



THE NUTRITIOUS LIFE CERTIFICATION

the NUTRITIOUS LIFE *studio*





The Nutritious Life Studio is a 13-part online program that you can do at your own pace, taught by Keri Glassman—a nationally recognized celebrity nutritionist, registered dietitian, healthy cooking expert and published author.

You'll learn everything you need to know about nutrition science, how to counsel others, create meal plans, and how to launch a wellness business from the ground up. When you complete the course, you'll officially be Nutritious Life Certified.

The Nutritious Life Studio is perfect for health and wellness professionals, yoga and fitness instructors, entrepreneurs, Health Coaches, nurses, moms, chefs, Registered Dietitians, nutritionists, and anyone seeking the most advanced nutrition advice.

The 12 Core Lessons

CURRICULUM AT A GLANCE

- **Lesson 1:** Explanation of a Nutritious Life
- **Lesson 2:** Nutrition 101: Carbohydrates, Fats, Protein, Portions
- **Lesson 3:** Cravings and Emotional Eating, Environmental Factors, Neurotransmitters, Nutrient Deficiencies, Triggers and Controls
- **Lesson 4:** Inflammation, Allergies, and Gut Health, Probiotics, Inflammation, Gluten
- **Lesson 5:** What Makes Us Fat, Hydration, Artificial Sweeteners, Food Labels, Sleep and Weight Gain
- **Lesson 6:** Detoxing & Cleansing, Organic Foods and Labeling
- **Lesson 7:** Supplements
- **Lesson 8:** Common Nutrition Myths, Breakfast, Low Carb Diets
- **Lesson 9:** Vegetarian, Vegan, Raw, and Paleo Diets
- **Lesson 10:** The First Session with a Client, Common Counseling Mistakes, and How to Build Referrals
- **Lesson 11:** The Nutritious Life Handbook for Counseling Clients, Follow Up Sessions, Favorite Websites, Apps, and Tools, and Sample Emails
- **Lesson 12:** Running a Successful Wellness Business, Pricing Strategies, Building Your Brand
- **8 Bonus Videos Including:** How To Build An Online Empire, How To Get Your Content Published, The Secret Recipe To Client Success, Building A Successful Website, and more



THE NUTRITIOUS LIFE STUDIO

(TNS) is prior-approved (as Self Study) by the Commission on Dietetic Registration, the credentialing agency for the Academy of Nutrition and Dietetics (AND), so all RDNs (Registered Dietitian Nutritionists) who complete our program receive 12 CPEs. TNS is also approved and accredited by the American Association of Drugless Practitioners (AADP). This means that once anyone successfully completes The Nutritious Life Studio program and becomes Nutritious Life Certified, they'll have the ability to become a Board Certified Holistic Health Practitioner.

FROM OUR STUDENTS

Quickly improved my counseling skills

“As a new RD, the program gave me the confidence I needed to start seeing clients right after graduation. Knowing that I had a road map to follow, and a community to bounce ideas off of, enhanced my learning, and quickly improved my counseling skills.”

Amanda Buthmann | *Nutritious Life Student*

Best career decision I've ever made

“Enrolling was one of the best business and career decisions I've ever made. I've completely changed the way I do my client consultations and nutrition plans. Adapting TNS's philosophies has given me the right tools I need to push forward and grow!”

Mariam Bandarian | *Nutritious Life Student*

Easy to digest and share with my clients

“There is so much information in each module. There's technical information and great handouts that summarize everything so they were easy to access, digest, and share with my clients. There were also samples and basically everything I needed to add a nutrition aspect to my yoga teaching practice.”

Danielle Diamond | *Nutritious Life Student*

I highly recommend this course

“I highly recommend this course to anyone looking to educate themselves in the field of nutrition, as well as help others live their healthiest and best life. It's a nice balance of nutrition information and business knowledge.”

Athena Maldari | *Nutritious Life Student*

I have way more confidence now

“I had hesitations in signing up because I was unsure if it was worth my time and money. I had done something similar, which ended up being expensive and at the end, I still felt unprepared. I had the opposite experience with TNS. I LOVED every webinar and got a lot of information out of every one. I have way more confidence now, and feel like I have a solid philosophy.”

Jennifer Amato | *Nutritious Life Student*

the NUTRITIOUS LIFE *studio* 