

The Ultimate Nutritional Guide for Improved Energy and Digestive Health

By Robert Yang

The Ultimate Nutritional Guide for Improved Energy and Digestive Health is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to simple take home strategies to help your clients live healthier lives

The Ultimate Nutritional Guide explores:

- What inflammation looks like in your client
- Foods commonly eaten in the name of health that cause inflammation
- Nutritional alternatives to pain medications and drugs used to treat inflammation
- Lifestyle factors that cause low hormone levels
- The truth about fat, what is fact and what is fiction
- Health risks associated with bad fats
- The role of cholesterol
- Healthier food options and better quality food choices
- Distinctions between coeliac disease and gluten sensitivity

Upon successful completion, course participants will:

- Know specific foods that are both inflammatory and anti-inflammatory
- Be able to advise on the importance of optimal hydration and be able to advise how much water to drink
- Understand the effect that chronic stress has on hormones and weight
- Have the knowledge to advise on which fats have health benefits and which fats to avoid
- Understand the symptoms of coeliac disease and gluten sensitivity
- Know which foods irritate the intestinal tract and should be avoided
- Have methods to stabilise blood sugar
- Be able to determine who should follow a gluten free plan
- Know how to implement a gluten free plan using clinically effective strategies, and how to avoid the common pitfalls of adopting a gluten free plan

Course Creator Bio

Robert is an international presenter on nutrition, corrective exercise and sports performance from California. He is a faculty member of the Corrective Holistic Exercise Kinesiology (CHEK) Institute and is an advisory board member for the Titleist Performance Institute and the National Pitching Association. Robert uses integrative and individualised programs to help clients improve performance, health and vitality while preventing injuries.