



The Healthy Gut Certificate Program

Duration: 7 Modules + 2 Live **Webinars**

Hour Per Module 1-2 hours

Prepared by Lorene Sauro, RHN

Program Description: This program will teach attendees the basic physiology and function of the gut, discuss food and supplement protocols and present the research connecting gut health to all common health conditions.

Objective:

1. Provide attendees with the latest research on gut health to aid their clients
2. Present guidelines for food and supplement protocols
3. Provide discussion of conditions and issues connected to gut health

Learning Outcomes:

Upon successful completion of The Healthy Gut Certificate Program, attendees will have the ability to:

- Establish more effective protocols for clients
- Have a better understanding of the role and function of the gastrointestinal system as it relates to health conditions
- Use research for various aspects of their practice and business
- Have a continual resource for upgrading their knowledge and for ongoing support

Materials: All materials will be provided including a new easy-to-use questionnaire and symptomatology form, food journal, updated Candidiasis protocol, Leaky Gut protocol, recipes and menu plans

Tests: One for each module and webinar to verify listening

Pre-Program 2-Part Webinar Series: The Healing Effect of the Practitioner

Provides a discussion of the research surrounding the healing energy between the practitioner and the client based on the methods of the practitioner. Includes specific information about creating a healing environment for patients.

Module 1: Gut Physiology – What You Need To Know

August 4th

Review of anatomy and physiology of the gastrointestinal system and function
Discussion of current information about gut function



Module 2: The Complete Role of the Good Bacteria

August 11th

Examination of the current research of the role of gut bacteria as it relates to all conditions including the brain-gut connection. Includes discussion of the link of good bacteria to specific health conditions with information about specific strains

Module 3: Supplement Protocols – What Does The Research Say?

August 18th

Presentation of supplements that aid gut health and digestive function including specific brands and the research that supports their use

Module 4: Food Protocols – What Does The Research Say?

August 25th

Presentation of prebiotic and probiotic foods, culinary herbs as well as other foods that are helpful for gut health. Includes the research that supports their use and a discussion of GAPS, Fodmaps and other specialty diets.

Module 5: Special Conditions and the Research for the Role of Gut Health

September 1st

Includes a discussion of special gut health conditions such as SIBO, Candidiasis, Dysbiosis, Leaky Gut, C-Difficile, Allergies, Autism as well as updated protocol information

Module 6: Case Studies

September 8th

Includes several case study presentation plus a live Q and A session will be scheduled to discuss case studies or clients of attendees. A second webinar will be scheduled, if needed

Module 7: Marketing Strategies for Packaging the New Information

September 15th

Provides information for marketing your services, creating programs and general business promotion elements including how to use the information in the program for better client outcomes and for growing a business

Live Webinars:

Webinar #1: Building A Healthy Gut For Mother And Baby

August 19th 8:00 PM EST/5:00 PST

Includes a presentation of the research and discussion to help infants establish proper gut health, prevent allergies and start baby with a proper foundation for good health. Includes what the mother can do to help the baby before pregnancy, during pregnancy and while breast feeding to help the baby and herself



Webinar #2: Supporting Gut Health Through Cancer Treatment Sept. 2nd 8:00 PM EST/5:00 PM PST

Provides a discussion of the support role for holistic practitioners for clients undergoing cancer treatment as well as after cancer treatment. Includes a discussion of the issues of the gut and cancer as well as the research how supporting gut health can aid improved treatment results with special guest Marina Silverio, RHN

Materials: All materials will be provided including a new easy-to-use questionnaire and symptomatology form, food journal, updated Candidiasis protocol, Leaky Gut protocol, recipes and menu plans