

Natural Supplement Advisor

Course Description:

In this comprehensive course, you'll explore the science and practical application of natural supplements to support health, vitality, and resilience. Designed for health professionals, wellness enthusiasts, and individuals seeking to take charge of their health naturally, this course blends traditional wisdom with modern evidence-based insights.

You will learn about:

Module 1: Introduction to Natural Supplements

- The historical roots and cultural traditions of supplementation across civilizations
- Why supplements are increasingly necessary in modern life
- The pros and cons of different supplement types and forms (capsules, powders, tinctures, etc.)
- How to assess supplement safety and efficacy
- How to read supplement labels and decode key information

Module 2: Foundations of a Balanced Diet

- The role and importance of macronutrients (proteins, fats, carbohydrates)
- Essential micronutrients and where to find them in food and supplements
- Fiber types, benefits, and its underestimated role in health
- The power of fermented foods and their role in gut health
- The science of hydration and strategies for optimizing fluid balance

Module 3: Amino Acids

- Functions and dietary sources of key amino acids
- How to recognize and address amino acid imbalances
- Synergies and interactions in amino acid supplementation

Module 4: Fatty Acids

- Functions and health benefits of essential fatty acids
- Testing and correcting imbalances in fatty acid profiles
- Supplementation strategies: balancing omega-3s, omega-6s, and more

Module 5: Fiber

- Types of fiber, functions, and best dietary sources
- How to assess fiber intake and support digestive health
- Supplementation strategies and synergistic combinations

Module 6: Vitamins

- Understanding water-soluble vitamins: absorption, function, and deficiency signs
- Fat-soluble vitamins and how to optimize their absorption through diet and supplements

Module 7: Minerals

- The key functions and sources of macrominerals
- Essential microminerals and their health implications
- Mineral bioavailability and strategies to improve absorption

Module 8: Enzymes and Probiotics

- Types and roles of digestive and systemic enzymes
- Functions and benefits of probiotics, symbiotics, and postbiotics in gut and immune health

Module 9: Botanicals

- Forms of herbal remedies: teas, tinctures, capsules, salves
- Functional uses: adaptogens, nervines, tonics, antimicrobials, etc.
- Safety and quality: sourcing, interactions, contraindications

Module 10: Antioxidants & Phytochemicals

- Understanding phytochemicals: plant-based compounds that protect and heal
- Antioxidants and their role in inflammation, aging, and chronic disease prevention

Module 11: Animal-Based Supplements

- Glandular therapy

- Other remedies from animal sources

Module 12: Marine-Derived Remedies

- Benefits of algae, sea moss, krill, and other marine compounds

Module 13: Medicinal Mushrooms

- Uses of mushrooms like reishi, lion's mane, cordyceps for immunity, mood, cognition, etc.
- Bioactive compounds in Medicinal Mushrooms

Module 14: Endogenous Bioactive Compounds

- What are endogenous compounds?
- NAC, glutathione, and other supplements that support detox, immunity, and cellular health

Module 15: Homeopathy and Spagyrics

- Overview of homeopathic remedies: philosophy and popular uses
- Spagyric preparations: alchemical plant remedies and their functional roles