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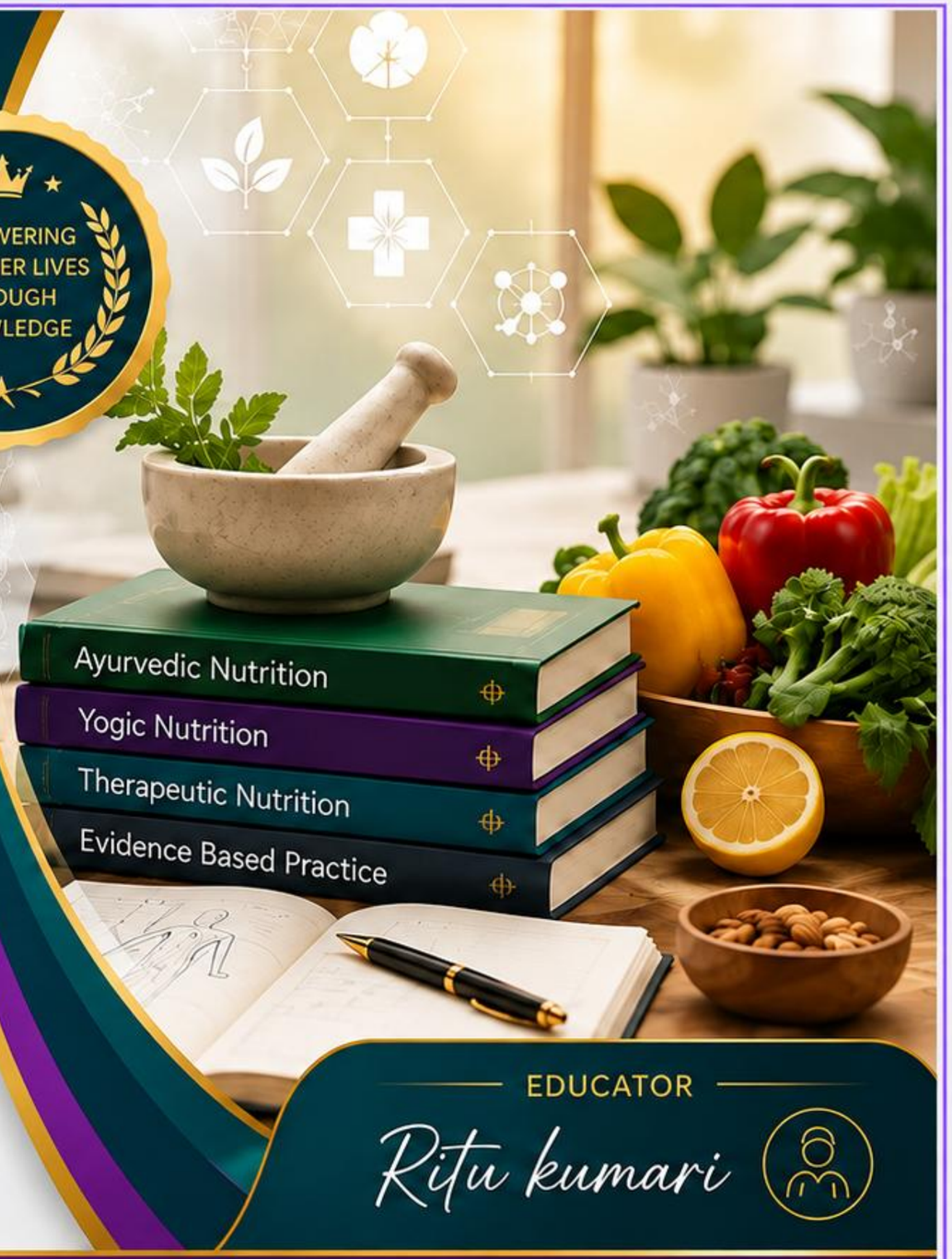
HOLISTIC
Academy
Nurture Our Nature

EMPOWERING HEALTHIER LIVES THROUGH KNOWLEDGE

# ADVANCE CERTIFICATE IN THERAPEUTIC & HOLISTIC NUTRITION

FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION




- INTEGRATIVE LEARNING
- EVIDENCE BASED PRACTICE
- HOLISTIC WELLNESS
- THERAPEUTIC NUTRITION

- EXPERT LED TRAINING
- GLOBAL CURRICULUM
- PRACTICAL APPLICATION
- IMPACTFUL CAREER

EDUCATOR

*Ritu kumari*

LEARN • HEAL • EMPOWER

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# INTEGRATIVE HOLISTIC NUTRITION

## SCIENTIFIC FOUNDATION MODULES

## MODULE 1

# CELL BIOLOGY

*The Building Blocks of Life*

1

### CELL BIOLOGY

- Study of cells – the fundamental units of life.
- Basis of all biological processes and functions.
- Understanding cells leads to understanding life itself.

2

### CELL STRUCTURE AND FUNCTIONS

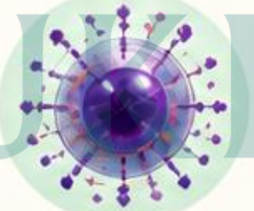
- Structure and function of key cellular components.
- Organelles and their specialized roles.
- How cells maintain life and perform vital activities.

3

### CELL DIVISION

- Process of cell growth and duplication.
- Mitosis and its role in growth and repair.
- Basis for development and reproduction.

4



### CELL REPAIR

- Cells have the ability to repair and heal.
- Mechanisms that restore function and maintain health.
- Foundation of recovery and regeneration.

5

### HUMAN TISSUES

- Groups of similar cells working together.
- Four primary tissue types and their functions.
- Tissues build organs and body systems.

6

### BODY COMPOSITION

- The balance of fat, muscle, bone, and water in the body.
- Impacts health, performance, and longevity.
- Key to personalized nutrition and wellness.

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"Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms."
**Understand the Cell, Understand Life."**

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MODULE 2

# HUMAN BIOLOGY

*The Building Blocks of Human Systems*

## 1 ORGAN SYSTEM

- Groups of organs working together to perform essential functions.
- Maintain homeostasis and support life.

## 2 CARDIOVASCULAR SYSTEM

- Pumps and transports blood, oxygen, nutrients, and hormones.
- Supports circulation and overall body function.

## 3 RESPIRATORY SYSTEM

- Facilitates gas exchange and oxygen intake.
- Removes carbon dioxide and maintains pH balance.

## 4 ENDOCRINE SYSTEM

- Produces hormones that regulate growth, mood, metabolism, and more.
- Maintains balance and coordinates body functions.

## 5 NERVOUS SYSTEM

- Detects changes and transmits signals throughout the body.
- Controls thoughts, actions, and body responses.

## 6 MUSCULOSKELETAL SYSTEM

- Provides structure, support, and protection.
- Enables movement and stores minerals.

## 7 IMMUNE SYSTEM

- Defends the body against pathogens and disease.
- Recognizes threats and promotes healing.

## 8 REPRODUCTIVE SYSTEM

- Enables reproduction and continuation of life.
- Regulates hormones and reproductive functions.

## 9 LYMPHATIC SYSTEM

- Drains excess fluid and returns it to the blood.
- Supports immunity and removes waste.

## 10 INTEGUMENTARY SYSTEM

- Protects the body from injury and infection.
- Regulates temperature and sensation.

## HOW BODY SYSTEMS WORK TOGETHER

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**Understand the Cell, Understand Life."**

**SCIENTIFIC FOUNDATION**
Evidence-based knowledge for lasting impact.

**HOLISTIC PERSPECTIVE**
Whole-person approach for mind, body & spirit.

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Real-world tools for everyday integration.

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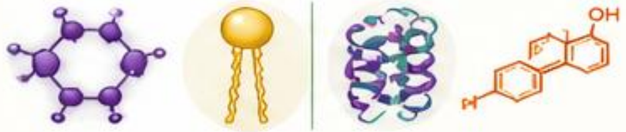
MODULE 3

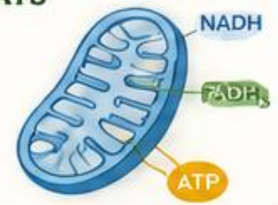
# HUMAN CELL
## BIOCHEMISTRY AND METABOLISM

*The Building Blocks of Cellular Processes*

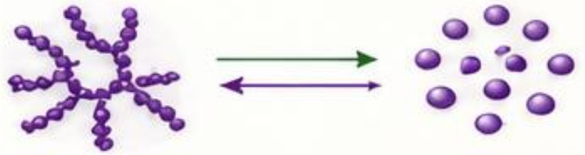
### 1 BIOMOLECULES
Carbohydrates, Lipids, Protein and Hormones



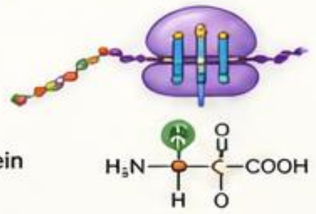

### 2 CARBOHYDRATE METABOLISM & METABOLIC PATHWAYS
- Glycolysis
- Citric Acid Cycle
- Pyruvate Dehydrogenase Complex
- Electron Transport Chain
- Oxidative Phosphorylation




### 3 GLYCOGENESIS AND GLYCOGENOLYSIS

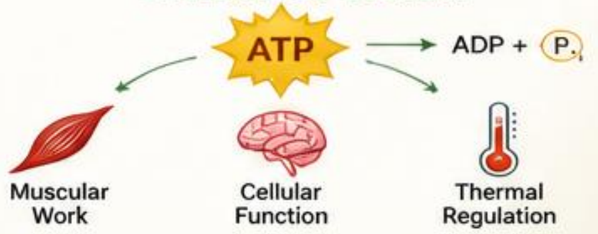


### 4 PROTEIN METABOLISM & METABOLIC PATHWAYS
- Protein Synthesis
- Degradation
- Transamination
- Deamination
- Gluconeogenesis from Protein
- Ketogenic Amino Acids




### 5 LIPID METABOLISM & METABOLIC PATHWAYS
- Lipolysis
- Beta-Oxidation
- Ketogenesis
- Lipogenesis
- Lipoprotein Transport
- Cholesterol Metabolism

### 6 ATP AND THE ENERGY SYSTEM




### 7 OXIDATIVE STRESS

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MODULE 4

# DIGESTIVE WELLNESS

*Nourish · Balance · Thrive*

## 1 DIGESTIVE SYSTEM

- Overview of the organs involved in digestion
- Structure and function
- Coordination for optimal digestive health

## 2 PHYSIOLOGY OF DIGESTION AND ABSORPTION

- Mechanical & chemical digestion
- Absorption of nutrients, water & electroytes
- Factors affecting digestion and absorption

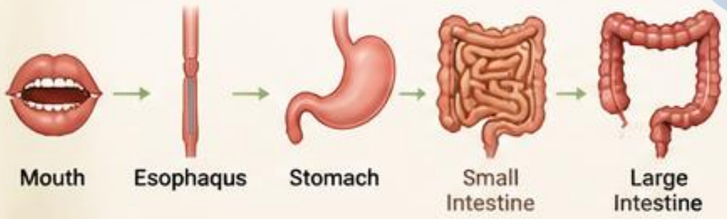
## 3 DIGESTIVE ENZYMES

- Types and sources of digestive enzymes
- Role in breaking down carbohydrates, proteins and fats
- Enzyme activity and support

## 4 ACCESSORY DIGESTIVE ORGANS

- Liver, Gallbladder, Pancreas
- Roles in bile production, enzyme secretion and nutrient processing
- Supporting optimal digestive function

## 5 THE DIGESTIVE PATHWAY




- Journey of food from ingestion to elimination
- Key processes at each stage
- Transit time and digestive comfort

## 6 THE GUT MICROBIOME

- Beneficial bacteria and their roles
- Microbiome balance and diversity
- Prebiotics, probiotics and fiber
- Impact on immunity and overall health

## 7 THE GUT BRAIN AXIS

- Communication between gut and brain
- Impact on mood, stress and behavior
- Supporting a healthy gut-brain connection

"A Healthy Gut is the Foundation of a Vibrant Life."
Nourish Your Gut, Nurture Your Life."

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Evidence-based knowledge for informed decisions.

**HOLISTIC PERSPECTIVE**
Whole-person approach for mind, body and spirit.

**PRACTICAL APPLICATION**
Real-world tools for daily well-being.

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MODULE 5

# FUNDAMENTALS OF NUTRITION

## 1 MACRONUTRIENTS

- Carbohydrates: Primary energy source
- Proteins: Build & repair tissues, support immunity
- Fats: Essential for hormone balance & cell function
- Balance is key for optimal health

## 2 MICRONUTRIENTS

- Vitamins & minerals support biochemical reactions
- Essential for growth, immunity, energy & overall function
- Deficiencies can impact health & performance

## 3 WATER BALANCE & ELECTROLYTES

- Water regulates body temperature, transports nutrients & removes waste
- Electrolytes ($Na^+$, $K^+$, $Mg^{2+}$, $Ca^{2+}$) maintain fluid balance, nerve & muscle function

## 4 HYDRATION ASSESSMENT METHOD

- Urine color chart
- Body weight changes
- Thirst perception
- Skin turgor
- Frequency & volume of urination

## 5 DEHYDRATION

- Causes fatigue, headache, dizziness & poor concentration
- Reduces physical & cognitive performance
- Can lead to heat stress & other health risks

## 6 HYPONATRAEMIA

- Low sodium levels in the blood
- Causes nausea, headache, confusion, fatigue
- Can be serious in severe cases
- Balance fluid intake & electrolytes

## 7 DAILY RECOMMENDED WATER

- General guideline: 30–35 ml per kg of body weight
- Adjust based on activity level, climate, age & health status
- Listen to your body & stay consistent
- Clean, safe water is essential for life

**HYDRATION IS THE FOUNDATION OF HEALTH**

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MODULE 6

# AUTOPHAGY & FASTING

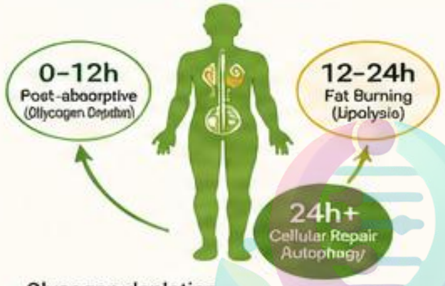
*Purify · Renew · Rejuvenate*

## 1 FASTING

### 1 FASTING

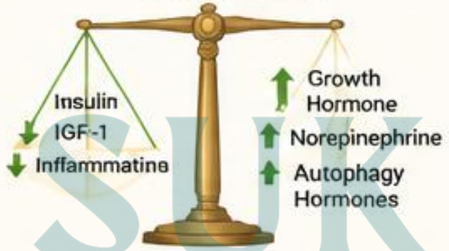
- Voluntary abstinence from food and sometimes calories for a period of time
- Ancient practice with modern scientific vaildation
- Supports body, mind and spirit

### 2 THE PHYSIOLOGY OF FASTING




- Glycogen depletion
- Fat mobilization & ketone production
- Cellular repair & regeneration
- Improved metabolic flexibility

### 3 HORMONAL RESPONSE TO FASTING




- Lower insulin promotes fat burning
- Growth hormone supports muscle preservation
- Enhanced cellular repair and longevity pathways

### 4 AYURVEDIC FASTING

- Langhana – The Ayurvedic principle of lightness
- Clears Ama (toxins)
- Restores Agni (digestive fire)
- Brings balance to Doshas
- Spuports mental clarity, spiritual growth & detoxification

### 5 TYPES OF FASTING IN AYURVEDA

**Upavasa**
Complete fast (Water / Herbal teas)

**Phalahara**
Fruits, juices, and light foods

**Ekadashi Fast**
Fasting on lunar days (11th & 26th)

**Laghu Upavasa**
Light diet, easy to digest foods

## 2 AUTOPHAGY

### 1 WHAT IS AUTOPHAGY?

The body's natural process of cellular cleaning, recycling and renewal.

KEY BENEFITS OF THE PROCESS

- Removes damaged proteins & organelles
- Reduces oxidative stress & inflammation
- Supports longevity & healthy aging
- Enhances immunity & cellular health

### 2 THE IMPORTANCE OF AUTOPHAGY

- Detoxifies cells at the deepest level
- Supports brain health & function
- Improves metabolic health & insulin sensitivity
- Protects against chronic diseases
- Promotes healthy aging & longevity
- Enhances physical performance & recovery

"When we fast, the body rests. When autophagy awakens, the body renews."
Fasting Ignites Autophagy. Autophagy Restores Vitality."

**SCIENTIFIC FOUNDATION**
Evidence-based knowledge for lifelong wellness

**HOLISTIC PERSPECTIVE**
Whole-person approach for mind, body & soul

**PRACTICAL APPLICATION**
Real-world tools for daily transformation

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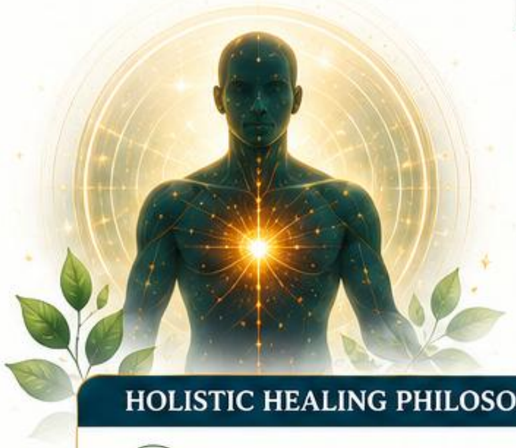
# INTEGRATIVE HOLISTIC NUTRITION

MODULE 7

# HOLISTIC LIFESTYLE MEDICINE

*Healing the Person, Not Just the Disease*

**WHOLE PERSON. ROOT CAUSE. SUSTAINABLE HEALTH.**



## HOLISTIC HEALING PHILOSOPHIES

- **Balance** — In body, mind & spirit
- **Root Cause** — Address the why, not just the what
- **Interconnection** — All systems of life are connected
- **Personalization** — Unique needs, unique path
- **Empowerment** — You are the healer within

## PRACTICAL APPLICATION

- **Assess** — Look at the whole person
- **Personalize** — Create simple, realistic plans
- **Support** — Build small habits that last
- **Empower** — Educate, motivate, inspire change

## THE MIND–BODY INTEGRATION

**Thoughts** Shape Emotions → **Emotions** Influence Hormones → **Hormones** Affect Metabolism → **Metabolism** Impacts Health → **Habits** Create Healing

Holistic Lifestyle Medicine empowers you to create vibrant health – naturally and sustainably.

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MODULE 8

# THERAPEUTIC NUTRITION

*Food as Medicine. Nutrition as Therapy. Healing as a Science.*

## 1 OBESITY

- Etiology and contributing factors
- Nutritional assessment and body composition
- Dietary strategies for weight management
- Lifestyle and behavioral intervention

## 2 DIABETES

- Types and pathophysiology
- Carbohydrate counting & glycemic management
- Medical nutrition therapy for diabetes
- Prevention of complications

## 3 CARDIOVASCARDIOVASCULAR

- Risk factors and lipid management
- DASH, Mediterranean & heart-healthy diets
- Blood pressure & sodium management
- Lifestyle for heart health

## 4 GASTROINTESTINAL

- Common GI disorders and nutrition care
- Gut microbiome and diet
- Elimination diets and food sensitivities
- IBS, IBD & celiac disease nutrition

## 5 RENAL & HEPATIC NUTRITION

- Chronic kidney disease nutrition
- Liver diseases and diet management
- Electrolyte and fluid balance
- Protein and micronutrient considerations

## 6 AUTOIMMUNE & INFLAMMATORY DISEASE

- Understanding immune dysregulation
- Anti-inflammatory dietary approaches
- Gut-immune connection
- Nutritional support for symptom management

## 7 CANCER & NUTRITIONAL SUPPORT

- Role of nutrition in cancer care
- During treatment & recovery
- Managing side effects with diet
- Evidence-based nutritional strategies

## 8 PCOS & HORMONAL DISORDERS

- Pathophysiology of PCOS
- Insulin resistance & diet
- Weight management strategies
- Nutrition for hormonal balance

## 9 THYROID NUTRITION

- Hypothyroid & hyperthyroid nutrition
- Iodine, selenium & key micronutrients
- Goitrogens and food interactions
- Supporting thyroid balance through diet

## 10 ANEMIA – NUTRITIONAL ASSESSMENT & MANAGEMENT

- Types and causes of anemia
- Nutritional assessment
- Iron, B12, folate & other key nutrients
- Dietary management and prevention

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**Nourish the Body. Support the Healing. Restore Balance.**
**Therapeutic Nutrition for Every Life Stage.**