

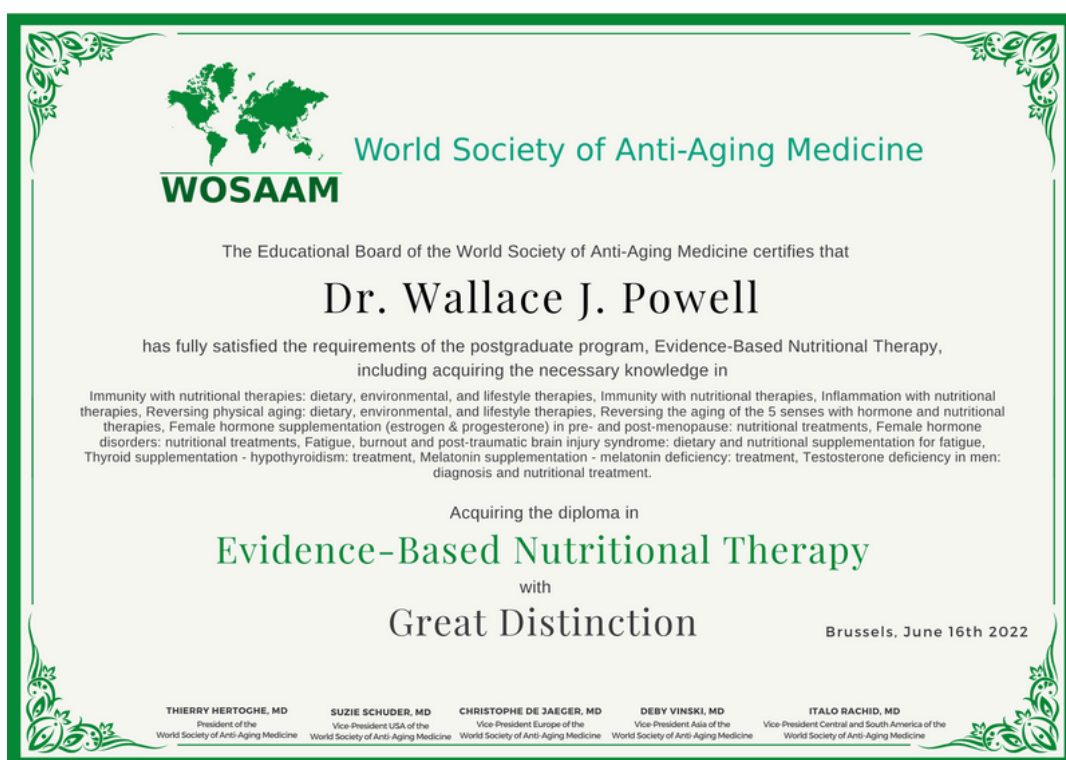
Get your diploma in Evidence-Based Nutritional Therapy



World Society of Anti-Aging Medicine

Postgraduate Training:  
**Evidence-Based Nutritional Therapy**  
Diploma

The Hertoghe Medical School training program in Evidence-based Nutritional Therapy.  
This training is strongly evidence-based, updated, practical, and highly interactive  
through live webinars and prerecorded videos.



# Why should you as a physician get the Evidence-Based Nutritional Therapy Diploma?



- + To improve your skills in nutritional therapies.
- + To improve your knowledge and skills in nutritional therapies based on online video courses.
- + 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 of the advanced skills in Nutritional Medicine.
- + To join the movement of more than 7000 members of the World Society of Anti-Aging Medicine.

## Advice

- + The Evidence-Based Nutritional Therapy is the most updated nutritional training program.

# The Training

## Evidence-Based Nutritional Therapy



### | Cutting-edge information through 11 video courses (more than 26 hours)

- + Immunity with nutritional therapies: Dietary, environmental, and lifestyle therapies
- + Immunity with Nutritional therapies
- + Inflammation with Nutritional therapies
- + Reversing physical aging: Dietary, environmental, and lifestyle therapies
- + Reversing the aging of the 5 senses with hormone and nutritional therapies
- + Female hormone supplementation (estrogen & progesterone) in pre-and post-menopause: Nutritional treatments
- + Female hormone disorders: Nutritional treatments
- + Fatigue, Burnout, and post-traumatic brain injury syndrome: Dietary and nutritional supplementations for fatigue
- + Thyroid supplementation – Hypothyroidism: Treatment
- + Melatonin supplementation – Melatonin Deficiency: Treatment
- + Testosterone deficiency in men: diagnosis and nutritional treatment

### | Questions

- A quiz at the end of each lesson.
- 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

## Costs

The fee for the Postgraduate Program: Evidence-based Nutritional Therapy (which includes the learning material online video's and Powerpoint slides PDF's) is 1 600 €.

# The Training

Evidence-Based Nutritional Therapy



## Conditions for the Evidence-based Nutritional Therapy diploma

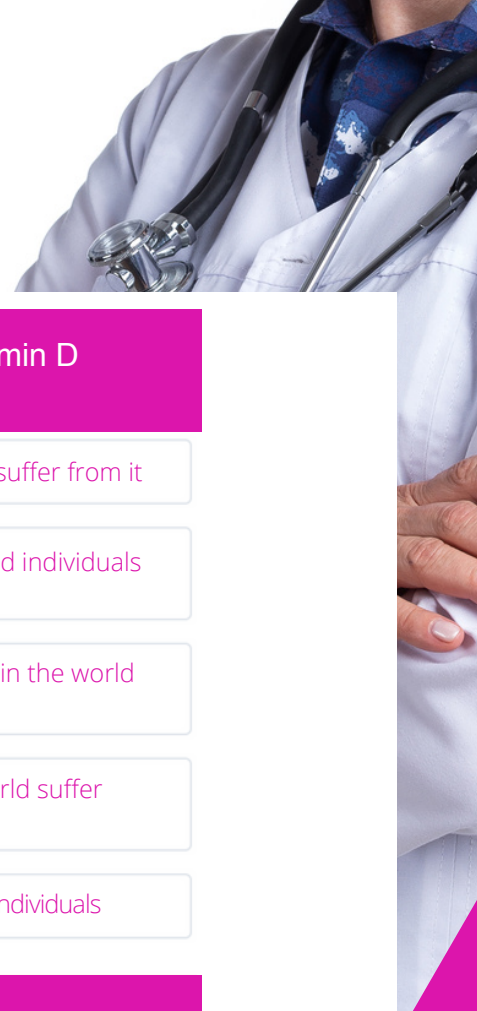
4 Essential conditions

1. Register online: <https://bit.ly/hms-ebnt>
2. Payment (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 send to [office@hertoghe.eu](mailto:office@hertoghe.eu)
4. Quizzes: 70% or more of the points must be obtained to pass the lessons successfully.

For questions  
contact: [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu) or 00-32 23 79 34 42

# The Training

## Examples of questions



Indicate the correct statement about the frequency of vitamin D deficiency:

- Vitamin D deficiency is frequent: 100 million in the world individuals suffer from it
- Vitamin D deficiency is a pandemic: more than one billion in the world individuals suffer from it
- Vitamin D deficiency is extremely rare: less than 1 million individuals in the world suffer from it
- Vitamin D deficiency is rare: less than 10 million individuals in the world suffer from it
- Vitamin D deficiency is found in everybody, even vitamin D-supplemented individuals

Which of the following statements is correct on iodine?

- Traditional antiseptics are more potent than iodine to kill bacteria
- Iodine kills only viruses but not bacteria
- Iodine kills all types of viruses, except coronaviruses
- Iodine its antiseptic effect on bacteria tend to disappear with time because bacteria develop resistance to iodine
- Iodine kills all types of yeast, bacteria, viruses, including the coronavirus

Which of the following hormonal or dietary changes can increase the serum T3 levels in the serum?

- Transdermal estrogen
- A diet high in cruciferous vegetables (such as cauliflower)
- A fiber-rich diet
- A high-calorie diet
- None of the above-mentioned