


# 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!  ”

- ▶ 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**

# COURSE INFO



**COURSE TYPE**  
Certification



**LEVEL**  
Advanced  
(Professional)



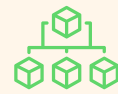
**INTERACTIVE SESSIONS**  
72+ HOURS OF LIVE CLASSES



**DURATION**  
**3 months**  
Live interactive classes on alternate days



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



**MODULES**  
Course content divided across **15 modules** and **Bonus** sessions

- **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

## OTHER BENEFITS

- **LIFETIME ACCESS**

To **Class video recordings & course material**

- **CONTINUED EDUCATION**

**Monthly** case study **discussion**

- **FINAL EVALUATION**

**Multiple** choice questions

# COURSE INVESTMENT



**BASE PRICE**

**3-MONTH  
COURSE**  
INR 30,000/-

Optional



**COURSE +  
1 MONTH  
INTERNSHIP**

Learn & participate in live case handling, training & 1-1 support by senior dietitians or Lavleen

**ONLINE WITH TEAM**

INR 30,000 + 5000  
= Rs. 35,000/-

**IN-CLINIC WITH  
TEAM**

INR 30,000 + 10,000  
= Rs. 40,000/-

**IN-CLINIC WITH  
LAVLEEN**

INR 30,000 + 20,000  
= Rs. 50,000/-

## OPTIONAL MODULES

(ADVANCED & CLINICAL ADD-ONS)

<b>1. Women's health: Puberty, Pregnancy, Menopause</b>	INR 2,000/-
<b>2. Skin Care: Eczema, Psoriasis, Alopecia</b>	INR 2,000/-
<b>3. Decoding Autoimmune Disorders</b>	INR 5,000/-
<b>4. Handling Eating Disorders (psychological)</b>	INR. 1,000/-
<b>5. Body Balance: Nutrition and Exercise Synergy</b>	INR 2,000/-
<b>6. Critical and Clinical Diet Planning</b>	INR 5,000/-

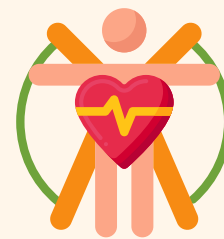
# COURSE MODULES

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



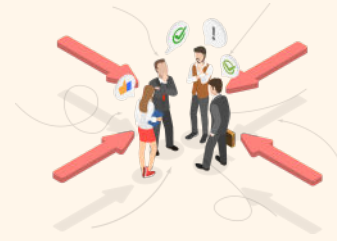
## 2. Anatomy, Physiology & Absorption

- 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

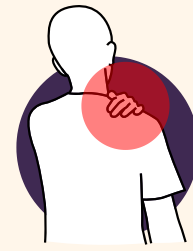
- Diet Industry Trends
- Quick Fixes and Promises
- Supplements vs Natural foods
- Emphasis on Physical appearance
- Diet Fads
- Raw, Vegan, Low-calorie diets
- Detox, Mono, Gym, Keto diets
- The right approach
- Quality of Nutrients
- Long-Term Health, sustainability
- Balanced Eating Patterns
- Satiety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





## 5. Food as Medicine & Gut Health

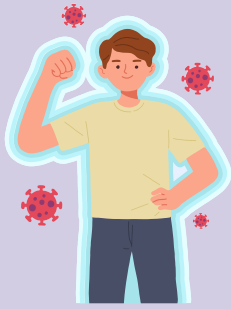
- Nutrient Density (food groups, food pyramid)
- Anti-Inflammatory Foods
- Healing Properties (herbs, spices, food groups)
- Individualized Approach
- Whole and Natural Foods
- Principles of Gut Health
- Relation between gut health and nutrient absorption
- Immune System Support
- Mind-Gut Connection
- 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

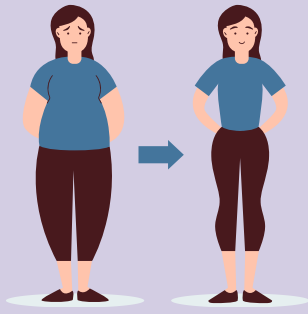
- How the immune system works
- Innate & Adaptive Immunity
- Antibodies
- Immune Response
- What compromises the immunity?
- Poor gut flora
- Lack of sleep
- Chronic stress
- Sedentary/indoor lifestyle
- Improper breathing
- Overeating/frequent meals
- Nutrition to improve the immune system
- Autoimmunity



## 8. Cleansing & Detox: Demystified

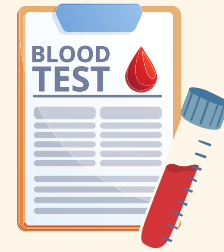
- What is cleansing and why there is a need?
- Understanding Nutritional Cleansing
- The Debate Around Cleansing
- Types of cleansing and the benefits
- Colon cleansing
- Liver cleansing
- Kidney Cleansing
- Lung cleansing
- Cleansing through sustainable ways
- Do you really need detox?
- Natural detoxification 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

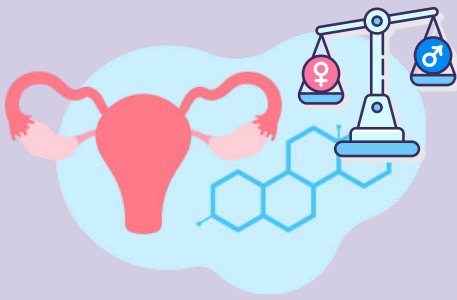


## 10. Blood test report analysis

- 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

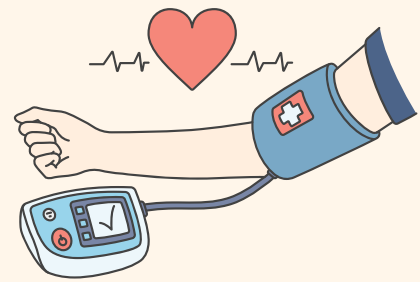
- Thyroid hormones
- The mechanism
- Imbalance in thyroid hormones
- Disorders of Thyroid
- Hypo vs Hyper Thyroid
- Medical Tests & Diagnosis
- Causes of imbalance
- Relation between DHEA and Thyroid
- Effects of Thyroid disorder on body
- What happens in Fat metabolism in hypothyroidism
- Lifestyle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





## 13. Treating Diabetes Type 2

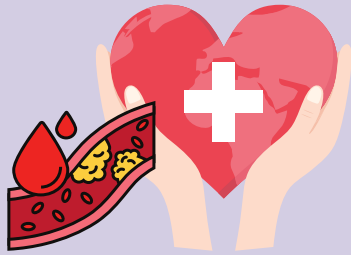
- Basics of Diabetes DM Type 2
- Types & Pathophysiology
- Common symptoms
- Medical tests & diagnosis
- Pancreas and insulin
- Insulin resistance
- Metabolic Syndrome
- Impact of lifestyle, Dawn's phenomenon
- Polyuria & Cortisol
- Glycemic Index and Glycemic Load
- Dietary and Nutritional Factors
- 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





## 15. Cholesterol & Heart Health

- Importance of Cardiovascular Health
- Vascular disease
- Cardiac disease
- Common effects of Cardiovascular disease
- Risk factors for CVDs
- Non - modifiable Risk Factors
- Modifiable Risk Factors
- Symptoms
- Tests & Diagnosis
- Dietary approach & Superfoods
- Lifestyle interventions
- Herbal remedies



# EXCITING BONUS MODULES



## 1. Client Counseling & Mindfulness Masterclass by Lavleen



## 2. Dietitian's toolkit: A quick reference guide

# FOR INQUIRIES :



## Request a callback from Counselor



WhatsApp

+91 9872617668



Email

info@dietinsight.in



Call

+91 9870481482



Click the buttons to contact...