

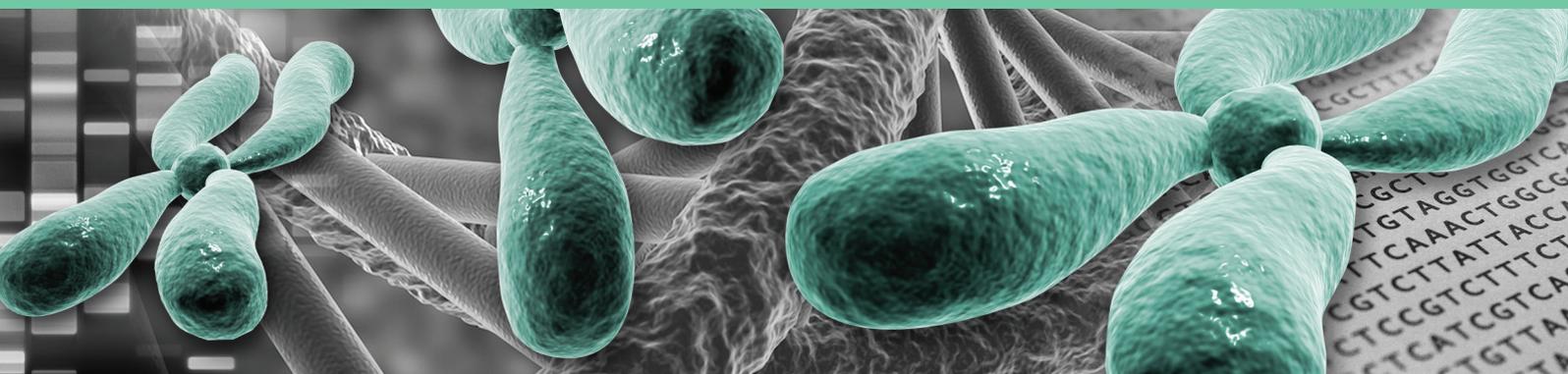


## Education

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Evidence-Based Clinical Practice

# FOUNDATIONS IN NUTRIGENOMICS



Nutrigenomics is at the cutting edge of nutrition science. As interest in personalized medicine increases, your patients will ask you about genetic testing. This course provides practitioners with adequate training to accurately and usefully interpret their clients' results and transition them into personalised food solutions.

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## ABOUT THE FOUNDATIONS COURSE

### Who is the course designed for?

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The Foundations online course is designed for health practitioners, educators and scientists whose services integrate cutting edge nutritional science into client or food solutions. Practitioners include: dietitians, medical doctors, specialist doctors, naturopaths, psychiatrists, nurses, nutritionists, dentists, chiropractors, physiotherapists and other allied health professionals.

## 2 FOUNDATIONS IN NUTRIGENOMICS

### What content is covered?

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The course provides practitioners with a review of relevant nutritional biochemistry and current nutrigenetic science. In addition, a large part of the course is dedicated to the use of commercial tests and the interpretation of nutrigenetic information for patients. Each module includes: recommended readings and resources, videos, a power point based lecture, and an online quiz.

### How it works

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The course is self-paced. You can start at any time, in any time zone and go as slowly or as quickly as you like. At any time during and after the course you will be able to access the modules for revision. Students require access to a computer and adequate internet capability.

There are four modules. At the end of each module students are required to complete a 10 question multiple choice quiz before proceeding to the next module. Once the Module 4 quiz is successfully completed, the student will receive a certificate of completion.

### How long does it take to complete?

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The Foundations course will take between two to three weeks full-time or approximately two months part-time. How quickly a student progresses through the modules will depend on work and family commitments and their existing knowledge base. There is no limit on how long students take to complete the course, however we recommend that students try complete the course within a maximum 6 month time span.

### What is the SNP JOURNAL?

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Students will receive the 150-page ebook SNP JOURNAL, free of charge. The SNP JOURNAL has been developed to provide students with a clear and concise review of 40 of the most commonly encountered SNPs in commercial nutrigenetic tests. The SNP JOURNAL ebook is provided free to all Foundations course students. Should they wish to purchase the printed book, this will be at an additional cost.

## Is there online help?

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Students will be able to communicate at any time with the course liaison, and if required with their instructors as well. In addition, a forum is provided for students in a private Facebook group, to share their course experiences, and post questions for the instructors and each other.

## What certificate and accreditation will students receive?

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On completion of the *Foundations* course, students will receive a certificate from CTG Education, signed by both Dr Yael Joffe and Christine Houghton. Accreditation for the *Foundations* in Nutrigenomics course is provided by CTG, the training organization specifically tailored to the needs of the practising clinician.

## Nutrigenomics as a good business opportunity

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For many practitioners, nutrigenomics is already driving their private practices and GP referrals. Many genetic testing companies keep a list of all practitioners who have completed training (many such companies insist on training as a prerequisite for access to their testing process) and use it for referrals. Clients, as well as many new medical and health companies, are looking for practitioners who are adequately qualified in translating evidence-based nutrigenomic research.

## What is the price?

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The price for the Foundations in Nutrigenomics course is \$595 (USD). Students have the choice of paying with PayPal, a credit or debit card, or a coupon code.

## COURSE CONTENT

The Foundations in Nutrigenomics Course consists of four modules:

Module

1

### Introduction to Genetics - Dr Yael Joffe

An **Introduction to Genetics** defines and illustrates (with practical examples) the difference between nutrigenetics, nutrigenomics and epigenetics. This module also explores the concept of food responsiveness, including examples to illustrate how they can be used in clinical practice, looking at gene-nutrient interactions for iron, lactose, salt and gluten, caffeine, and fatty acids.

1

Module

2

### Integration of Cellular Defence Mechanisms into Nutrigenomics - Christine Houghton

This Integration of **Cellular Defence Mechanisms** module provides a brief summary of cellular defence mechanisms, including: redox status, inflammation, energy production, methylation, and detoxification. For each area the relevant genes, SNPs and diet-gene interactions are described. The module also briefly reviews genes and SNPs that impact insulin resistance, the endothelium, and lipid metabolism, and their relationship to chronic disease.

2

Module

3

### The Genetics of Weight Management and Obesity - Dr Yael Joffe

Module three addresses **Weight Management** by understanding the contribution of genetics to the susceptibility to becoming obesity, and differences in response to weight management interventions. It identifies the many factors that contribute to obesity such as sleep, behaviour, appetite and satiety, thermogenesis and exercise responsiveness and the diet-gene interactions that impact these processes.

3

## COURSE CONTENT cont.

Module

4

**Clinical Implementation - Dr Yael Joffe**

Module four addresses **Clinical Implementation**. It begins by understanding the importance of the ethical, legal, and social aspects of Nutrigenetic testing. Students are then provided with criteria to evaluate genetic testing companies and individual gene variants for clinical usefulness. The second part of this module teaches two key clinical implementation tools. Case studies are used to enable practitioners to become familiar with using these tools in their practice.

4

## INSTRUCTORS

**Dr Yael Joffe RD PhD**

In the rapidly-evolving disciplines of Nutrigenomics and Nutrigenetics, Dr Yael Joffe is acknowledged globally as an expert in the field. From her background as a dietitian, she obtained her PhD in Nutrigenomics from the University of Cape Town, exploring the genetics and nutrition of obesity in South African women. She is highly sought-after as a speaker for conferences and workshops, tailoring her presentations to the needs of clinicians. She has co-authored *It's not just your Genes*, has published on nutrigenomics in peer-reviewed journals and has been involved in the development and supervision of nutrigenomics courses around the world. Dr Joffe is currently an Adjunct Professor, teaching Nutrigenomics at Rutgers University. Yael is the founder of CTG Education.

**Christine Houghton B.Sc.(Biochem.), R.Nutr., PhD**

Following many years in private practice as a registered nutritionist, Christine Houghton is currently engaged in doctoral research at the University of Queensland Australia, where her focus is on broccoli-derived phytochemicals with significant nutrigenomic potential. She is an accomplished writer and an engaging speaker whose evidence-supported presentations challenge accepted but often-outdated paradigms. Her forte lies in taking complex biochemical concepts and translating their essence into concepts relevant to the needs of practising clinicians. She is the author of *Switched On - Harnessing the Power of Nutrigenomics to Optimise Your Health* and a number of peer-reviewed publications.



Education



### Contact details

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