

Curriculum Overview

Module 1: Introduction to Natural Supplements

- **You Will Learn About:**
 - **History and Traditional Uses** of natural supplements.
 - **Types and Forms** (pros and cons) – powders, capsules, liquids, and their effectiveness.
 - Differences between **Natural and Synthetic Supplements**.
 - Overview of **Global Regulatory Bodies** (e.g., FDA, EFSA) that oversee supplement quality and safety.
 - **Compliance and Quality Standards** – Understanding certifications like GMP (Good Manufacturing Practice).
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Module 2: Foundations of a Balanced Diet

- **You Will Learn About:**
 - **Macronutrients:** Carbohydrates, proteins, and fats – their role in the body and dietary sources.
 - **Micronutrients:** Essential vitamins and minerals and why they are needed in small amounts.
 - The importance of **Live Bacteria** (probiotics) in digestion and gut health.
 - **Fiber:** Types (soluble vs. insoluble) and how they support digestive health.
 - **Hydration:** The role of water in nutrient absorption and overall health.
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Module 3: Amino Acids

- **You Will Learn About:**
 - **Functions and Sources:** Essential and non-essential amino acids, their roles in muscle repair, immune function, etc.
 - **Synergies and Interactions:** How amino acids work together and interact with other nutrients.

- **Symptoms and Health Impacts:** Signs of amino acid deficiencies (e.g., muscle loss, fatigue).
 - **Assessing and Addressing Imbalances:** How to identify and correct amino acid imbalances through diet or supplementation.
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Module 4: Fatty Acids

- **You Will Learn About:**

- **Functions and Sources:** Omega-3, Omega-6, and Omega-9 fatty acids, and their dietary sources (e.g., fish, flaxseed, walnuts).
 - **Synergies and Interactions:** How fatty acids interact with vitamins (e.g., Vitamin D, E) and their impact on inflammation.
 - **Symptoms and Health Impacts:** Recognizing the signs of fatty acid imbalances, such as dry skin and joint pain.
 - **Assessing and Addressing Imbalances:** Tips for balancing omega intake and improving overall health.
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Module 5: Fiber

- **You Will Learn About:**

- **Functions and Sources:** Benefits of fiber for digestion and sources like fruits, vegetables, and grains.
 - **Synergies and Interactions:** How fiber works with probiotics and other nutrients.
 - **Symptoms and Health Impacts:** Symptoms of fiber deficiency (e.g., constipation, high cholesterol).
 - **Assessing and Addressing Imbalances:** How to increase fiber intake to support digestive health.
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Module 6: Vitamins

- **You Will Learn About:**

- **Water-Soluble vs. Fat-Soluble Vitamins:** Understanding differences and absorption.

- **Functions and Sources:** Key roles of vitamins (e.g., Vitamin C for immunity, Vitamin D for bone health) and dietary sources.
 - **Synergies and Interactions:** How vitamins interact with other nutrients (e.g., Vitamin C enhances iron absorption).
 - **Symptoms and Health Impacts:** Recognizing vitamin deficiencies (e.g., scurvy from Vitamin C deficiency).
 - **Assessing and Addressing Imbalances:** Identifying when supplementation is necessary.
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Module 7: Minerals

- **You Will Learn About:**
 - **Major Minerals and Trace Elements:** Calcium, magnesium, iron, zinc, etc., and their critical roles in the body.
 - **Functions and Sources:** Dietary sources of essential minerals and their physiological roles.
 - **Synergies and Interactions:** How minerals interact (e.g., calcium and magnesium balance, iron and Vitamin C).
 - **Symptoms and Health Impacts:** Identifying deficiencies like anemia (iron) or osteoporosis (calcium).
 - **Assessing and Addressing Imbalances:** How to test for and manage mineral imbalances.
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Module 8: Enzymes and Probiotics

- **You Will Learn About:**
 - **Types of Enzymes:** Digestive enzymes (e.g., lipase, protease) and their functions in breaking down food.
 - **Strains of Probiotics:** Differences between common probiotic strains and their health benefits.
 - **Refrigerated vs. Shelf-Stable Probiotics:** When to choose one over the other.
 - **Indications and Contraindications:** When to use enzymes or probiotics and when to avoid them (e.g., certain health conditions).

Module 9: Antioxidants / Phytochemicals

- **You Will Learn About:**

- **Antioxidant Capacity / ORAC:** Understanding the power of antioxidants to fight free radicals and ORAC scores.
- **30 Types of Phytochemicals:** Flavonoids, carotenoids, and polyphenols – their sources and health benefits.
- **Indications and Contraindications:** When antioxidant supplementation is beneficial and when it might interfere with medications.

Module 10: Adaptogens and Nootropics

- **You Will Learn About:**

- **Stress Management:** How adaptogens like ashwagandha and rhodiola can reduce stress and support adrenal health.
- **Cognitive Function:** The role of nootropics like ginkgo biloba in improving memory and focus.
- **Symptoms and Health Impacts:** Recognizing when adaptogens or nootropics might be helpful (e.g., fatigue, brain fog).
- **How to Choose the Right Probiotic:** Tips for selecting probiotics based on individual health needs.

Module 11: Other Supplements

- **You Will Learn About:**

- **Glandulars and Animal-Derived Compounds:** The use of supplements like desiccated liver and their benefits.
- **Medicinal Mushrooms and Algae:** Exploring supplements like reishi, shiitake, spirulina, and chlorella.
- **Herbal Remedies and Bioactive Compounds:** Benefits of herbs like turmeric, ashwagandha, and bioactive compounds such as curcumin.

Module 12: How to Develop an Effective Supplementation Protocol

- **You Will Learn About:**
 - **Assessing Client Needs:** How to conduct consultations to identify health goals and concerns.
 - **Health History and Lifestyle Analysis:** The role of a detailed health history in creating personalized protocols.
 - **Symptomatology Assessment:** How to recognize symptoms that point to nutrient deficiencies or imbalances.
 - **Developing Personalized Supplement Recommendations:** Creating a step-by-step supplementation plan tailored to individual needs.