

Module 1:

Introduction to Gut Health Nutrition



Topics:

- · What is Gut Health?
- Why is Gut Health Important?
- An Introduction to a Functional Approach to Gut Health
- The Impact of Genetics and Health Behaviors on Gut Health
- How Does Diet Impact Gut Health?



Module 2:

Gastrointestinal Anatomy & Physiology



- · The Digestive System
- · Brain to Stomach
- · Small and Large Intestines
- Accessory Organs



Module 3:

The Human Gut Microbiome

Topics:

- Symbiosis
- Prebiotics and Probiotics from Food and Supplements
- · Dysbiosis

Topics:

 The Enteric Nervous System

Module 4:

Inflammation, Stress,

& The Gut-Brain

Connection

- Immunity and Inflammation
- Stress





COURSE LEARNING OUTCOME

Learning Map

AFPA - GUT HEALTH NUTRITION SPECIALIST CERTIFICATE COURSE



Module 5:

The Impact of Nutrition on Gut Health

Module 6:

Nutritional Healing Options for Digestive Health Imbalances

Module 7:

Lifestyle Strategies & Approaches for Optimal Gut Health



Health

Topics:

- The Impact of Key Nutrients on the Gut
- The DIGIN Model and the 5 Rs
- Eating Principles and Healing Dietary Protocols
- Therapeutic Elimination Diets
- Restorative Foods for Healing

Topics:

Nutritional Strategies for Faulty Digestion with Symptoms in:

- · The Mouth
- The Esophagus and Stomach
- · The Liver
- · The Pancreas
- · The Gallbladder
- The Small Intestine
- · The Colon

Topics:

- · Wellness as a Lifestyle
- Eating Principles for Health and Wellness
- · Balancing Life Stress
- Cleansing and Detoxification



- Food Allergies, Intolerances, and Sensitivities
- Psychobiotics and Mental Health
- Athletes and Sports Nutrition
- · Anti-Nutrients
- Social and Environmental Factors
- · The Gut Health of Children







