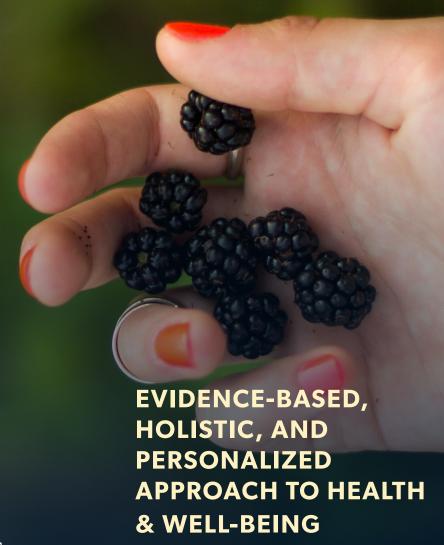
# Transforming the Future of Health

Saybrook University is dedicated to providing a holistic and integrative approach to helping the lives of others. Guided by faculty who are world-renowned scholars and practitioners, our graduates find successful careers transforming the future of health care through evidence-based therapies and techniques—treating the body, mind, and spirit of their patients.



Integrative & Functional Nutrition

Jaybook

### The Learning Model



### **Interactive Design**

Each course is taught online in an interactive fashion that builds a dynamic collaborative learning environment. Saybrook's Integrative and Functional Nutrition programs deliver cutting-edge, evidence-based nutrition science education through a mostly asynchronous, integrative, online platform.

### **Virtual Course Learning Forum**

Each course has a virtual online site that contains core materials and is the hub of instructor-student, student-student interaction.

#### **Residential Conferences**

Students and instructors from the degree programs convene as an entire learning community at periodic five-day events, usually once or twice a year depending on program.

\*The M.S. and Ph.D. Integrative and Functional Nutrition programs are fully virtual.

#### **Global Coursework**

Both the master's and doctoral programs prepare and empower students to develop their global perspective and cross-cultural skills to impact individuals, organizations, and communities around the world.

## Programs in Integrative & Functional Nutrition

### M.S. Integrative & Functional Nutrition

- 39 credits
- 100% virtual

Focusing on the whole person, and not just the disease, students learn to use evidence-based approaches to support overall wellbeing. Graduates are equipped with the knowledge and skills needed for careers in private practice or public health.

### **Ph.D. Integrative & Functional Nutrition**

- 62 credits
- 100% virtual

This doctoral degree program prepares students to become leaders in the field of evidence-based integrative and functional nutrition. Knowledge acquired through advanced nutrition science coursework establishes a foundation for the student's own doctoral research project. Graduates are prepared for innovative careers in academia, research, and professional practice.

### **Integrative and Functional Nutrition Certificate Programs**

Certificate in Integrative and Functional Nutrition Take an evidence-based approach to improve the health and well-being of others.

### Students study topics such as:

- Nutritional biochemistry
- Nutritional genomics
- Therapeutic diet planning
- Laboratory assessment methods
- Nutrition-focused physical exam procedures
- Integrative approaches for digestive health
- Evidence-based use of dietary supplements
- Nutrition and mental health
- Evaluating and conducting nutrition research
- Patient-centered integrative nutrition therapies
- Systems biology
- Culinary nutrition
- Sports nutrition

### **Graduates can hold careers in:**

- Independent practice
- Research
- Food and supplement industries
- Integrative care centers
- Community and public health