

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.



**EVIDENCE-BASED,
HOLISTIC, AND
PERSONALIZED
APPROACH TO HEALTH
& WELL-BEING**

Integrative &
Functional Nutrition



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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*
- ⊗ *Education*