

Course URL: <https://internationalopenacademy.com/diet-management>

Course Name: Diet Management

Before spending money on the latest fad diet, take this course to find how to eat and drink your way to natural beauty

Course Features:

- We'll teach you the inside secrets to healthy and beautiful skin, glistening hair and glossy nails – naturally
- Find out about the foundations of a nourishing, health-promoting eating regime
- Know what to remove from your diet so you don't have to diet
- Understand why your breakfast could be slowing you down
- Learn what's more addictive than cocaine! And nearly as bad
- Study what to avoid so you can eat freely, stay healthy and maintain an even weight
- We'll introduce you to the top 10 most powerful foods
- By the end of the course you'll know the right nutrients to put in your body for a more beautiful, healthier you!
- Your course is accredited by the International Council for Online Educational Standards and CPD Certification Service
- Set your own pace of study because it is completely online and available on any device
- 12 months to start the course and 60 days to complete it once started
- Free PDF certificate provided upon completion

Course Breakdown:

Module 1: Introduction To Inner Health & Outer Beauty

- General tips on developing dietary habits that keep you feeling healthy and looking beautiful
- Know about protein, carbohydrate, fat
- Vitamins and minerals

Module 2: Can Fat Be Good For You?

- Oils, fats, omegas - the good, the bad and the ugly
- Nuts, seeds, pulses, seaweed
- Grains and gluten

Module 3: Bright And Beautiful Veggies For A Bright And Beautiful You

- Antioxidants
- Raw food
- Juicing and smoothies
- Vegetarian, vegan, & meat diets

Module 4: Foundations For A Beautiful Diet: Why Organic?

- Hydration
- Snacks - how to have a little of what you love and stay healthy
- Daily essentials

Module 5: What's In There? Minute Ingredients With Surprisingly Powerful Effects

- Probiotics, prebiotics, yoghurt
- Supplementation
- Immune-boosting foods
- Nutrient-dense foods

Module 6: Diet And Detox

- What to avoid?
- Top 5 diet tips
- Sugar
- Detoxing
- Why colors are great for you?
- Weight management - most popular diets
- Foods that increase your metabolism
- When and how to eat?

Module 7: How To Eat Yourself Beautiful

- Skin and the nutrition it needs
- How to correct problem skin with diet and supplementation
- Nutrition for hair and nails

Module 8: Wow! Food Can Do All This?

- Top 10 most powerful foods
- Foods and drinks that help or prevent sleep
- Best food to help fight colds and flu
- 10 tips for a great lifelong skin policy

Course URL: <https://internationalopenacademy.com/introduction-to-whole-food-cooking>

Course Name: Introduction To Whole Food Cooking

Transform your health through what you eat. This is not a diet, it's a way of living

Course Features:

- In this course you'll learn how to heal and nourish your body from the inside out by creating meals with big flavors using fresh ingredients from your local supermarket
- You will have more than 30 videos with chef Cynthia showing you whole food recipes, step by step, that are easy to follow and to prepare. You can download the recipes in a pdf format to keep forever!
- This course teaches you how to take control of your health and wellbeing with everyday wholefood meals
- You'll see how to gain your health and vitality back without diets, food fads or trends
- You'll know how to make simple ingredient substitutions to cater for dietary requirements
- You'll be shown how to make creamy rich sauces without dairy
- You'll be mastering meals from 5-minute recipes to whole food feasts
- The course will have you ditching refined sugar and knowing how to use natural sweeteners like maple syrup, honey and fruit
- You'll understand how each meal is nourishing you
- We'll show you how to cook consciously and bring more energy to your meals
- You'll get tips on how to store leftovers to keep them for longer
- You will discover new flavor combinations from around the world
- By the end of the course, you can heal your health with a simple and delicious whole food lifestyle
- Your course is accredited by the International Council for Online Educational Standards and CPD Certification Service
- Set your own pace of study because it is completely online and available on any device
- 12 months to start the course and 60 days to complete it once started
- Free PDF certificate provided upon completion

Course Breakdown:

You will learn how to make more than 30 yummy, healthy recipes including:

- Tasty breakfast bruschetta
- Spicy Indian hash browns
- Moreish mini spinach patties
- Tantalizing buckwheat pancakes
- Colorful corn fritters and avocado
- Scrumptious spaghetti and not meatballs
- Flavorsome falafel patty
- Pretty red rice salad
- Fresh asparagus frittata
- Glorious goreng
- Hearty red lentil stew
- Tempting tempeh rendang
- Made-for-sharing nachos
- Heartwarming sweet corn and pumpkin soup
- Sweet vegan banana bread