



Self-paced e-Courses for physios and manual therapists allowing you to integrate evidence-informed nutritional and microbiome concepts while staying within your scope of practice

About the Instructor

Alyssa Tait, a physiotherapist with a curious Master's in Human Nutrition, thrives on helping clinicians solve complicated cases by taking a more panoramic clinical view.



Start Dates

Course Name

Details

8 Feb
or
23 Aug

pHantastic pHlora
(4 weeks)



Gain enhanced outcomes in your patients with chronic vulvovaginal conditions via simple manipulation of the vulvovaginal ecosystem

1 Mar
or
19 July

Insights into Insides
(5 weeks)



The bowel course that delves deeper into transit time, constipation and diarrhea, makes fibre understandable and the Bowel Diary interpretable!

1 Jun
or
8 Nov

Nourished and Nimble
(4 weeks)



Nutrition for acute and chronic inflammation and associated pain, and to rebuild tissue post-injury, post-partum, post-injury or simply post-youth!

3 May
or
8 Nov

Resolving Recurrent UTI
(4 weeks)

*Prerequisite: **pHantastic pHlora**

Get set to have your understanding of recurrent UTI blown wide open. There's tons more than perineal hygiene, fluid and bowels that you can do for these patients plagued with UTIs.

3 May
or
4 Oct

Gut Critters
(5 weeks)

*Prerequisite: **Insights into Insides**

Time to really "get" the gut and sort the wheat from the chaff to help your patients suffering from Microbiome Mayhem. Herein lie the tools to be a Gut Gardener!



Self-paced
Bite size modules



Downloadable
content to keep



Exclusive
Facebook
Group Access