



FOUNDATIONS IN NUTRIGENOMICS

EVIDENCE-BASED CLINICAL PRACTICE

The Foundations in Nutrigenomics course was developed to provide a global platform for the provision of progressive, cutting-edge, and credible nutrigenomics education for all health professionals.

This course is designed for health practitioners, educators and scientists; providing the training required to interpret a clients' nutrigenetic results and transition them into personalized food solutions.

WHAT CONTENT IS COVERED?

The introductory eleven-module course provides a review of relevant nutritional biochemistry and current nutrigenetic science, the use of commercial tests, and the interpretation of nutrigenetic results for patients.

Each module includes recommended readings and resources, videos, a power point based lecture, and an online quiz. All the content is online and requires a stable internet connection.

HOW LONG DOES IT TAKE TO COMPLETE?

The Foundations course will take approximately 50-60 hours, between two to three weeks full-time or approximately two to three months part-time. You have 3 months to complete the course from date of enrollment.

WHAT CERTIFICATE WILL THE STUDENT RECEIVE?

Students will receive a certificate from 3X4 Education, signed by both Dr Yael Joffe and Dr Christine Houghton.

THE MODULES INCLUDE

1

Research In Genetics

– Dr Yael Joffe and Dr Christine Houghton

2

Basics Of Genetics

– Dr Yael Joffe

3

Food Responsiveness

– Dr Yael Joffe

4

Cellular Defence Mechanisms

– Dr Christine Houghton

5

Energy, Oxidative Stress And Inflammation

– Dr Christine Houghton

6

Detoxification

– Dr Christine Houghton

7

Methylation

– Dr Christine Houghton

8

Nutrigenomics In Chronic Disease

– Dr Christine Houghton and Dr Yael Joffe

9

The Genetics Of Obesity And Weight Management

– Dr Yael Joffe

10

Ethics And The Nutrigenomic Test Market

– Dr Yael Joffe

11

Clinical Implementation

– Dr Yael Joffe

ABOUT THE INSTRUCTORS

Dr Yael Joffe PhD RD FACN



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. 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 and MUIH. Yael is the founder of Manuka Science, CTG Education, and co-founder of 3X4 Genetics.

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



Following many years in private practice as a registered nutritionist. She is an accomplished writer and an engaging speaker whose evidence-supported presentations challenge accepted but often-outdated paradigms. She is the author of *Switched On – Harnessing the Power of Nutrigenomics to Optimise Your Health* and a number of peer-reviewed publications

EXTRA INFORMATION:

Students will be able to communicate at any time with the course liaison, and if required with their instructors as well.

CONTACT US:

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COST : \$295