



THE SCHOOL PROSPECTUS

School of Nutrition & Metabolic Science

Clinical Dietetics, Insulin Resistance Reversal, Gut GI Nutrition & Nutritional Genomics

*"Cibus est Medicina" – *Food is Medicine.**

ISSUED BY THE OFFICE OF ACADEMIC ADMISSIONS

CMA · IPHM · CPD · IAOTH · ICAHP · IGCT · CTAA · IHTCP · IIOHT



"You are not starting over. You are finally getting credit for what you already do."

Dear candidate,

The women who apply to this School rarely arrive as beginners. They arrive as the person their family and community already calls first – after years of study nobody ever certified. Our admission exists to correct that: a rigorous, honest, competency-based path from experience to credential.

Inside this Prospectus you will find the complete picture: our 4 academic colleges and 57 specialized programs, the credential ladder and its academic credits, what our graduates build, and what your Senate Scholarship covers. Nothing is hidden, because trust is our product.

Read it with one question in mind – not "am I qualified to begin?" but "is this the work I've been doing all along?" If the answer is yes, your seat is already reserved.

Dr. Maria Krista Piñol-Solis

DR. MARIA KRISTA PIÑOL-SOLIS, MD, RN · DEAN OF ACADEMIC ADMISSIONS

I · THE SCHOOL AT A GLANCE

57

SPECIALIZED
PROGRAMS

4

ACADEMIC
COLLEGES

5

CREDENTIAL LEVELS

100%

ONLINE &
ACCREDITED

58,598+ students & alumnae 4.9/5 graduate rating 51 average age 40+ countries

II · THE CREDENTIAL LADDER & ACADEMIC CREDITS

LEVEL	CREDENTIAL RANK	ACADEMIC CREDITS
Level 1	Foundation (APU-FC)	15 Credits
Level 2	Professional Certificate (APU-PC)	30 Credits
Level 3	Professional Diploma (APU-PD)	60 Credits
Level 4	Master Professional Diploma (APU-MPD)	90 Credits
Level 5	Board Fellowship (APU-FELLOW)	120+ Credits

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| ■ Macronutrient & Micronutrient Biochemistry | ■ Renal & Kidney Disease Nutritional Management | ■ Hair Tissue Mineral Analysis (HTMA) Dietetics |
| ■ Therapeutic Elimination Diets (FODMAP, AIP, Low-Histamine) | ■ Hepatic & Liver Cirrhosis Dietary Therapeutics | ■ Nutrient-Drug Depletion & Interaction Specialist |
| ■ Nutritional Genomics (MTHFR, COMT, APOE4) | ■ Cardiovascular Nutrition & Lipid Subfraction Optimization | ■ Anti-Nutrient & Plant Toxin (Oxalates, Lectins) Management |
| ■ Food Allergies vs. Type IV Delayed Sensitivities | ■ Oncology Nutritional Support & Cachexia Recovery | ■ Bio-Individual Micronutrient Supplement Formulator |
| ■ Pediatric & Adolescent Clinical Nutrition | ■ Enteral & Parenteral Clinical Nutrition Literacy | ■ Celiac Disease & Gluten-Related Disorders Lead |
| ■ Geriatric Malnutrition & Sarcopenia Prevention | ■ Functional Blood Chemistry for Nutritionists | ■ Food as Medicine Culinary Medicine Instructor |

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| <ul style="list-style-type: none">■ Insulin Resistance & Type 2 Diabetes Reversal■ Metabolic Syndrome & Fatty Liver (NAFLD) Reversal■ Thyroid Metabolic Optimization Dietetics■ Ketogenic & Therapeutic Carbohydrate Restriction■ Intermittent Fasting, Autophagy & Time-Restricted Feeding | <ul style="list-style-type: none">■ Continuous Glucose Monitoring (CGM) Health Lead■ GLP-1 Medication Dietary Support & Tapering Coach■ Leptin & Ghrelin Satiety Signaling Restoration■ Adrenal HPA Axis Metabolic Nutrition Coach■ Brown Adipose Tissue & Thermogenesis Activation | <ul style="list-style-type: none">■ Mitochondrial Fatty Acid Oxidation & Ketosis■ Metabolic Flexibility & Carb-Cycling Protocols■ PCOS Metabolic & Insulin Management Dietetics■ Post-Bariatric Surgery Nutritional Rehabilitation■ Visceral Fat Reduction & Waist-to-Hip Ratio Coach |
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Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Microbiome Diversity & Short-Chain Fatty Acid (SCFA) Production■ SIBO & SIFO Elimination Nutritional Protocols■ Candida Biofilm Eradication Dietetics■ Histamine Intolerance & Mast Cell Activation Dietetics | <ul style="list-style-type: none">■ Leaky Gut Repair & Zonulin Permeability Restoration■ Digestive Enzyme & Hydrochloric Acid Therapy■ FODMAP Reintroduction & Tolerance Expansion Coach■ IBD (Crohn's & Ulcerative Colitis) Nutritional Support | <ul style="list-style-type: none">■ Gastroparesis & Gut Motility Nutrition Specialist■ Bile Acid Metabolism & Gallbladder Support Dietetics■ Gastroesophageal Reflux (GERD) & Barrett's Nutrition■ Oral Microbiome & Gum Health Nutrition Coach |
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Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Athletic Energy Availability & RED-S Prevention■ Nutrient Timing & Glycogen Muscle Repletion■ Ergogenic Aids, Creatine & Beta-Alanine Protocols■ Hydration, Osmolality & Electrolyte Homeostasis | <ul style="list-style-type: none">■ Body Composition Assessment & Lean Mass Building■ Endurance Fueling for Marathoners & Triathletes■ Hypertrophy Nutrition for Strength Athletes■ Female Athlete Triad & Hormonal Recovery Dietetics | <ul style="list-style-type: none">■ Youth Athlete Peak Performance & Growth Nutrition■ Combat Sports Weight Cutting Safety Specialist■ Injury Recovery & Tendon Collagen Nutrition■ Plant-Based High-Performance Athletic Nutrition |
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IV · EVERYTHING YOUR SENATE SCHOLARSHIP SEAT INCLUDES

Access to all 57 programs · 4 academic colleges	\$12,500+ value
The complete 5-level credential ladder — no re-enrollment fees	\$2,500 value
Dedicated 1:1 Clinical Faculty Mentorship directed by MD & RN faculty	\$3,600/yr value
365-Day Business Accelerator & Practice Launch Suite	\$1,997 value
Academic credits & official transcript held for life by the Registrar	\$497 value
Public Registry listing + verifiable digital badge	\$497 value
9 global accreditations (CMA, IPHM, CPD, IAOTH, ICAHP, IGCT, CTAA, IHTCP, IIOHT)	Included
Total institutional value: \$23,000+	Your Senate Grant covers it.

PATHWAY 1

Private Virtual Consultant

An autonomous virtual consulting practice serving clients globally — from home, at your hours.

PATHWAY 2

Collaborative Clinic Practice Lead

Partner with integrative MDs, clinics, and wellness centers as lead lifestyle consultant.

PATHWAY 3

Specialized Advisory Director

Lead high-ticket signature advisory programs for private clients.

US EARNING BENCHMARKS · FROM GRADUATE OUTCOMES SURVEYS

Individual consultations	\$150 – \$300 / session
Comprehensive 3–6 month clinical programs	\$2,000 – \$5,000 / client
Year 1 practice benchmark (6–10 active retainers)	\$8,000 – \$15,000 / month
Established practice (12+ clients, waitlist)	\$20,000+ / month