

Module 1 Scientific and Evolutionary Evidence

100% COMPLETE

Course Curriculum

Your Instructor

Course Curriculum

Scientific & Evolutionary Evidence

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Getting Started

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Toolbox

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Prof Tim Noakes - Once Humans Were Healthy (68:39 )

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Dr Michael Hoffmann - Food, Mood & Mind: Evolutionary Perspectives and Scientific Underpinnings (37:32 )

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Dr Zoe Harcombe - Should Dietary Fat Guidelines have been Introduced? (68:59 )

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Ivor Cummins - Primary Health Challenges & their Root Causes (55:06 )

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Dr Jason Fung - Intermittent Fasting (48:11 )

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Module Review

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Thank you & Final Feedback

https://courses.nutrition-network.org/courses/431471