



The Nutrition Network is an education and learning platform, designed to present the most up-to-date and evidenced-based science and research available, in the field of low-carbohydrate, healthy high fat nutrition (LCHF). Founded by [The Noakes Foundation](#), and in partnership with their extensive national and international network of doctors, scientists and researchers, the platform is aimed at medical and allied health care professionals across the globe, to inform and support their knowledge of the LCHF diet and its implementation into clinical practice.

### **Online Training Course**

The Nutrition Network is very proud to announce the launch of its Online Training Course for medical and allied health care professionals:

#### **"Professional Training in LCHF/Ketogenic Nutrition & Treatment"**

The course is presented by national and international medical and allied health care experts in their field, on a range of topics related to LCHF nutrition and its implementation into clinical practice.

### **Course Content**

The course is presented as a series of online, self-study, learning modules  
Each module includes:

- Topic outline & learning objectives
- Expert speaker presentation/lecture
- Downloadable resources and references for relevant journal articles and literature

On completion of course, participants will be issued with a Certificate of Completion

### **Course Price**

R 7500 (USD650)

Register and pay before 1st of May to take advantage of our early bird special of R5000! (USD450)

*Please note, the course launches on the 1st of May but students may begin and complete the course at their own pace.*

### **Who Should do the Course?**

The course has been developed specifically for:

- Medical doctors

- Registered nurses
- Dieticians
- Nutritionists
- LCHF/Wellness/Mind Body coaches

However, we will consider additional applications on a case-by-case basis.

## **Enrolment**

Please complete the application form at the end of this document and send to [nutritionnetwork@thenoakesfoundation.org](mailto:nutritionnetwork@thenoakesfoundation.org), or fill out the pre-registration form on the [www.nutrition-network.org](http://www.nutrition-network.org) website. We will advise whether your application has been successful.

## **Frequently Asked Questions**

*- When does the course start and how long do I have to complete it?*

The course officially launches on the 1st of May but you can start and complete the course at any time after that, there is no time limit.

*- Do I have to be online at a specific time?*

No, the course is done completely at your own pace.

*- How many hours of learning is the course?*

The course is approximately 30 hours of learning, in the form of video lectures with supporting documents. Reading of the referenced literature is in addition to this time commitment, if and when you choose.

*- What kind of content is the curriculum?*

The course is made up of video lectures with supporting documents such as the speakers PowerPoint presentation, reference list, and in some sections, a case study to demonstrate practical implementation of the learning presented.

*- Does the course provide a certification?*

You will be issued with a Certificate of Completion at the end of the course.

*- Can non-listed personnel apply?*

Yes you may apply, provided you motivate your reasoning for wanting to do the course, we will consider these applications on a case-by-case basis.

We hope you are as excited as we are in taking part in this professional training opportunity and joining the LCHF global movement.

## **The Nutrition Network Team**

[www.nutrition-network.org](http://www.nutrition-network.org)

# SPEAKER LINE UP



**Prof Tim Noakes**  
MD, Author, Scientist, Emeritus  
Professor, Athlete & LCHF  
Expert



**Dr Jason Fung**  
World-leading expert on  
intermittent fasting & LCHF



**Dr Hassina Kajee**  
Specialist Physician &  
Obesity Expert



**Dr Neville Wellington**  
MD & Diabetes Management  
Expert



**Dr Ann Childers**  
Psychiatrist, Author &  
Speaker



**Dr David Johnson**  
Brain & Spinal  
Neurosurgeon



**Megan Ramos**  
Intensive Dietary Management  
Patient Educator



**Dr Glen Hagemann**  
MD & Sports Medicine  
Specialist



**Dr Maria Theologides**  
Paediatrics Specialist &  
Health Coach



**Dr Bret Scher**  
Cardiologist



**Bridget Surtees**  
Clinical Dietitian



**Dr Brian Lenzkes**  
Internal Medicine Doctor



**Dr Jamie Smith**  
Health Sciences  
Research Officer



**Dr Bernard Brom**  
MD & Integrative Medicine  
Proponent



**Bridgette Allan**  
Registered Nurse &  
Midwife



**Dr Nadia Pateguana**  
Naturopathic Doctor &  
LCHF Proponent



**Chris Webster**  
LCHF & Insulin  
Resistance Researcher



**Tamzyn Murphy**  
Clinical Dietitian & LCHF  
Researcher



**Andre Obradovic**  
Coach, Speaker &  
Ambassador



**Sencer Bulut**  
Sports Nutritionist

# TOPICS COVERED

01. DIABETES & OBESITY
02. INSULIN RESISTANCE
03. STATINS & CARDIOVASCULAR DISEASE
04. METABOLIC SYNDROME
05. THE ROLES OF FASTING & LEPTIN WITHIN THE LCHF DIET
06. LCHF & EPILEPSY
07. INTEGRATIVE MEDICINE
08. LCHF & MENTAL HEALTH
09. WOMEN & BANTING
10. PRESCRIBING LCHF TO YOUR PATIENT/CLIENT
11. MINDFULNESS & MOTIVATION
12. LCHF DIETS IN RECREATIONAL & ELITE ENDURANCE ATHLETES
13. THE LEGALITIES OF PRESCRIBING/PROMOTING LCHF
14. LCHF & HEART HEALTH
15. PCOS & FERTILITY
16. TREATING DIABETES WITH NUTRITION INSTEAD OF MEDICINE



01

04

07

08

12

13





## Online Course Application Form

Thank you for your interest in registering for the Nutrition Network's, **"Professional Training in LCHF/Ketogenic Nutrition & Treatment"**, online course. Please fill in the application form below and email it to: [nutritionnetwork@thenoakesfoundation.org](mailto:nutritionnetwork@thenoakesfoundation.org). Successful applicants will be notified via email.

Name

First

Last

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Email

Phone

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Occupation & Regulatory Body Registration Number (if applicable)

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Organization/Practice

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Tell us a bit about yourself / Comment on your interest in Low Carb High Fat

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Would you like to receive our monthly newsletter?

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Note: Please await an email confirming your acceptance.