

## **MODULE 5 – NUTRITION**

### **COURSE UPDATES**

Nil

### **ASSESSMENT UPDATES**

Nil

### **ADDITIONAL RESOURCES**

#### **Fasting & Gut Health**

We have 3 additional videos on Fasting and Gut Health in the Trainee Resource Section that we would recommend you include in your study for this module. The resources are:

PDF Gut Health Talk by Emma Cohen RN (accompanies the video below)

Gut health with Emma Cohen (group video presentation)

Fasting Video with Jenni Madison (group video presentation)