



Ketogenic The Science and Practice of Therapeutic Carbohydrate Restriction

100% COMPLETE

Course Curriculum

Your Instructor

Course Curriculum

Start next lesson >

Welcome!

- Getting Started
- Toolbox

Understanding Human Diet, Disease, and Insulin Resistance: Scientific and Evolutionary Perspectives

- Dr. Miki Ben Dor, PH.D - Understanding Human Diet and Disease (42:46 )
- Dr. Catherine Crofts, Ph.D - Insulin Resistance: A unifying feature of Chronic Disease (45:17 )
- Prof. Tim Noakes - How we got here, Dietary Guidelines (84:19 )

Nutritional and Therapeutic Aspects

- Tamzyn Murphy, RD, MSc - Nutritional aspects of health & disease (56:37 )
- Dr. Brian Lenzkes - Therapeutics of Managing Insulin Resistance (56:51 )
- Dr. Jen Unwin - Sustainable Behaviour Change (35:57 )

Have you joined the Nutrition Network Community Platform?

- Ready to make the most of your LCHF education?

Endocrine

- Dr. Hassina Kajee - Metabolic Syndrome and Therapeutic Carbohydrate Restriction (57:40 )
- Dr. Neville Wellington Part 1 - Type 2 Diabetes: Treating Diabetes with Nutrition Instead of Medicine (62:37 )
- Dr. Neville Wellington Part 2 - Type 2 Diabetes: Treating Diabetes with Nutrition Instead of Medicine (34:49 )