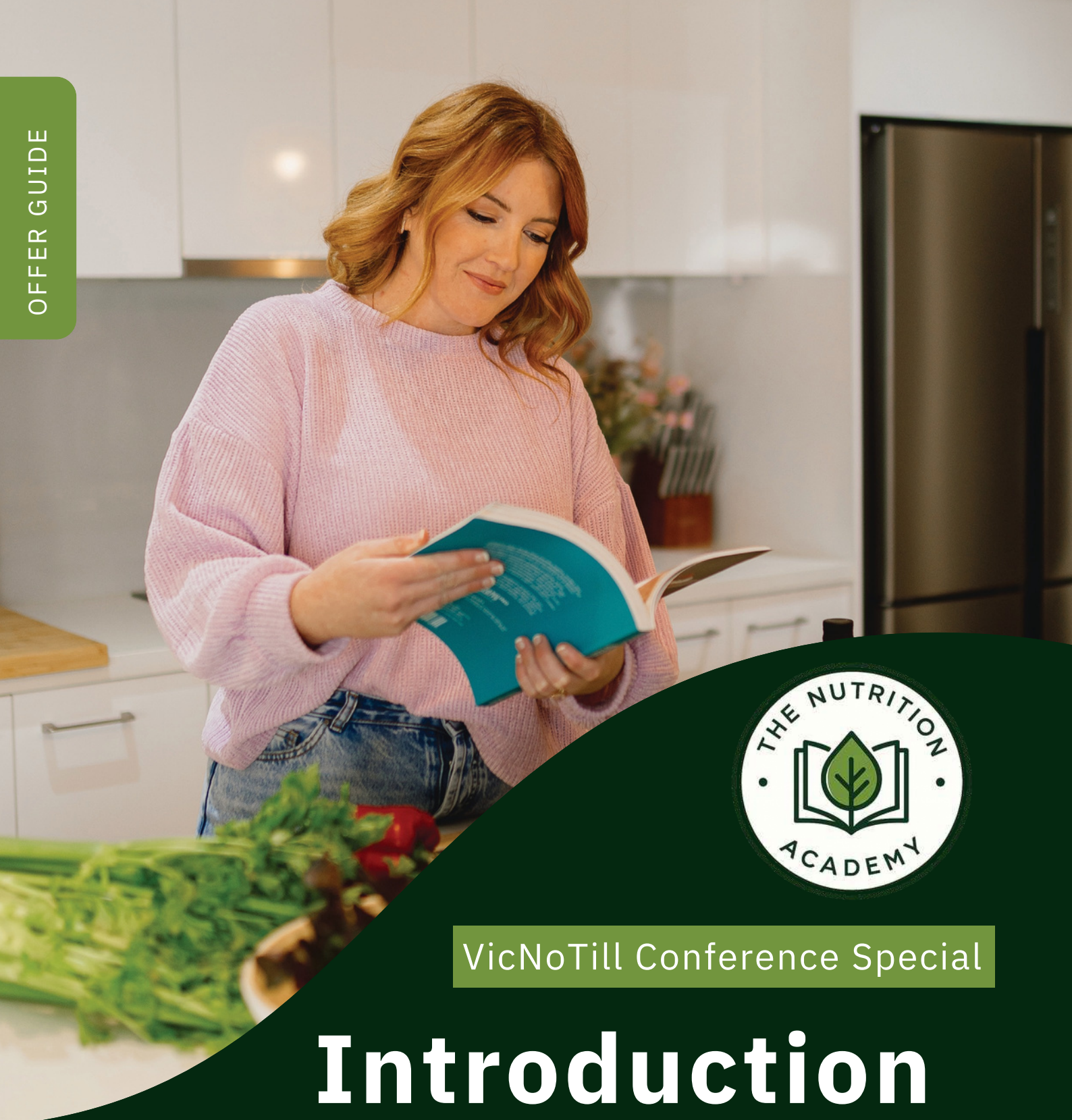
OFFER GUIDE



VicNoTill Conference Special

Introduction to Nutrition + Mental Health and Ketosis

Introduction to Nutrition Course

If you are new to nutrition and looking to create a healthier lifestyle, this course is where you'll want to start. Learn how to shift your mindset and make sustainable changes to your own health as well as those around you.

Inclusions

- Up to 12 months study duration
- Email and phone support
- 24/7 access to course material

Cost: $297

Mental Health and Ketosis Course

If you are looking for a deeper dive into how your body functions in ketosis, how to achieve it, and how to harness the power of the body's innate intelligence to manage mental health concerns or disabilities.

Inclusions

- Up to 12 months study duration
- Email and phone support
- 24/7 access to course material

Cost: $297

Is This Course For Me?

If you are new to nutrition and looking to create a healthier lifestyle, this course is where you'll want to start. Learn how to shift your mindset and make sustainable changes to your own health as well as those around you.

Learning Outcomes

These courses simplify the fundamentals of health and nutrition and are designed to help you develop a holistic relationship with food and your health based on a vitalistic philosophy. Break old habits and make informed decisions on the best foods for your body and lifestyle.

Course Delivery

The Nutrition Academy's courses are 100% online with no classroom time needed, so you can study when it suits you!

Throughout the duration of your study, you'll have access to specialised assistance via email and phone from The Nutrition Academy team.

You'll also have 24/7 access to the course material, so you can study at a time that works for you.

WHAT YOU WILL LEARN: Introduction to Nutrition

The Introduction to Nutrition course includes 11 modules. The course is a great starting place if you are new to nutrition and are looking to break old habits and create a new healthier lifestyle.

MODULE 1: FOOD LABELS

Understand food labels. Find out how our food is processed and how additives, flavours and preservatives change our food and bodies.

MODULE 2: A HEALTHY PANTRY

Learn which foods to keep and which to find healthier alternatives for, and organise your kitchen for easier meal preparation.

MODULE 3: FOOD CHEMICALS AND WEIGHT

Every day we're exposed to chemicals throughout our lives. Understand how to decrease the chemical load within your body.

MODULE 4: THE TRUTH ABOUT SUGAR

Understand the difference between simply avoiding sugar and avoiding harmful foods and chemicals to achieve better overall health. Learn why 'calorie in, calorie out' is a myth.

MODULE 5: THE RIGHT PROTEIN FOR YOU

Determine the best protein source for both your body type and personal beliefs.

MODULE 6: FATS – THE GOOD, BAD AND UGLY

Learn about the different types of fats, the role they play in your diet, and their effect on the human body.

MODULE 7: FOOD, MOOD AND MIND CONNECTION

Understand the interdependence and connection of the body, mind and gut, and the effect different foods have on your body.

MODULE 8: HEALTH AND GUT ISSUES

Delve deeper into understanding more about the gut, how to avoid compromising it and how to restore it back to optimal health.

MODULE 9: IMPACT OF GMO FOODS

Learn all about the harmful and damaging effects that Genetically Modified Organism (GMO) foods have not only on the body but also to our environment.

MODULE 10: IMPACT OF SUPPLEMENTS AND MEDICATIONS

Understand how supplements and medications affect your body, and the difference between treating symptoms versus the root cause.

BONUS MODULE 11: WHERE TO NEXT?

Now that you've developed a foundational understanding of nutrition and health, have begun to make changes in your diet, health and lifestyle, you may be asking yourself... where do you go from here?

WHAT YOU WILL LEARN: Mental Health and Ketosis

The Mental Health and Ketosis course includes 13 modules. The course is a great option to learn about a popular and powerful diet-based solution to chronic conditions.

MODULE 1: LOOKING AT METABOLIC HEALTH MAY BE THE ANSWER

How metabolic health can impact mental health conditions and why the industry has historically ignored metabolic health.

MODULE 2: THE TRADITIONAL APPROACH

This module dives into the current approach to managing mental health issues including SSRIs and talk therapy.

MODULE 3: WHY DOES OUR BODY GO INTO KETOSIS?

Explore the history of ketosis evidenced by human anthropology and how getting into ketosis is a function of the body's innate intelligence.

MODULE 4: KETO - ITS TRUE BEGINNINGS

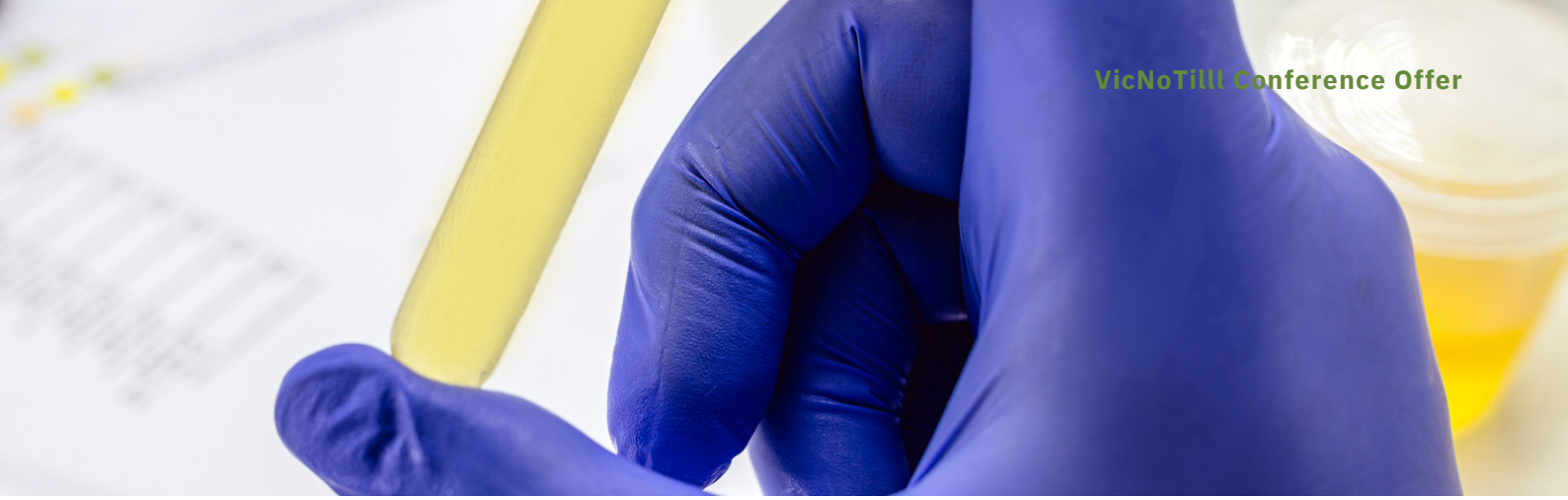
Learn more about what ketosis actually is and how it relates the innate intelligence of your body.

MODULE 5: WHY DON'T YOU JUST TAKE A KETONE BODY SUPPLEMENT?

Supplements are a billion dollar industry and every diet, health goal and disorder has a supplement. Are ketone supplements actually helpful?

MODULE 6: KETO SNACKS

Just like supplements, there are many processed foods that claim to be great for ketosis. Are they the right option for you?



MODULE 7: LEPTIN – THE MASTER HORMONE

See how other systems affect ketosis in the body including the endocrine system and leptin resistance.

MODULE 8: FAT, BLOOD CHOLESTEROL READINGS AND HEART DISEASE

Ready to start testing for ketosis? Learn how to test and read results, plus the impacts of cholesterol and heart disease on successful ketosis.

MODULE 9: THE IMPORTANCE OF VITAMIN N - NATURE

Because the body is an innate intelligence and a whole system, your diet is not the only answer for managing disease.

MODULE 10: FOODS YOU CAN EAT FOR EXCELLENT MENTAL HEALTH AND KETOSIS

Learn about foods that can create better health and achieve ketosis, including what to look for in your diet.

MODULE 11: WHO ELSE WOULD BENEFIT?

So far, you've learned about mental health conditions and managing them with ketosis, but who else could benefit?

MODULE 12: TRACKING YOUR PROGRESS

Learn how to assess and understand your progress with ketosis.

MODULE 13: EATING FOR LIFE

You may or may not choose to continue ketosis long-term and this module will help you decide how you're going to eat for life.

About The Nutrition Academy

Founded by one of Australia's leading Nutritionists, Cyndi O'Meara, in 2015, The Nutrition Academy offers comprehensive, transparent and one of a kind nutritional education courses, aimed at empowering individuals and organisations with scientifically evidenced, practical, and holistic knowledge in the field of nutrition. Our mission is to bring a deeper understanding of nutrition to a broader audience, supporting both personal well-being and professional advancement in health-related fields. All our courses are based on the philosophy of vitalism.

Mission

Our purpose is to leverage the power of education to inspire people to; eat, live, learn and lead others to impact global change.

Vision

We offer the most comprehensive, innovative, and transparent health, nutrition, and educational resources on the planet.

We give our students the resources and skillsets to think critically about what they read and learn, so they can use the power of education to make better decisions for themselves and their community, to create a tsunami of change for generations to come.

Cyndi O'Meara

NUTRITIONIST AND FOUNDER OF THE NUTRITION ACADEMY

Cyndi O'Meara is an internationally acclaimed nutritionist, best-selling author, international speaker, documentary creator and founder of Changing Habits and The Nutrition Academy. Cyndi is a passionate, determined and knowledgeable speaker on health issues and uses her experience to help others improve their quality of life.

Her qualifications include a Bachelor of Science degree majoring in Nutrition from Deakin University and the University of Colorado, as well as postgraduate studies in human anatomy, pathology and physiology, and diplomas in diagnosis and management of health issues.

"This course is just what I needed! I am naturally drawn to nutrition and the idea of healing through diet. I would love to coach and help others achieve their best possible healthy selves. I am now more than ready to move on to the Functional Nutrition course - would definitely recommend this introductory course."

Kerry C. ★★★★★

"Cyndi's passion for research into how and where food and supplements come from and are made is wonderful. It gives you a great understanding of the importance of clean eating and reading labels.

I really enjoyed getting a deeper perspective into the hidden chemicals that we are lead to believe are harmless."

Renae C. ★★★★★

"I thoroughly enjoyed every aspect of this course. It has helped me to understand what I am putting into my body via foods, medications etc and how those things are impacting my health.
I am now more able to understand these effects and make far better choices."

Jennifer E. ★★★★★

STUDENT REVIEWS

VicNoTill Conference Special

~~$597~~ $497

+ Bonus Mental Health and Ketosis Module

ENROL HERE

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