

Get your Board Certification in Nutritional Medicine



World Society of Anti-Aging Medicine

Board Certification in Nutritional Medicine

The Board Certification in Nutritional Medicine is a certification by the World Society of Anti-Aging Medicine and confirms a physician's or other health professional's knowledge and skills in Nutritional Medicine.



Why should you as a physician or other health professional get the Board Certification in Nutritional Medicine?



- +To get excellent advanced information on **nutritional therapies**, including many sections on how to relieve or cure disease with nutritional therapies enriched with pictures of physical signs of nutritional deficiencies.
- +To **improve** your **knowledge** and **skills** in **nutritional therapies** based on a scientifically well-referenced textbook.
- +To get you an **official certification** for these medical skills in Nutritional Medicine, acknowledged by the World Society of Anti-Aging Medicine (WOSAAM) and its president, Dr. Thierry Hertoghe.
- +To raise **enthusiasm**: it is a pleasure for physicians and other health professionals to feel they master the basic and many advanced skills in Nutritional Medicine.
- +To **join** the **movement** of more than 7000 members of the World Society of Anti-Aging Medicine.

Advice

- + If you start to learn about nutritional medicine, the Board Certification in Nutritional Medicine is the **first** certification to acquire.
- + With the finest e-learning materials of the highest quality.

Content and Exam

Board Certification in Nutritional Medicine



| Content:

- + Diets of vitality and long life
- + Healthy gut and digestion
- + Water
- + Toxic drinks
- + Macronutrients in the diet
- + Therapies with micronutrients: Basics
- + Optimal nutrient test ranges and supplementation
- + Physical signs of micronutrient deficiencies
- + Nutrients for fitness and mental disease
- + Nutrients for good health and physical disease
- + Nutritional treatments for all major and many minor diseases
- + Nutritional therapies for a longer life
- + Genetic typing tests
- + Additional files for basics of nutrient therapy

| Questions

Multiple choice questions (5 questions)

| Answers

Only 1 answer per question is allowed

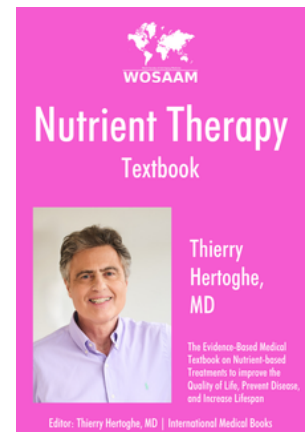
| Points attributed

- + +1 point for each correct answer
- + -0.2 point for a wrong answer

| Scores

60% of the points must be obtained

Learning material



439 pages

Costs

The fee for the Board Certification in Nutritional Medicine is €1900, consists of:

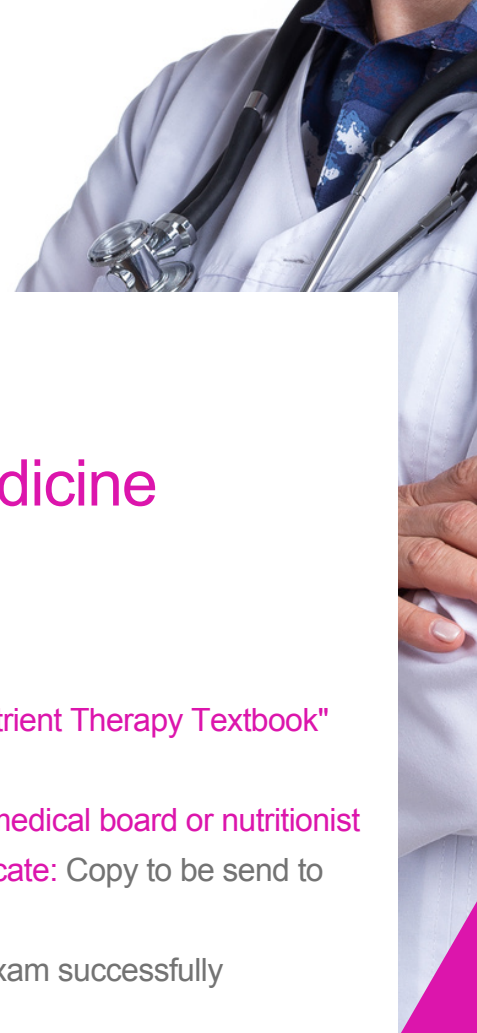
- + Examination fees: €1500 to take the exam
(In case of failure: €350 to repass the exam)
- + Learning material: The Nutrient Therapy Textbook (439 pages): €400

For questions

contact: medschool@hertoghe.eu or 00-352 621204289
Including knowing when or where you can pass the examination

The Exam

Board Certification in Nutritional Medicine



Conditions for the Board Certification in Nutritional Medicine

4 Essential conditions

1. Register online: <https://bit.ly/boardnutrition>
2. Payment of 1900 euros: exam fee + e-learning material "The Nutrient Therapy Textbook" (Payment possible by bank transfer or Paypal)
3. University medical doctor's license/diploma or registration in the medical board or nutritionist or other (University or non-University) health professional's certificate: Copy to be send to office@hertoghe.eu
4. Exam: 60% or more of the points must be obtained to pass the exam successfully

For questions

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Including knowing when or where you can pass the examination

The Exam

Examples of questions



Which of the following statements is wrong about anxiety?

- ☐ The clinical anxiety state is associated with a higher serum pyruvate to lactate ratio
- ☐ Magnesium deficit is associated with higher levels of anxiety
- ☐ Correction of the calcium deficit with calcium supplementation may reduce the anxiety
- ☐ Thiamine deficiency may increase anxiety levels
- ☐ Omega-3 fatty acids may reduce anxiety

Which of the following statements is wrong about omega-3-fatty acids?

- ☐ Omega-3 polyunsaturated fatty acids are the substrate upon which niacin and other vitamin B-related enzymes act to form the prostaglandin 3 series of hormones
- ☐ Omega-3 polyunsaturated fatty acids may reduce agoraphobia
- ☐ Supplementation with omega-3 polyunsaturated fatty acids reduces depressive symptoms in patients with bipolar disorder
- ☐ Omega-3 polyunsaturated fatty acids control cell membrane fluidity, inflammation process and many aspects of neurotransmitter function
- ☐ Omega-3 fatty acids are synthesized in the human body from oleic acid

Among the mechanisms that may explain the beneficial actions of vitamin A are:

- ☐ Reduction of vascular wall thickness, stability of atherosclerotic plaques, anti-thrombotic effects, a reduction of systolic blood pressure and total vascular resistance, anti-arrhythmic effect, a protective effect of heart rate variability, improved insulin sensitivity and endothelial function, serum triglyceride reduction
- ☐ Reduction of haemolysis (increase of haemolysis half-life time), increased free radical scavenging
- ☐ Cell membrane destruction, arterial wall destruction, cholesterolemia, DNA alteration, immune depression
- ☐ Retina protection, nourishment of rod cells, nyctalopia improvement, prevention of follicular hyperkeratosis
- ☐ GABA receptor blockage in neurons, serotonin level reduction