



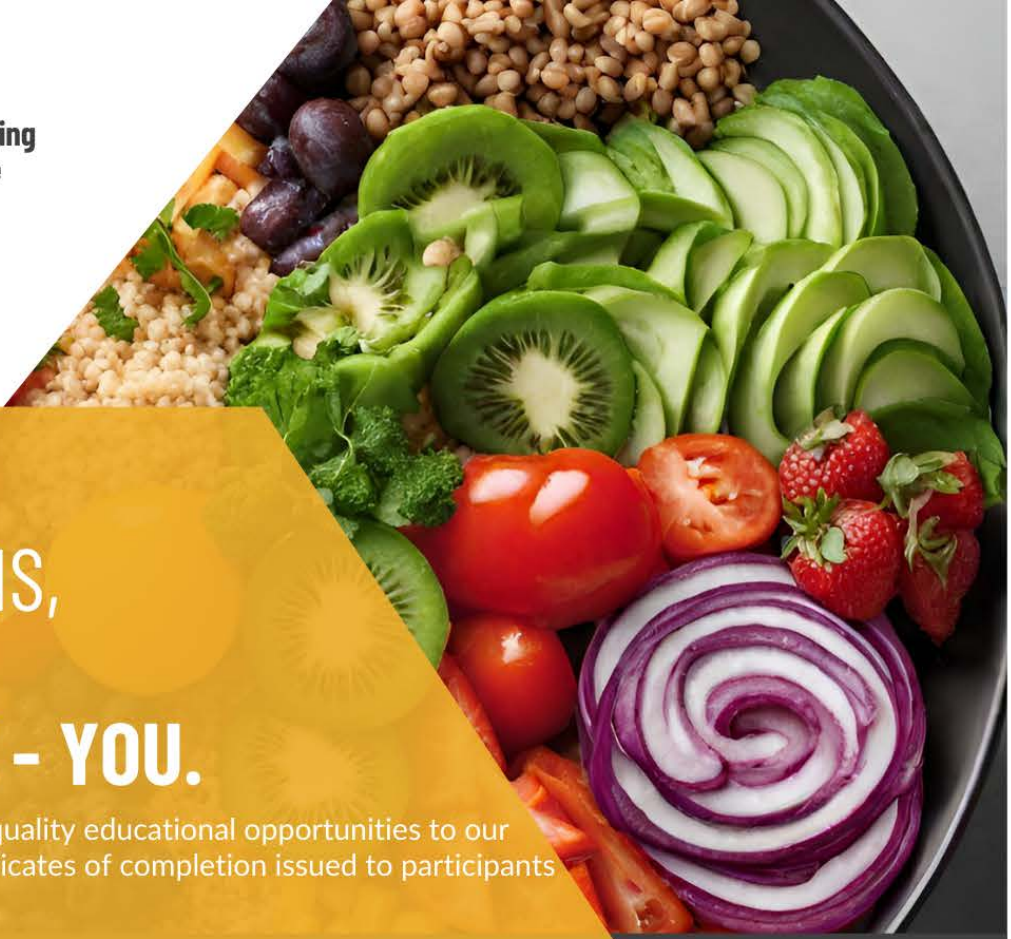
The International Training Academy of Excellence



FOR CLINICIANS, FAMILIES, & OF COURSE - YOU.

We strive to offer the highest quality educational opportunities to our community and partners. Certificates of completion issued to participants for each session.

Sessions beginning November 15th, 2024. See link below to Register!



Are we truly what we eat?

Nutrition affects the brain. We all get the big picture - but what about the spoonful??

How are depression and anxiety linked to ultra-processed foods? Do the stomach and brain really have direct communication channels?

Let`s Talk About Food!

Each day our choices influence levels of focus, pain, energy, inflammation, fertility, moods, cancer risk - even specific thoughts. Take a deep dive with us to find out why the food we eat daily changes the course of our lives.

Topics Include:



GTI: Nutrition As SUD Prevention

Green Thumb Initiative (GTI) is a Colorado non-profit bringing health and SUD prevention into a cutting edge new conversation.



Food & Feelings

Get practical insights about how diet culture presents in society, how it impacts intuitive eating, and eating disorder recovery.



Nutrition As We Age

Learn about how nutrition affects our bodies over a lifespan, and into our golden years.



The Gut-Brain Axis

Explore cutting edge research on this fascinating, bi-directional pathway.



Nutrition & Eating Disorders

Discuss the myths, treatment barriers, and stigma surrounding a leading medical cause of death in the U.S.

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Register @ iecho.org/public/program/PRGM1727288572240B3JQIINQG4

