



Professional Certificate in Nutritional Therapy

cum ANFMP Associate Membership Programme



INTRODUCTION

This one-year Programme is designed to provide fundamental evidence-based knowledge on nutritional therapy for optimal health maintenance. Its curriculum covers a wide range of relevant topics commonly discussed in natural healthcare and lifestyle medicine. It is a foundation course for individuals wishing to enter a career in preventive healthcare, lifestyle coaches and positions in health food/supplements industries.

This is *not* a course on nutrition or dietetics per se. The Programme focuses on various combinations of dietary/lifestyle habits to help our body to function at its peak.

Acquiring the key evidence-based knowledge on the application of nutrition/diets/lifestyles can mitigate risks of common chronic metabolic disorders such as diabetes, hypertension, hypercholesterolemia, and tumor growth, among others. Upon completion of this programme, candidates shall be eligible as Associate Members of the Association of Nutritional and Functional Medicine Practitioners (ANFMP).

This Programme is taught at the School of Complementary & Traditional Medicine by practising members of the ANFMP.



OBJECTIVE

- To impart evidence-based knowledge on dietary and lifestyle medicine for optimal health through dietary/lifestyle improvements;
- To offer a Bridging Programme to upgrade ANFMP Affiliate Members & prepare them for professional training in nutritional medicine; and
- To provide evidence-based fundamental nutritional therapy knowledge to members of other T&CM practitioners whose societies/associations are listed under the medical federations gazetted under the Traditional & Complementary Medicine Act 2016.



WHO SHOULD JOIN

- Affiliate member, Association of Nutritional and Functional Medicine Practitioners Malaysia;
- Degree/diploma holder from non-relevant fields of study;
- Non-degree holder over 26 years with >3 years' work experience who wish to enter a career in nutritional medicine;
- Executives/managers from any industry to gain an evidence-based foundation for understanding how food and nutrients are being used in managing chronic health problems; or
- Individuals who are keen in preventive healthcare; wellness trainers and coaches; lifestyle coaches and members of the healthcare industry are encouraged to participate in this programme.



SYLLABUS

INTRODUCTION: CELLULAR HEALTH/PHYSIOLOGY

Appreciate the different roles played by nutritional medicine practitioners, nutritional therapists, nutritionists, and dieticians in promoting wellness. Contribution of nutritional medicine to the global management of non-communicable (chronic) diseases as laid down by World Health Organisation. Preparation for a Case Presentation at the end of the course based on the chronic dietary or lifestyle health issues identified.

UNIT 1: BULK NUTRIENTS: PROTEIN & AMINO ACIDS

Types and nature of proteins; principal roles of amino acids in sustaining life; essential, semi-essential and non-essential amino acids; protein metabolism; plant vs animal protein; nitrogen balance and protein turnover; and food sources of quality protein.

UNIT 2: BULK NUTRIENTS: CARBOHYDRATES & SUGARS

Principal roles of simple and complex sugars in promoting chronic health disorders; types of mono-, poly- and oligo-saccharides; glycermic index/load; health issues with fruit, vegetable, and grain consumption; food sources of sugars and carbohydrates.

UNIT 3: BULK NUTRIENTS: DIETARY FATS & CHOLESTEROL

Health issues with consuming trans fats and hydrogenated fats; roles and sources of monounsaturated, polyunsaturated and saturated fats; Omega-3, -6 and -9; role of dietary fats in promoting chronic diseases; properties of cholesterol; food sources of essential-fatty acids.

UNIT 4: VITAMINS & PRO-VITAMINS

Types and sources of pro-vitamins; fat- and water-soluble vitamins; functions of vitamins A, B, C, D, E and K; folate and biotin; issues involved with supplementation; food sources of vitamins.

UNIT 5: MACRO-, MICRO-NUTRIENTS & ENZYMES

Functions of magnesium, manganese, zinc, copper, potassium, selenium, calcium, and iron; merits in fortifying and enriching cereals; use of supplements; food sources for essential macro- and micro- minerals. Dietary sources of micronutrients and their principal roles in health promotion. Types and functions of main bodily and food enzymes and their inhibitors; merits in using food vs supplemented enzymes.

UNIT 6: BOWEL FLORA & FOOD ALLERGIES

Intestinal ecology; inhabitants of the intestines: probiotics and prebiotics; acid-producing bacteria; influences of dysbiosis and candidiasis; building a healthy bowel flora; initiation of colon tumor leading to malignancy. Physiological nature of allergy; immediate and delayed allergic reactions; types of food items triggering allergies; leaky gut syndrome; types of food intolerance; food-based nutrients for overcoming or mitigating allergies; Immunoglobins E and G; dietary/lifestyle and nutritional therapies for reversing allergies.

UNIT 7: CHRONIC DISEASES LINKED TO DIETS & LIFESTYLES

Connections between dietary and/or lifestyle habits and chronic diseases, including heart disease, hypertension, stroke, diabetes, insulin resistance, allergies, asthma, candidiasis, obesity, tumor growth and cancer; role of chronic low-grade inflammation in promoting chronic diseases.

UNIT 8: MIND-BODY CONNECTION

Emotional and mental issues known to be linked to poor nutrition or nutritional deficiencies; concept of placebo and belief systems in medical treatments; adverse effects of elevated stress on mind-body functions.

UNIT 9: FOOD PROCESSING, FOOD PREPARATION, LONGEVITY DIETS & DIETARY DESIGNS

The manner in which nutrients within food items are adversely affected by modern agriculture, harvesting, storage, processing, refining and cooking; USDA's nutrient retention factors; healthier ways of food preparation; eating raw vs cooked food items; artificial flavours and colours in food. Dietary and lifestyle habits of the world's longest-living communities; common health markers of the "oldest old", calorie restriction; food and nutrients influencing longevity and gene expression; stem cell growth; telomerase activation.

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Methods of Learning	Classroom / Online Session		
Location	School of Complementary & Traditional Medicine (Ampang)		
Mode of Study	Part Time	Fee	RM9,500.00 (Subject to 6% SST)
Duration	9 Months	Intake	2025
Payment Details	Cheque payable to : DSY Medical Education Sdn Bhd Online transfer to : Public Bank (Account No. 3219075600)		

Registration Form			
Full Name :		Contact No. :	
IC No. :		Email :	
Age :	Gender :	Address :	
Nationality :			
Highest Qualification :			
Current Occupation :			
Current Employer :			

Note:

Applicants are required to join the Association of Nutritional and Functional Medicine Practitioners (ANFMP) as Affiliate Members upon enrolment to this programme. Please refer to membership details via <http://www.anfmp.org.my>



SCHOOL OF COMPLEMENTARY & TRADITIONAL MEDICINE

Managed by **DSY Medical Education Sdn Bhd** (201801020743)

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