

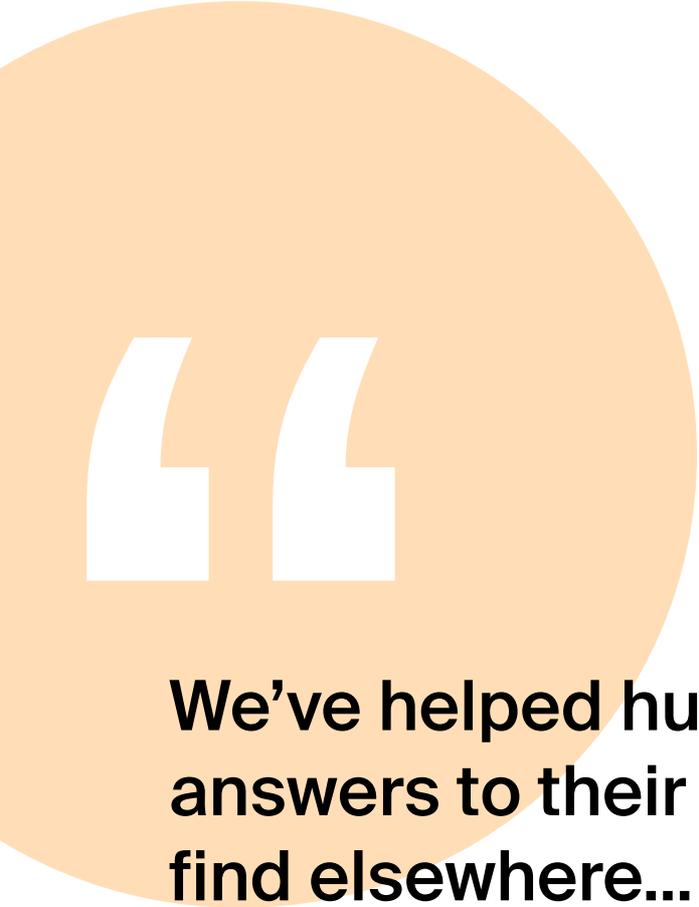
**iTHRIVE**  
ACADEMY

PRESENTS

# Functional Nutrition Mastery Course

ACCREDITED BY





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**We've helped hundreds of people find answers to their health they couldn't find elsewhere...**

**...now we want to educate health professionals on how to do the same**



# The iThrive Academy

It's **exasperating** but most of the nutrition and healthcare education is nothing but watered-down science.

*It's time you stopped guessing and started knowing what to do with your patients.*

We'll provide the thinking, assessment tools, and tactics you need to succeed in your healthcare business. Our Functional Nutrition Mastery program is perfect for you.



iThrive is a revolutionary health and wellness startup that focuses on reversing chronic health conditions and lifestyle diseases through Functional Nutrition using root cause analysis.

Established in 2017, iThrive is the brainchild of Mugdha Pradhan who for the longest period of her early life was struggling to find solutions to her serious health problems.

# What is Functional Nutrition?

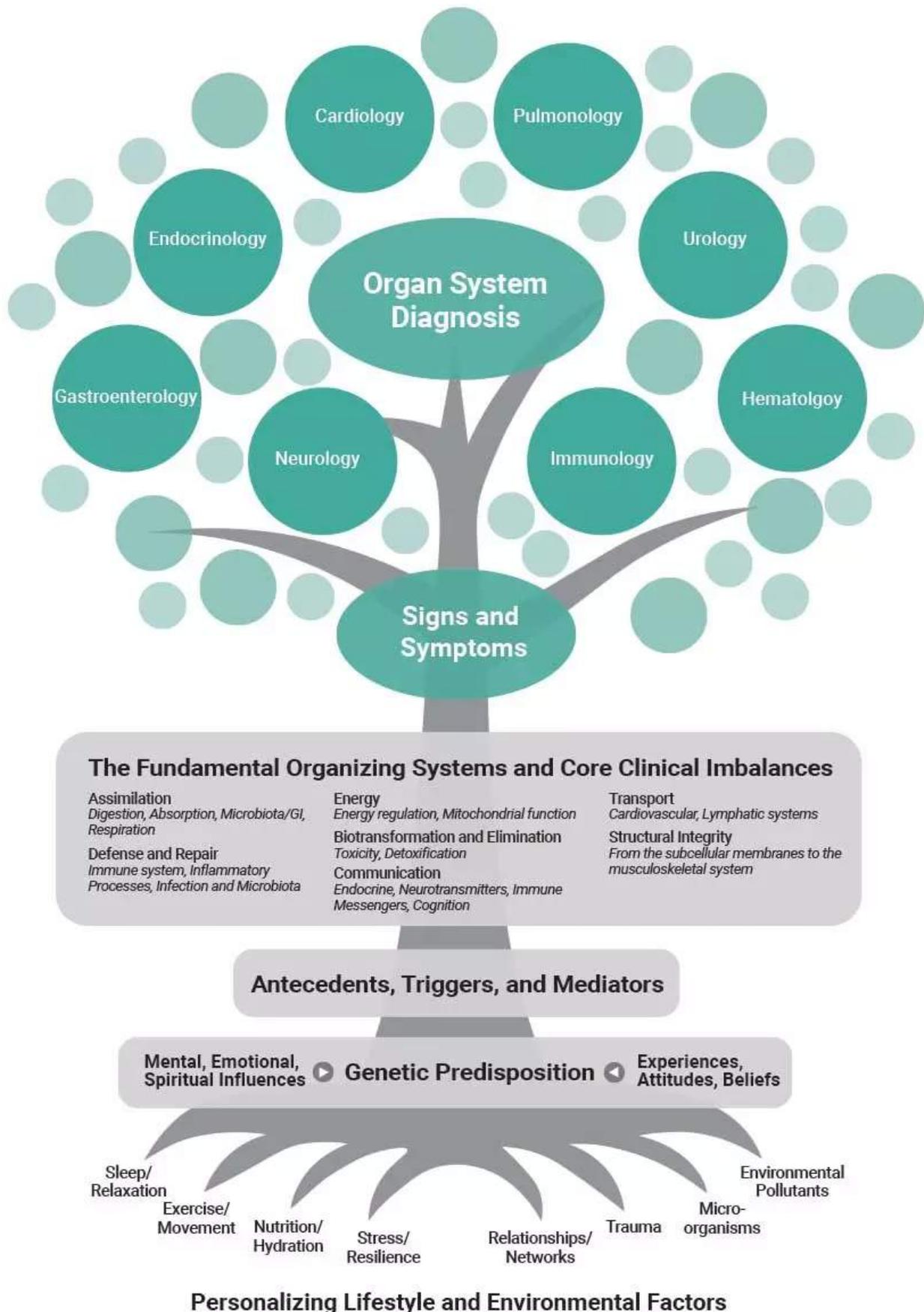
Functional Nutrition is a holistic wellness approach that takes into account all the essential aspects of an individual such as the daily habits, important health metrics, current lifestyle, environment they are living in and concluding on root causes before giving any nutritional guidance.

By zeroing in on the root causes of the patient's health predicament, and resolving it from the root, a functional nutritionist aspires to **eliminate the disease itself**.



Functional nutrition is a *powerful cornerstone* to functional medicine. It uses food as a natural medicine to help restore balance, replete nutrient deficiencies, heal the gut, and more.

# The Functional Nutrition Tree



# Course Outline

## MODULES

1. Anatomy and Physiology
  2. Interpreting blood tests
  3. Understanding Nutrients
  4. Biochemical Pathways
  5. Understanding Food
  6. Stress and Mind - Body Medicine
  7. Addressing top Chronic health problems plaguing humanity
  8. Human Microbiome
  9. Toxins and Detoxification
  10. Risks of EMFs
  11. Coaching skills
  12. Functional Movement
- 

# Course Duration

**4** MONTHS COURSE

**6** CLASSES WEEKLY

**75+** HOURS OF VIDEO LECTURES

# Skills you will learn

## **Critical Thinking**

Armed with the right information, you'll be able to think clearly and independently.

## **Troubleshooting**

When patients get tricky, you'll be better prepared to identify and resolve the issue. **Prioritizing**-Know where to start with every patient for greatest clinical success. **Self-Confidence**-It's an incredible feeling being the smartest practitioner in the room.

## **Strategic Thinking**

Think rationally and intentionally to navigate through the crowded nutrition and functional medicine space.

## **Decision Making**

When you're more confident, it is easier to make informed decisions.

## **Analytical Skills**

Stop guessing and start analyzing by extracting relevant data. **Coaching Skills**-To prevent burnout and have a higher success rate with every patient you partner with.

## **Coaching Skills**

To prevent burnout and have a higher success rate with every patient you partner with.

# How to apply

**Send the following to**

thriveacademy@thrivefnc.com

## **1. Statement of Purpose**

(with a focus on the following points)

- Why are you applying?
- Your academic background
- Research and professional interests
- How your background qualifies you?
- What Interests you in the program?
- Your Passion for the Field
- Track Record of Success

## **2. Transcripts of your academic qualifications**

## Know your Coaches



**Mugdha Pradhan,**  
*Functional Nutritionist & Founder*

With a Master's Degree in Nutrition, Mugdha has spent close to two decades in the arena of health and wellness. She discovered Functional Nutrition when her own health took a nosedive and she recovered from a multitude of chronic illnesses- she lost 37 kgs, reversed an autoimmune thyroid dysfunction (Hashimotos), diabetes and depression. She founded iThrive in 2017 to help others heal from chronic illnesses with her simple systems and methods. She now has a vision of healing 1 Million people through iThrive



**Ria Jain**  
*Nutrition Research Officer,  
Academic Head of Academy*

Ria has a Master's in Nutrition and Dietetics and is in a permanent research mode. Her love for data and analytics makes her a huge asset in team iTHRIVE. Besides she also heads the iTHRIVE- Functional Nutrition Mastery course.



**Suyash Bhandari**  
*Senior Functional Nutritionist*

Suyash has a Master's in Food Science and Nutrition, is a certified sports and clinical nutritionist, a certified nutrigenomics counselor and a certified holistic lifestyle coach. His ability to teach his patients about their mind-body connection and the root causes of their health problems makes him a key member of team Thrive.

**Yohan Tengra**  
*Chief Knowledge Officer*



Yohan Tengra is an independent researcher & a teacher of natural law, and has spent the last 6 years of his life in relentless pursuit of the truth, in areas such as Anarchy & Natural Law, Functional Medicine, Austrian Economics, Conspiracy research, the Banking system, Metaphysics & ETs, etc. At Thrive he holds the position of Custodian of Knowledge and brings in his insights from his research in the field of Functional Medicine.

**Kashish**  
*Personal Trainer & Coach*



Kashish is a chartered accountant turned personal trainer who helps people by teaching them the art of correct movement. His core expertise lies in helping people reestablish their stability, mobility and strength by changing their poor posture and movement patterns. His focus area includes correcting injuries and spinal misalignment arising out of faulty lifestyles and increasing strength and mobility.

**Dr. Kevin Gandhi**  
*Physiotherapist*



Founder of [dr.movement.co](http://dr.movement.co)

Currently working as Physiotherapist at Shah orthopedic hospital, Navsari.  
Kevin is associated with Gujarat Yoga Board and take various lectures on Human science, injury prevention, health and fitness awareness.

# Registration Policy

The Registration will be treated as complete once full payment has been received and necessary documents have been verified and formal communication is received by you from our official email ID.

Do not share your login passwords and usernames. Our system is designed to detect this immediately, and suspend any account where more than one person signs on using the same username and password.

Do not reprint, republish, repost, or otherwise distribute or transmit content or images presented on this site.

Unauthorized use of or copying of our content, trademarks, and other proprietary material can subject you to civil or even criminal liability. Please don't violate our copyright.

Treat other students with courtesy and respect when posting messages to the discussion groups.

No unnecessary name calling or abuse towards anyone is allowed.

Please avoid shouting in the discussion forums.

Do not use vulgarity, obscenity, profanity, ethnic slurs, hate speech, or sexually explicit language, or harass, abuse, or threaten others in the discussion forums. Certifications would only be provided to candidates who clear evaluations/examinations by a minimum of 75% score.

## Course Access

You only get limited access to our online programme subject You hereby agree not to host, display, upload, modify, publish, update or share any information which: belongs to another person and to which you do not have any right; is grossly harmful, harassing, defamatory, obscene, invasive of another's privacy, hateful, or racially, ethnically objectionable, relating or encouraging money laundering or gambling, or otherwise unlawful in any manner whatever; infringes any patent, trademark, copyright or other proprietary/intellectual property rights; deceives or misleads the addressee about the origin of such messages communicates any information which is grossly offensive in nature; contains software viruses or any other computer code, files or programs designed to destroy the functionality of any computer resource;

## User Obligation

You are the only user of the said programme. You are bound not to copy distribute, modify, recreate, reverse engineer, distribute, disseminate, post, publish, transfer, sell any information obtained from the company during the programme. With our prior permission, limited use may be allowed. For the removal of doubt, it is clarified that unlimited or wholesale reproduction, copying of the content for commercial or non-commercial purposes and unwarranted modification of data and information is not permitted. Whenever you are asked to submit study related material on the interface provided thereof, you agree to abide by the applicable law of the land pertaining to all relevant sections.

## Communication

All the official communication regarding the course / coursework/notification s etc will be done only from company official email id. We will only communicate on the contact details provided by the candidate at time of registration / enrolment. Candidates and faculties may choose to use different modes of communication at their discretion but in case disputes only official communication will be treated as final communication.

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## Termination

This User Agreement is effective unless and until terminated by either you or the Company. You may terminate this User Agreement at any time, provided that you discontinue any further use of the company programme. The Company may terminate this User Agreement at any time and may do so immediately without notice, and accordingly deny you access to the programme. Such termination will be without any liability to the Company. The Company's right to any Comments and to be indemnified pursuant to the terms hereof, shall survive any termination of this User Agreement. Any such termination of the User Agreement shall not cancel your obligation to pay for the product(s)/services already subscribed from the company or affect any liability that may have arisen under the User Agreement prior to the date of termination.

## Payment

All disputes arising will be subjected to the exclusive jurisdiction of Pune, Maharashtra. Standard arbitration laws apply.

- Full fees are to be paid at the time of enrollment.
- All Tuition fee payments are non-refundable and non-transferable.
- ThriveFNC Operations Team must be immediately notified of any changes to the user's account so that updates can be made without interference in the billing cycle.
- Payment to be made only into the company bank account by way of NEFT/RTGS/Credit Debit Card/Paypal/Paytm etc. Cheque/DD can be made payable to M/s ThriveTribe Wellness solutions Pvt Ltd payable at Pune.

## Bank details

Account name : **ThriveTribe Wellness Solutions Pvt. Ltd.**  
Account number : **50200043245411**  
Bank name : **HDFC**  
Branch Name : **Pashan**  
IFSC Code : **HDFC0000223**

## Disclaimer

The user understands and agrees that any material or data downloaded or otherwise obtained through the programme is done entirely at his/her own discretion and risk and he/she will be solely responsible for any damage to his/her computer systems or loss of data that results from the download of such material or data. Thrive Tribe wellness solutions Pvt. Ltd accepts no liability for any errors or omissions, with respect to any information provided to you whether on behalf of itself or third parties. We shall not be liable for any third-party product or services.

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# **CONTACT**

**ithrivein.com**

**7796692501**

**thriveacademy@thrivefnc.com**

**Conventional medicine doesn't  
stand a chance of turning the  
tide against chronic disease.  
But you do.**

**Discover the future of  
medicine—and join the revolution.**



**iTHRIVE**  
ACADEMY

**a product of iTHRIVE**