

# Curriculum Overview

## Module 1: Skin Anatomy and Physiology

- You will learn about:
  - The purpose of skin
  - The layers of the skin and their function
  - The role of pores
  - The skin microbiome

## Module 2: Nutrition - Macronutrients for Skin Health

- You will learn about
  - Protein: Amino acids
  - Fats: Fatty acids
  - Importance of hydration

## Module 3: Nutrition - Micronutrients for Skin Health

- You will learn about:
  - Essential vitamins
  - Irreplaceable minerals
  - Phytonutrients / Antioxidants

## Module 4: Anti-Nutrients - Toxins, Stress, and Sleep

- You will learn about:
  - Sugar, AGEs / Glycation / Insulin resistance
  - Environmental toxins
  - Chemicals in conventional skincare
  - The impact of stress and sleep on skin health

## Module 5: Gut-Skin Connection

- You will learn about:
  - Understanding the gut-skin connection
  - The microbiome: Skin vs. gut
  - Probiotics and prebiotics for skin health
  - Healing the leaky gut

## Module 6: Nutritional Interventions for Skin Issues

- You will learn about:
  - Eczema
  - Acne

- Psoriasis
- Wounds, burns, cuts, and scars

### **Module 7: Aging**

- You will learn about:
  - Theories of mechanisms of skin aging
  - Role of antioxidants in preventing skin aging
  - Nutritional interventions for photoaging
  - Collagen synthesis and diet

### **Module 8: Safe and Effective Detox Strategies**

- You will learn about:
  - Colon cleansing
  - Liver and gallbladder support
  - Kidney support
  - Lymphatic drainage

### **Module 9: Practical Applications and Clinical Practice**

- You will learn about:
  - Integrating nutritional dermatology into clinical practice
  - Client assessment and nutritional counseling
  - Developing personalized nutrition plans for skin health
  - Monitoring and adjusting nutritional interventions

### **Module 10: Case Studies**

- You will learn about:
  - Analysis of case studies in nutritional dermatology
  - Success stories and lessons learned
  - Final project: Developing a comprehensive nutritional plan for skin health