



# **Course Title: Women's Health and Nutrition: Comprehensive Guide**

## **Module 1: Introduction to Women's Health and Nutrition**

### **Overview of Women's Health**

- Importance of understanding women's health
- Current trends and statistics in women's health

### **Basics of Nutrition**

- Macronutrients and micronutrients
- Hydration and its importance
- Understanding nutritional needs for women

## **Module 2: Menstrual Disorders and Nutrition**

### **Understanding Menstrual Disorders**

- Types: Irregular periods, heavy bleeding, painful periods, PMS

### **Nutrition for Menstrual Health**

- Foods to manage PMS and menstrual pain
- Impact of diet on menstrual cycle regularity
- Importance of iron and other key nutrients

## **Module 3: Endometriosis and Nutrition**

- Understanding Endometriosis
- Symptoms and complications
- Diagnosis and treatment options

### **Nutrition for Managing Endometriosis**

- Anti-inflammatory diets
- Foods to avoid and include
- Role of supplements

## **Module 4: Fibroids and Nutrition**

### **Understanding Fibroids**

- Symptoms and risk factors
- Diagnosis and treatment options

### **Nutrition for Managing Fibroids**

- Dietary changes to manage symptoms
- Foods that may help reduce fibroid growth
- Importance of a balanced diet

## **Module 5: Pelvic Inflammatory Disease (PID) and Nutrition**

### **Understanding PID**

- Causes, symptoms, and complications
- Diagnosis and treatment options

### **Nutrition for Managing PID**

- Foods that support immune health
- Role of probiotics
- Maintaining a healthy diet during treatment

## **Module 6: Menopause and Aging**

### **Understanding Menopause**

- Symptoms and stages of menopause
- Health concerns during menopause

### **Nutrition for Menopausal Health**

- Managing symptoms through diet
- Importance of calcium and vitamin D
- Foods to support overall health during aging

## **Module 7: Mental Health and Nutrition**

### **Common Mental Health Issues in Women**

- Depression, anxiety, and eating disorders
- Impact of hormones on mental health

### **Nutrition for Mental Health**

- Role of nutrients in brain function
- Foods that support mental well-being
- Managing stress and anxiety through diet

## **Module 8: Pregnancy and Postpartum Health**

### **Prenatal Nutrition**

- Importance of prenatal vitamins
- Diet for physical recovery
- Addressing postpartum depression through nutrition

## **Module 9: Sexual Health and Nutrition**

### **Understanding Sexual Health**

- Importance of sexual wellness
- Common sexual dysfunctions

### **Nutrition for Sexual Health**

- Foods that support libido and sexual function
- Nutritional strategies to prevent and manage STIs

## **Module 10: Urinary Health and Nutrition**

### **Common Urinary Health Issues in Women**

- Urinary tract infections (UTIs)
- Incontinence

### **Nutrition for Urinary Health**

- Foods that support urinary tract health
- Importance of hydration
- Dietary changes to manage incontinence

## **Module 11: Breast Health and Nutrition**

### **Understanding Breast Health**

- Common breast conditions: benign and malignant , mastitis
- Importance of regular screenings

### **Nutrition for Breast Health**

- Foods that may reduce breast cancer risk
- Importance of a balanced diet
- Role of antioxidants and phytochemicals

## **Module 12: Integrative and Holistic Approaches**

### **Complementary Therapies**

- Role of herbal supplements
- Integrating alternative nutrition practices

### **Mindful Eating**

- Benefits of mindful eating practices
- Techniques to enhance the eating experience

## **Course Features**

- Interactive Lectures and Discussions
- Live sessions with Q&A
- Assignments and Assessments
- Case studies
- Quizzes and exams
- Resource Materials
- Reading lists
- Access to online journals and articles
- Support and Networking
- Online forums and discussion groups
- Access to a network of nutrition and health experts

## **Learning Outcomes**

By the end of this course, participants will:

- Understand the unique health and nutritional needs of women at different life stages.

- Be able to design balanced and nutritious meal plans tailored to specific health concerns.
- Recognize the relationship between diet and various women's health issues.
- Implement strategies for managing health conditions through nutrition.

## Audience

**This course is designed for:**

- Women seeking to improve their own health and nutrition.
- Healthcare professionals and nutritionists looking to specialize in women's health.
- Educators and community health advocates.

## Course Duration

- 14 weeks, with one module per week.
- Each module includes 2-3 hours of lectures, plus additional time for assignments and readings.

## Certification

Participants who complete the course will receive a certification in Women's Health and Nutrition. This course structure provides a comprehensive understanding of the interplay between health and nutrition, offering practical skills for managing diet and addressing various women's health issues.



**ONLINE CERTIFICATION IN NUTRITION**

By Dt. Deepika Bengani