


Holistic Nutrition Mastery

An advanced training program in
Nutrition & Disease management



“Empowering Future **Dietitians & Nutritionists** 
☀️: Unlock the Power of Holistic Healing with
Food & Lifestyle as Medicine!  ”

ARE YOU READY

**TO LEARN HOW FOOD &
LIFESTYLE CAN REVERSE
DISEASE & TRANSFORM
LIVES?**

- ▶ Graduated yet lost in the nutrition/dietetics career?
- ▶ Looking for practical, real-world knowledge?
- ▶ Wish to master disease management?
- ▶ Want a hands-on internship with personal mentorship?
- ▶ Feeling undervalued or overwhelmed?

You're Not Alone! Let's Begin or Re-ignite Your Nutrition Career

WHY CHOOSE THIS COURSE?

Get on a **journey to transform lives**

✓ Unraveling the Root Cause

- **Root Cause Analysis:** Learn to identify and address the underlying causes of health issues.
- **Holistic Approach:** Emphasis on using food and lifestyle as tools for healing and wellness.

✓ Expertise in disease management

- **Experienced Instructors:** Learn Medical Nutrition Therapy from the seasoned professionals at Diet Insight Clinic.
- **Comprehensive Curriculum:** Study a range of topics from basic nutritional principles to advanced therapeutic interventions.

✓ Bridging Theory and Practice

- **Theory-Practice Integration:** Balanced focus on both academic learning and practical application.
- **Hands-On Training:** Engage in real-world scenarios to build confidence and competence.

✓ Over a Decade of Proven Expertise

- **Long-Standing Expertise:** Benefit from our 14+ years of experience in nutrition and dietetics.
- **Evolving Educational Methods:** Course content that keeps pace with current industry trends.

✓ Inspiring Success Stories

- **Transformative Case Studies:** Over 25,000 lives positively impacted, including challenging cases.
- **Mentorship and Testimonials:** Learn from mentors who have made significant impacts in their clients' lives.

✓ Comprehensive & Diverse course content

- **Foundational Knowledge:** Modules on Introduction to Nutrition, Anatomy, Physiology, and Absorption.
- **Specialized Topics:** Includes Mindful Eating, Food Synergy, and Trends in Nutrition.
- **Health Focus Areas:** Detailed study of Gut Health, Inflammation, Immunity, Detox, and more.

- **Disease Management:** In-depth coverage of Obesity, PCOD/S, Thyroid Disorders, Diabetes, Blood Pressure, and Heart Health.
- **Analytical Skills:** Training in interpreting blood test reports and other diagnostic tools.

MEET OUR INSTRUCTORS

The dedicated Nourish Masters



Parul Arora

M.Sc. Nutrition and Dietetics - Over 10 years of experience as Independent consultant & Diet Counselor | Therapeutic counseling specialist



Dr. Shruti Bhardwaj

Masters in Diabetes care, PGD. Nutrition & Dietetics, BAMS | Experience: 10+ years - Lifetime member IDA, Guest speaker at University of Salford, England



Pankhuri Purnima

Masters in Nutrition & Dietetics - Public Health Advocate | Functional Nutrition Specialist & Expertise in Blood Chemistry Analysis | Experience: 8+ years

WHAT AWAITS YOU:



Live interactive classes



Extensive 15 modules



Detailed PDF guides on each module



Orientation and doubt clearing sessions by Ms. Lavleen



Regular assessments and interactive tasks



Exciting bonus modules



Certification: Your badge of Excellence

COURSE FORMAT & SCHEDULE



DURATION 3 months

Live interactive classes on alternate days for 3 months



FORMAT
Live Online Classes
2-hour classes conducted on the Zoom platform



SCHEDULE

Batches start Feb 5 & 6

Batch 1: Mon, Wed, Fri
Batch 2: Tues, Thu, Sat



TIMINGS (IST)
Morning or Evening
Batch 1: 11am to 1pm
Batch 2: 7pm to 9pm



“Our Experience
Your Career
Let's begin!”



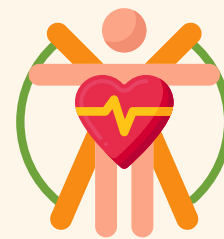
COURSE MODULES

Discover 15 enlightening modules to supercharge your knowledge journey 💡



1. Fundamentals of Nutrition

- Fundamentals of Holistic Nutrition
- Essential Nutrients: Macro & Micro
- Carbohydrates: The Body's Energizer
- Proteins: The building block of life
- Fats: Energy Reservoir
- Fat soluble & Water soluble vitamins
- Omega fatty acids
- How healthy fats work?
- Why Unhealthy sources of fats need to be avoided
- RDA's and AI's



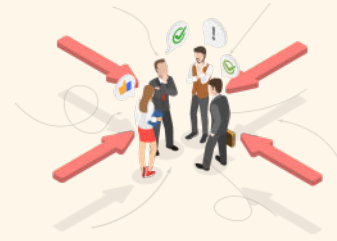
2. Anatomy, Physiology & Absorption

- Relation of anatomy with nutrition
- Relation of physiology with nutrition
- Digestion and Nutrient Absorption
- Nutrient Absorption Process
- How the nutrient absorption occurs
- How the liver helps in nutrient metabolism
- Gut Health and Nutrient Absorption
- How Inflammation Impacts Nutrient Absorption
- Role of Foods in Nutrient Absorption
- How Enzymes help in Nutrient Absorption
- Macro and Micro nutrient absorption



3. Mindful eating & Food Synergy

- The Key Principles of Mindful Eating
- Why Embrace Mindful Eating?
- 3 ways to practice mindful eating
- How prolonged screen and gadget use affect hormones?
- Mindful Eating Perspective
- Food synergy – interrelation between foods
- What is Food Synergy?
- Importance in Nutritional Science
- How Different Nutrients Work Together for better Health
- Some examples of Food Synergy
- Avoid These Bad Food Combination
- Myths Regarding Foods
- How Food Synergy Benefits in Diet



4. Trends, Fads & the right approach

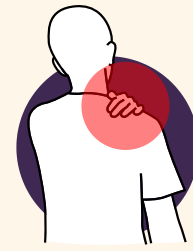
- Diet Industry Trends
- Quick Fixes and Promises
- Supplements vs Natural foods
- Emphasis on Physical appearance
- Diet Fads
- Raw, Vegan, Low-calorie diets
- Detox, Mono, Gym, Keto diets
- The right approach
- Quality of Nutrients
- Long-Term Health, sustainability
- Balanced Eating Patterns
- Satiety and Hunger Management
- Lifestyle change approach





5. Food as Medicine & Gut Health

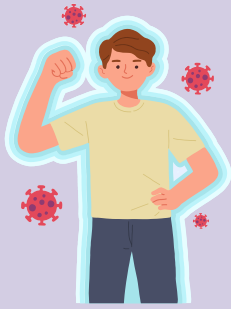
- Nutrient Density (food groups, food pyramid)
- Anti-Inflammatory Foods
- Healing Properties (herbs, spices, food groups)
- Individualized Approach
- Whole and Natural Foods
- Principles of Gut Health
- Relation between gut health and nutrient absorption
- Immune System Support
- Mind-Gut Connection
- Gut inflammation and diseases
- What does it take to achieve good gut health?



6. Fighting Inflammation

- Acute vs Chronic Inflammation
- Acute Inflammation: A Protective Response
- Managing inflammation
- Acute Inflammation: The Body's Immediate Response
- Chronic Inflammation: A Silent Threat
- Symptoms that things are going wrong
- How do you diagnose chronic inflammation?
- Problems/disorders caused by chronic inflammation
- Treatment with diet and lifestyle
- Top Anti-Inflammatory Foods





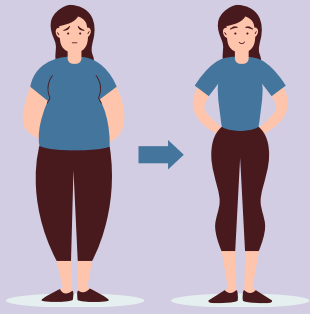
7. All about Immunity

- How the immune system works
- Innate & Adaptive Immunity
- Antibodies
- Immune Response
- What compromises the immunity?
- Poor gut flora
- Lack of sleep
- Chronic stress
- Sedentary/indoor lifestyle
- Improper breathing
- Overeating/frequent meals
- Nutrition to improve the immune system
- Autoimmunity



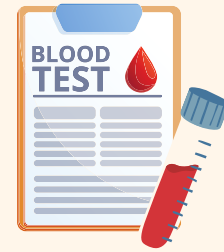
8. Cleansing & Detox: Demystified

- What is cleansing and why there is a need?
- Understanding Nutritional Cleansing
- The Debate Around Cleansing
- Types of cleansing and the benefits
- Colon cleansing
- Liver cleansing
- Kidney Cleansing
- Lung cleansing
- Cleansing through sustainable ways
- Do you really need detox?
- Natural detoxification vs marketed detox!
- How does your body detoxify itself?
- Role of liver, kidney, and other organs in detox.



9. Obesity & Weight Management

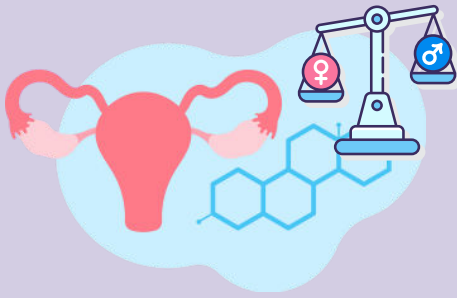
- BMI or BCA (fat %, muscle mass, etc.)
- Does calorie count matter?
- Weight loss vs fat loss
- Truth about weight loss. What we have learnt over the last decade?
- Management through diet and lifestyle
- Weight loss diet plans
- Muscle building diet plans
- Lifestyle factors
- Exercise / Physical activity
- Hydration
- Mental health / Inner Wellness
- Sleep
- Stress management



10. Blood test report analysis

- The need in Therapeutic nutrition
- Interpretation & Reference ranges
- Blood test Markers
- CBC
- Inflammatory markers
- Iron profile
- Glucose Profile
- Lipid Profile
- Liver Panel
- Kidney Panel
- Thyroid Panel
- Hormonal tests





11. PCOD/S - The game of hormones

- What is PCOD/S and how it is caused?
- Formation of cyst & role of hormones
- Central Regulation of PCOS
- Action of AMH – Anti Mullerian Hormone
- PCOD vs PCOS
- Medical tests and diagnosis
- Physiological changes in PCOS
- Types of PCOS
- Treatment strategy & superfoods
- Additional nutritional interventions
- Milk and PCOS
- Things to avoid



12. Mastering Hypothyroid and Hyperthyroid

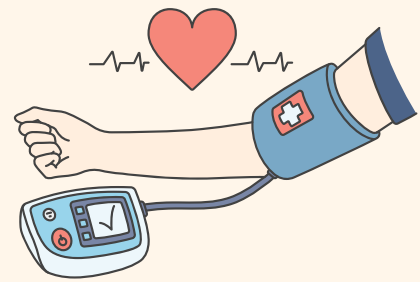
- Thyroid hormones
- The mechanism
- Imbalance in thyroid hormones
- Disorders of Thyroid
- Hypo vs Hyper Thyroid
- Medical Tests & Diagnosis
- Causes of imbalance
- Relation between DHEA and Thyroid
- Effects of Thyroid disorder on body
- What happens in Fat metabolism in hypothyroidism
- Lifestyle and diet improvements
- Trigger foods & Superfoods for Thyroid





13. Treating Diabetes Type 2

- Basics of Diabetes DM Type 2
- Types & Pathophysiology
- Common symptoms
- Medical tests & diagnosis
- Pancreas and insulin
- Insulin resistance
- Metabolic Syndrome
- Impact of lifestyle, Dawn's phenomenon
- Polyuria & Cortisol
- Glycemic Index and Glycemic Load
- Dietary and Nutritional Factors
- Superfoods and herbs for Diabetes
- Lifestyle interventions
- Debunking myths on rice, fruits & artificial sugar



14. Blood pressure management

- Introduction to BP
- Systolic and diastolic pressure
- Factors affecting blood pressure
- How body regulates blood pressure
- How does renal system affect Blood pressure?
- Action of RAS on low Blood Pressure
- Relation between CKD and Hypertension
- Identifying symptoms
- Tests & diagnosis
- Superfoods & herbal remedies
- Lifestyle interventions
- Hypotension – causes, symptoms & treatment



EXCITING BONUS MODULES



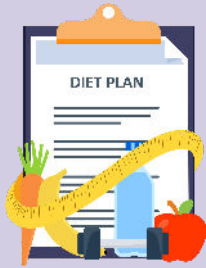
1. Client Counseling Masterclass by Lavleen



2. Dietitian's toolkit: A quick reference guide

ADVANCED MODULES

OPTIONAL add-ons to choose from to take your expertise to the next level 🚀



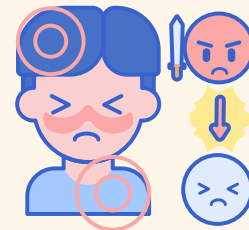
1. Diet Planning strategies & templates



2. Women's health: Puberty, Pregnancy, Menopause



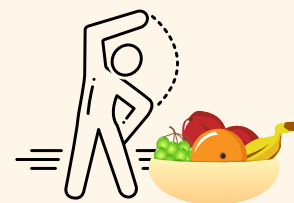
3. Skin Care: Eczema, Psoriasis, Alopecia



4. Decoding Autoimmune Disorders



5. Handling Eating Disorders (psychological)



6. Body Balance: Nutrition and Exercise Synergy

Frequently asked questions (FAQ)

We know what's on your mind, so here are the answers!

✓ **Who is this training program cum course designs for?**

- Aspiring dietitians/nutritionists
- Nutrition/Dietetics graduates
- Health & Wellness professionals
- Professionals with strong science/healthcare background

✓ **What is eligibility criteria to enroll in this training programe?**

At a minimum, a valid graduate degree or diploma in nutrition/dietetics/healthcare/bio-tech/science field, and a commitment to continuous professional development are your gateway.

For detailed eligibility requirements, apply for the course and submit your details. Our team will review your details, and either reject or approve your application. If approved, our counselor will connect with you with enrolment details.

Note: This is an advanced level course, hence, not applicable for individuals with no relevant background.

✓ **How can i apply?**

[Click here](#) to apply.

Our team will review your details, and either reject or approve your application. If approved, our counselor will connect with you with enrolment details.

Note: This is an advanced level course, hence, not applicable for individuals with no relevant background.

✓ **What is the course duration?**

The duration is 3 months. However, if additional advanced modules are opted, additional time will be required.

✓ **Will I become a dietitian by taking this program?**

This training program/course is not intended to qualify participants as dietitians or to provide any official designation as such. To become a legitimate dietitian, a minimum of five years of formal education at an accredited college or university is required. This typically involves completing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, along with a hospital internship.

Furthermore, we recommend passing the national Registered Dietitian (RD) examination to achieve professional accreditation in this field.

Please be aware that our program does not support or validate short-term crash courses that purport to certify individuals as dietitians in a brief period.

This course is specifically tailored for professionals currently practicing in the field, as well as recent college or university graduates seeking to enhance their knowledge and experience in nutrition and dietetics. Eligibility for enrollment is contingent upon meeting these criteria. Applicants not fulfilling these requirements will not be permitted to enroll in the course.

✓ **Is this a certified course?**

You will get a certificate of completion by Diet Insight Clinic, signed by chief dietitian – Lavleen Kaur.

Note: We are not affiliated with any university or educational institution. This training program cum course is designed solely for our professionals to share our practical experience gained over a decade. It does not entitle you a title of ‘dietitian’ or ‘nutritionist’ until you complete the formal educational qualifications in this field.

✓ **What is the fee of this training program?**

To know the fee, you must first submit your application with all your details. If approved, our counselor will connect with you to further share enrolment details such as fee, etc.

✓ **Is financial assistance available?**

We offer flexible payment options, making our program accessible to individuals from diverse financial backgrounds. No-cost EMI is available on all credit cards, and some debit cards.

✓ **What is difficulty level of this course?**

It begins with an aim to brush up the fundamentals, and then gradually takes a deep dive into advanced treatments and healing. Optionally, further advanced level modules are available for those who wish to become a pro!

✓ **Will the classes be recorded?**

The classes will be online – live & interactive. In case of any emergency or urgent matter, a class is missed, recording of class can be obtained by contacting the support team. Recordings will have limited access.

✓ **I am not in india. Can i still join this program?**

Yes, you certainly can! This is a complete online training program, and you can enroll from anywhere in the world. All communication occurs via Zoom or WhatsApp. Do check the course schedule and timings carefully to understand the time zone difference, and select the right batch.

✓ **Is this an internship?**

Internship is available as an additional add-on. It is not included as a part of this training program. One must complete this course to be eligible to enroll for the internship.

- 1-month hands-on Internship
- Includes live patient case handling and training by senior dietitians at Diet Insight.

Available options:

- Mode: Online or Offline
- With: Lavleen or team

✓ **Can i balance this course with my current commitments?**

Absolutely! Our flexible learning format seamlessly integrates with your busy schedule. Multiple batches/timings are available. Classes run on alternate days.

✓ **Will we get any study material?**

Yes! The instructor will share detailed PDF guides for each module as we cover them in the class. This will be a great companion for your reference, practice and self-study.

✓ **How will this course help me in my career?**

- Become a recognized expert in disease management
- Heal people and earn blessings, not just money
- Get a chance to work with Diet Insight as a Dietitian



Disclaimer

What you must know!

This training program/course is not designed to qualify participants as dietitians or to use the title of a dietitian. Becoming a legitimate dietitian or nutritionist requires a minimum of five years of formal education at a recognized college or university. This typically includes pursuing advanced degrees such as a Master's in Food & Nutrition, Food Science, or Dietetics, complemented by a practical internship in a hospital setting.

Additionally, it is advisable to pass the national Registered Dietitian (RD) examination to achieve professional recognition in this field.

Please note that our program does not support or advocate for short-term crash courses that claim to certify individuals as dietitians in an unrealistic timeframe. Our aim is to provide foundational knowledge and skills, not to replace the extensive education and certification required for dietetics professionals.

FOR INQUIRIES :



Connect with our expert team



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Click the buttons to contact...