grave? ▪ Other potential benefits? 	<ul style="list-style-type: none"> ▪ A selection of fermented foods ▪ Make your own kefir ▪ 10 probiotic tips ▪ Potential prebiotics foods ▪ 6 prebiotics tips ▪ Fermented foods ▪ 6 fermented food tips ▪ Fermented-Prebiotics Food Tracker™ ▪ Test Your Knowledge exercises

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"> ▪ Home-made potential probiotic ▪ Make your own kefir ▪ Vegan and dairy-free kefir option ▪ The evidence for fermented foods? ▪ Potential to unlock nutrients ▪ How do probiotics work? ▪ 4 methods to probiotic perfection ▪ Jostling for position ▪ Short-chain fatty acids ▪ Inflammation regulation stations ▪ Fighting pathogens ▪ Probiotics and IBS? ▪ Gut trouble soothers ▪ Case study: E. coli Nissle 1917 ▪ E. coli Nissle 1917 and the gut ▪ Case study diagram: EcN ▪ Only benefits to the gut? 	<ul style="list-style-type: none"> ▪ A selection of fermented foods ▪ Make your own kefir ▪ 10 probiotic tips ▪ Potential prebiotics foods ▪ 6 prebiotics tips ▪ Fermented foods ▪ 6 fermented food tips ▪ Fermented-Prebiotics Food Tracker™ ▪ Test Your Knowledge exercises

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"> ▪ Probiotics for the brain? ▪ Soothing your stress? ▪ Psychobiotics to the rescue? ▪ Other benefits of probiotics? ▪ The need to personalise ▪ Where next for probiotics? ▪ Feeding a trillion hungry mouths ▪ Defining prebiotics ▪ What do prebiotics do? ▪ What makes a good prebiotic? ▪ Natural “potential prebiotic” sources ▪ Prebiotic supplements ▪ Prebiotic supplement example ▪ Pros of prebiotic supplements ▪ Prebiotics as FODMAPs? ▪ Getting the dose right ▪ Prebiotics: good for everyone? 	<ul style="list-style-type: none"> ▪ A selection of fermented foods ▪ Make your own kefir ▪ 10 probiotic tips ▪ Potential prebiotics foods ▪ 6 prebiotics tips ▪ Fermented foods ▪ 6 fermented food tips ▪ Fermented-Prebiotics Food Tracker™ ▪ Test Your Knowledge exercises

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"> ▪ Other benefits for prebiotics ▪ Probiotics vs prebiotics ▪ 2 more areas to explore ▪ What is a synbiotic? ▪ Additive benefits? ▪ Why might synbiotics be better? ▪ Synbiotic supplement example ▪ Transplanting WHAT?! ▪ How does it work? ▪ What could FMT be used for? ▪ Regulating FMT ▪ Should I get a FMT? ▪ Putting it all together ▪ So many choices! ▪ Picking a probiotic ▪ 10 probiotic tips ▪ The probiotic “milk test” 	<ul style="list-style-type: none"> ▪ A selection of fermented foods ▪ Make your own kefir ▪ 10 probiotic tips ▪ Potential prebiotics foods ▪ 6 prebiotics tips ▪ Fermented foods ▪ 6 fermented food tips ▪ Fermented-Prebiotics Food Tracker™ ▪ Test Your Knowledge exercises

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"> ▪ Best probiotics for the gut? ▪ Probiotics for gut conditions ▪ Feeding the right bacteria ▪ 6 prebiotic tips ▪ Potential prebiotic foods ▪ A true or potential probiotic? ▪ 6 fermented food tips ▪ Fermented foods ▪ Important considerations ▪ Fermented/Prebiotic Food Tracker™ ▪ Ready for step 4? 	<ul style="list-style-type: none"> ▪ A selection of fermented foods ▪ Make your own kefir ▪ 10 probiotic tips ▪ Potential prebiotics foods ▪ 6 prebiotics tips ▪ Fermented foods ▪ 6 fermented food tips ▪ Fermented-Prebiotics Food Tracker™ ▪ Test Your Knowledge exercises

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

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

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

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">▪ Curcumin▪ Polyphenol supplements?▪ The road to restoration	<ul style="list-style-type: none">▪ Happy Gut Shopping List™
18.2 Omega 3 and zinc to the rescue	<ul style="list-style-type: none">▪ Restorative nutrient sources▪ Happy Gut Shopping List™▪ My Happy Gut Shopping List™	<ul style="list-style-type: none">▪ My Happy Gut Shopping List™
18.3 A Trio of gut supporters	<ul style="list-style-type: none">▪ The 4R wrap-up	<ul style="list-style-type: none">▪ Test Your Knowledge exercises▪ Video

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">▪ The power of plant-based?▪ What is plant-based?▪ Plant-based = healthy?▪ The benefits of “good” plant-based▪ Removing meat?▪ Fibrous food for gut flora▪ Saturated fat begone!▪ Going nuts?▪ Beneficial plant chemicals?▪ Big picture thinking▪ Is deficiency holding you back?▪ Deficiency corrector▪ 3 essential amino acids▪ Plant-based and FODMAPs▪ Is your client at risk?▪ A trip to the Med▪ The Mediterranean pyramid	<ul style="list-style-type: none">▪ Plant-based deficiency corrector▪ Fasting: claims and core concepts▪ Fasting: claims Raw: core concepts▪ Keto: claims and core concepts▪ Paleo: claims and core concepts▪ Test Your Knowledge exercises

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">▪ A solution to the “Western diet”?▪ Mediterranean eubiosis?▪ Extra benefits▪ Plant-based round-up▪ So many choices!▪ Fasting: claims and core concepts▪ White fat going brown?▪ Rejuvenated by fasting?▪ Working with your rhythm▪ Fasting, microbiota, and rhythms▪ What about humans?▪ Raw: claims and core concepts▪ Raw benefits?▪ A raw deal?▪ Keto: claims and core concepts▪ Carb-cutting effects?▪ In it for the long haul?	<ul style="list-style-type: none">▪ Test Your Knowledge exercises

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">▪ Carbs, glycogen, and performance▪ Keto diet tummy troubles?▪ Paleo: claims and core concepts▪ Are the old ways the best?▪ Risks of omissions in paleo diets▪ Don't believe the hype?▪ Low FODMAP diet: fact or fad?	<ul style="list-style-type: none">▪ Plant-based deficiency corrector▪ Fasting: claims and core concepts▪ Fasting: claims▪ Raw: core concepts▪ Keto: claims and core concepts▪ Paleo: claims and core concepts▪ Test Your Knowledge exercises

20. What's the fuss about FODMAPs

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

20. What's the fuss about FODMAPs

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

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">▪ Taking back control▪ What is an elimination diet?▪ Gone forever?▪ Planning ahead...▪ Beware of junk science!▪ Minimising deficiency risk▪ Eliminated nutrients replacer▪ What is a food rotation diet?▪ Getting the most of out a rotation▪ What does food rotation look like?▪ The elimination isn't everything!▪ Getting the practicalities right▪ Efficiency is key▪ What's in the workbooks?▪ What to eliminate?	<ul style="list-style-type: none">▪ Elimination Diet Workbook™▪ Elimination Planner™▪ Reintroduction Planner™▪ Rotation Diet Guide™▪ Practical Assignment▪ Test Your Knowledge exercises

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">▪ The Elimination Diet Workbook™ which consists of 3 sections:<ol style="list-style-type: none">1. Elimination Planner™2. Reintroduction Planner™3. Rotation Diet Guide™▪ Let's see a real client example!▪ Elimination Diet Workbook™ example▪ Seeing improved symptoms?▪ Practical Assignment	<ul style="list-style-type: none">▪ Elimination Diet Workbook™▪ Elimination Planner™▪ Reintroduction Planner™▪ Rotation Diet Guide™▪ Practical Assignment▪ Test Your Knowledge exercises

22. Planning a personalised gut restoration diet

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

22. Planning a personalised gut restoration diet

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

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

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

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

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"> ▪ The Digestive Doctor Visit Guide™ which consists of the: <ol style="list-style-type: none"> 1. Making the Most of a Doctor Visit™ 2. My Recent Symptoms™ 3. Food Journal™ 	<ul style="list-style-type: none"> ▪ Digestive Doctor Visit Guide™
23.2 Gut conditions manual (Part 2)	<ul style="list-style-type: none"> ▪ Working with the doctor 	<ul style="list-style-type: none"> ▪ Making the Most of a Doctor Visit™
23.3 Skills Lab™: Making the most of seeing a gastroenterologist	<ul style="list-style-type: none"> ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ My Recent Symptoms™ ▪ Food Journal™ ▪ Practical Assignment

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

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

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

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

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

25. Microbiome testing

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

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">▪ Acting responsibly and ethically with clients▪ What you CAN and CANNOT do▪ What you MUST do▪ The importance of medical advice▪ Which products or brands?▪ Running a successful practice▪ Includes templates of legal documents▪ Setting up your practice▪ The 4 most important steps to follow▪ Types of insurance cover you need▪ Registering as self-employed▪ Your initial client consultation▪ Observing client confidentiality and data protection	<ul style="list-style-type: none">▪ Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Test Your Knowledge exercises

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">▪ 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">▪ Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Test Your Knowledge exercises

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