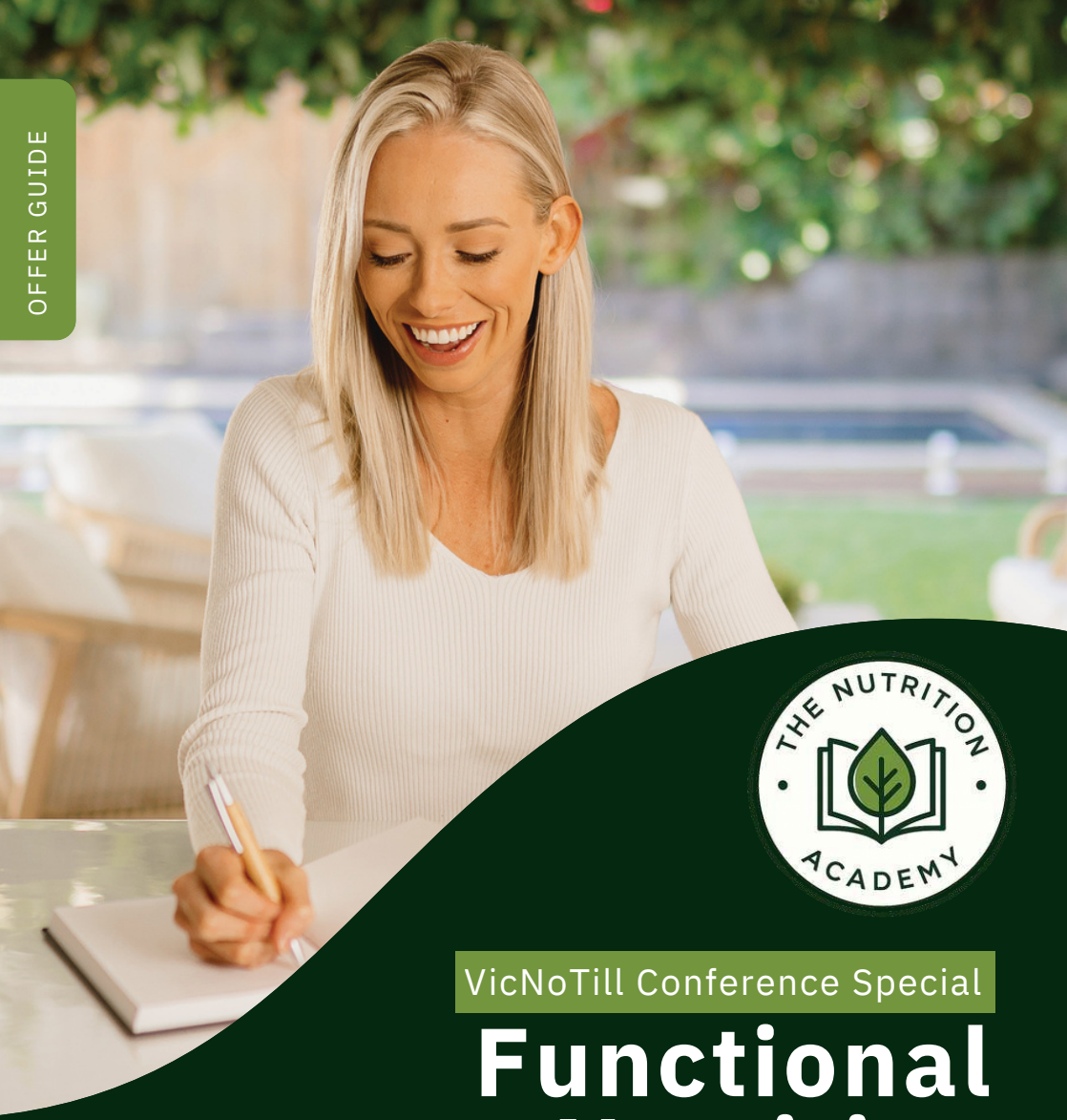
OFFER GUIDE



VicNoTill Conference Special

Functional Nutrition Essentials

Learning Outcome

Functional Nutrition Consultant

Type of Study

100% online and self-paced

Duration

12 months

Recognition

IICT approved course

Payment Options

Pay in full or PayPal pay in 4 option

Is This Course For Me?

If you want to expand on your current knowledge of nutrition, dip your toes into the life of a Nutrition Consultant or simply improve your own health and the health of your family, then this course is for you!

Learning Outcomes

Based on the vitalistic philosophy, this course dives deep into past and present-day nutrition trends and the implications for our health and wellbeing. Learn exactly where your food comes from and create holistic change for yourself and others to increase energy and build immunity.

This course focuses on practical application. As you advance, you'll gain the skills to apply your understanding of nutrition, influencing the body to achieve specific health goals.

Course Delivery

The Functional Nutrition Essentials course is 100% online with no classroom time needed, so you can study when it suits you!

Each module closes with a multiple choice quiz to reinforce learning. The Nutrition Academy team is available to support you throughout the duration of your study.

Functional Nutrition Essentials Inclusions

- 12 months study duration
- Email and phone support
- 24/7 access to course material
- Money back satisfaction guarantee
  * T&Cs apply

WHAT YOU WILL LEARN: Foundations of Functional Nutrition

MODULE 1: HISTORY OF NUTRITION TRENDS

An introduction to our Functional Nutrition philosophy to create an understanding of our current food trends and nutritional habits within modern society.

LESSONS

- Vitalism
- Anthropology and diet: an evolutionary perspective
- Food trends and cultural influences
- Nutrition in the 21st century

MODULE 2: VITALISM & THE MODERN WORLD

With a focus on the biomedical, this module covers the essential information about the relationship between nutrition and the human body.

LESSONS

- Nutrients and health
- Cells, tissues, organs and organ systems
- Metabolism and the energetics of food
- The digestive system

MODULE 3: IMPACTS OF THE MODERN WORLD

Learn about the modern influences that disrupt the innate intelligence of the human body and how these impact our daily lives and health status.

LESSONS

- Supplements, drugs and food additives
- Influences of marketing and advertising
- The chemical revolution
- Genetic modification

MODULE 4: THE IMMUNE SYSTEM

Focusing on the immune system, including autoimmunity and immune dysfunction, learn how they can be influenced by food and nutrition.

LESSONS

- The amazing immune system
- Autoimmunity and immune dysfunction
- Nutrition, immune function and probiotics
- Leaky gut and autoimmune disease

MODULE 5: CHOLESTEROL & FATS

Learn the facts about cholesterol and fats, their relationship with the human body and their overall impact on human health.

LESSONS

- Traditional and evolving beliefs about fat and cholesterol
- Fats 101
- Good fats and bad fats
- The impact of fat and cholesterol on the human body: implications for disease

MODULE 6: THE ROLE OF SUGAR AND SALT

This module explores the basic science, history and nutritional role that sugar plays in the human body.

LESSONS

- Sugar: a historical perspective of its science and nutritional roles in the human body
- Evolution and disease processes
- Type I diabetes and Type II diabetes
- Management strategies for diabetes

WHAT YOU WILL LEARN: Applied Functional Nutrition

MODULE 7: YOUR RELATIONSHIP TO FOOD

The complexity and multi-faceted issues of obesity and other types of dysfunctional relationships with food, from both the body and mind perspective.

LESSONS

- Obesity: a brief historical perspective, epidemiology and social impact
- Obesity and control of appetite
- Food addiction and the psychology of food
- Obesity and management

MODULE 8: EATING FOR YOUR GENERATIONS

Information to help understand the nutritional needs of different age groups.

LESSONS

- Babies, children and adolescents
- Adults and the elderly

MODULE 9: FOOD AND YOUR HORMONES

Explore the complex world of hormones and the connections between hormonal balance in the human body and diet.

LESSONS

- Hormones and the endocrine system
- The thyroid and iodine: diet and diagnosis
- Fertility, pregnancy and menopause
- Balancing hormones

MODULE 10: IMPORTANCE OF EATING & EXERCISE

Explore the connection between eating and exercise across the spectrum, from non-athletes to elite and professional sports people.

LESSONS

- Exercise and sport
- Professional and elite athletes
- Food supplements and exercise performance
- Eating for longevity

MODULE 11: DIET BASED SOLUTIONS

This module explores a wide array of diet trends, delving into both the pros and cons of each varying diet.

LESSONS

- Diet trends
- Blood, saliva, urine and sensitivity testing
- Recommending suitable diets

MODULE 12: NUTRIGENOMICS & MICROBIOME

Explore the many other facets that contribute to health and well-being.

LESSONS

- Microbiomes and nutrigenomics
- Emotion: grief, anxiety and depression
- Cosmetics
- The environment

MODULE 13: UNPACKING THE KNOWLEDGE

Review and unpack the information learned in the course to create long-lasting change.

LESSONS

- Briefly review previous modules
- How to apply the modules in your daily life
- How to challenge and question ideas, ideologies and embrace change

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.

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.

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.

Dr Steven Myers

LECTURER IN BIOSCIENCE HEALTH SCIENCES

Dr Steve Myers' interests are in the fields of metabolism and metabolic diseases, such as diabetes and obesity, and he continues to research and lecture in this field.

Awarded the prestigious National Health and Medical Research Council Scholarship for research while studying for his PhD in biomedical Science at Queensland University of Technology, Dr Myers has published extensively in peer-reviewed journals and books and has collaborations with the University of Queensland, Melbourne University, University of Tasmania, Kings College (UK and Johns Hopkins University (USA).

"Having studied nutrition at university, I found the Functional Nutrition course at TNA to be much better suited to my beliefs on health and nutrition and enjoyed it so much more. The course was very holistic and very eye-opening. I can highly recommend the course and I am really looking forward to starting the microbiome course work. Thank you for such a great learning experience!"

Laura M. ★★★★★

"The course is amazing, can't recommend enough!! Cyndi interviews the most interesting experts. The course is well researched and easy to navigate. Help is always at hand."

Laura G. ★★★★★

"Doing the Functional Nutrition course has been an exceptional experience. It made me realise once again that we are so complex and that a one-size fits all diet is definitely not the answer. We need to consider individuality and the environment around us to really be able to create change going forward."

Zena L. ★★★★★

"A well-done course, that gives a perfect layout for holistic outlook on health. If you are into health and looking for something extra to study, this gives a good view of all topics, looks at all angles and zooms in on important topics."

Josie ★★★★★

The Nutrition Academy

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