
THE NUTRITION
ACADEMY
COURSE SUITE

COURSE CREATORS

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).

Introduction to Nutrition course

Learning Outcome
Break old habits and create a healthier lifestyle

Type of Study
100% online and self-paced

Duration
Up to 12 months

Length
11 modules/ 10 weeks

Payment Options
Pay in full

Functional Nutrition Essentials course

Learning Outcome
Functional Nutrition Consultant with IICT insurance and membership

Type of Study
100% online and self-paced

Duration
12 months

Length
13 modules/ 12 months

Payment Options
Pay in full or PayPal pay in 4 option

admin@thenutrition.academy 0421 977 604 thenutrition.academy

INTRODUCTION TO NUTRITION

What will you learn?
This course simplifies the fundamentals of health and nutrition and is designed to help you develop a holistic relationship between 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.

- **Module 1 - Food Labels**
- **Module 2 - A Healthy Pantry**
- **Module 3 - Food Chemicals & Weight**
- **Module 4 - The Truth About Sugar**
- **Module 5 - The Right Protein For You**
- **Module 6 - Fats: The Good , Bad & Ugly**
- **Module 7 - Food, Mood & Mind Connection**
- **Module 8 - Health & Gut Issues**
- **Module 9 - The Impact of GMO Foods**
- **Module 10 - The Impact of Supplements & Medications**
- **Module 11 - Steps to Better Nutrition**

admin@thenutrition.academy 0421 977 604 thenutrition.academy

FUNCTIONAL NUTRITION ESSENTIALS

What will you learn?

Based on the vitalistic philosophy, this course dives deep into past and present-day nutrition trends and the implications on 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.

Module 1 - History of nutrition trends

Module 2 - Vitalism and the modern world

Module 3 - Impact of the modern world

Module 4 - The immune system

Module 5 - Cholesterol and fats

Module 6 - The role of sugar and salt

Module 7 - Your relationship to food

Module 8 - Eating for your generation

Module 9 - Food and hormones

Module 10 - Importance of eating and exercise

Module 11 - Diet based solutions

Module 12 - Nutrigenomics and microbiome

Module 13 - Unpacking the Knowledge

admin@thenutrition.academy 0421 977 604 thenutrition.academy

INTRODUCTION TO NUTRITION

$297

ENROL ONLINE NOW

FUNCTIONAL NUTRITION ESSENTIALS

$2497

ENROL ONLINE NOW