

Metabolic Health and Nutrition

Metabolic Syndrome Using Nutrition as a Therapeutic Tool



- The impact of body weight and lifestyle habits on metabolic health.
- The importance of addressing eating behaviors.
- The Mediterranean diet in the prevention and management of metabolic syndrome.
- A word on prebiotics, probiotics, and intermittent fasting.
- A case study to understand the impact of a nutritional intervention.

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Premium and Premium+ messaging services
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.

