



Nutritional Therapist

This Professional Diploma has been awarded to

Janis E. McKinstry, MA

For successfully completing the required training

Summary Training Activity (60 CPD hours)

- Recognise the impact of nutrition on health and gene expression and understand the relationship between free radicals and DNA damage
- Analyse antioxidant capacity and put forward nutritional recommendations to increase antioxidant protection
- Understand the influence of plant-based foods, polyphenols, phytochemicals, probiotics, and fibre on health promotion and disease prevention
- Perform nutritional assessments, detect probable nutrient deficiencies, and formulate personalised dietary strategies to help correct them
- Identify which factors either increase the bioavailability of required nutrients or hinder their absorption and utilisation
- Build personalised food plans to help improve health symptoms and put forward nutritional recommendations for common health conditions



30th August 2015

Date of issue

Director