

This course is for you.

Do you want to improve your digestive health?

Do you want to learn more about the gut microbiome?

Could you benefit from understanding the connection between gut health and overall well-being?

Are you ready to create sustainable, positive changes in your diet and lifestyle?

IIN ENRICHMENT COURSE

Gut Health Course

The Gut Health Course dives deep into the intricate workings of gut health, exploring how and why the gut and digestive health can become compromised, and how an imbalanced gut can affect overall health and well-being. With these insights, students will feel empowered to help themselves and/or their clients strengthen the gut microbiome and improve digestion through targeted nutrition and lifestyle modifications.

You'll gain practical tools and techniques to implement gut health practices in your daily life. You'll also receive guidance to overcome common challenges, and you'll be

provided with resources to support your ongoing practice. The course also includes interactive components such as quizzes, journaling exercises, and group discussions to deepen your learning experience.

Core Curriculum:

- Introduction to Gut Health
- The Gut Microbiome
- Nutrition and Gut Health
- Gut Health and Disease
- Practical Gut Health Strategies

Gut Health Course

Your learning journey begins August 2024

Email admissions@integrativenutrition.com to book your free, exclusive 1-1 consultation.

If you're ready to enroll, you can get started at www.integrativenutrition.com/gut-health-course.

12 week program
3-5 hours per week

You get:

- 16 self-directed eLearning modules
- self-study and practice

Total Investment:

\$995



Esteemed Visiting Faculty

Learn from renowned experts such as Erin Holt, IFNCP (Candida, IBS), Shaunna Menard, MD (Partnering With Professionals), Tom O'Bryan, DC (Predictive Autoimmunity), Dr. Will Cole (Intuitive Fasting), and Dr. Sheila Patel (Ayurvedic Nutrition for Gut Health).



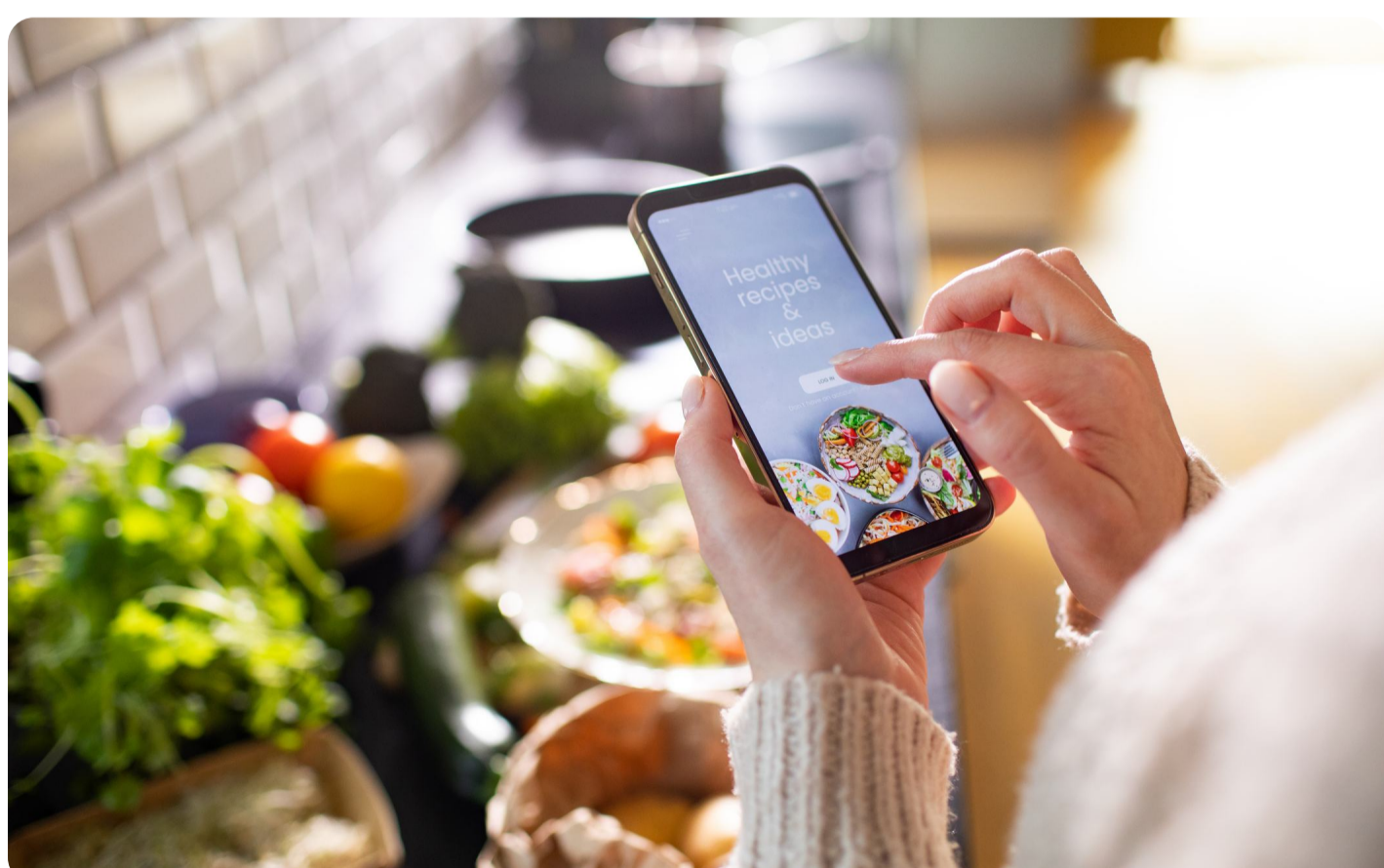
Specialized Gut Health Guides

Deepen your understanding of gut imbalances and dietary approaches with specialized guides. You'll receive four guides on common gut conditions, four guides on therapeutic diets, and two general support guides on supplements and lab testing to support your clients effectively.



Business Toolkit

Access a comprehensive Business Toolkit with handouts, optional readings, resources, and printable worksheets. These tools are designed to support your gut-balancing practice, allowing you to focus more on coaching rather than creating content from scratch.



The Inside Story Series

Enhance your comprehension of course concepts with the Inside Story Series, covering topics like nutrient digestion, absorption, and leaky gut. This interactive feature brings gut health physiology to life, enriching your learning experience.



Lifetime Access

Enjoy lifetime access to all course materials, enabling you to revisit and refresh your knowledge and skills long after completing the course. This ensures ongoing support for both yourself and your clients in the future.



Certification and CEUs

The course is certified by NASM and AFAA, allowing you to earn 1.9 NASM / 15 AFAA CEUs. If you're an NBC-HWC, you can earn 18 credits to renew your board certification, further enhancing your professional credentials.