



Nutritional Gynecology

Building unstoppable authority, one expert at a time

A specialised course on women's nutrition — from adolescence and pregnancy to menopause, and therapeutic care for PCOS, UTI, infertility and uterine disorders.

INVESTMENT

₹19,999

DURATION

14 SESSIONS

SCHEDULE

1 CLASS / WEEK

CLASS LENGTH

90 MINUTES

LED BY

Princy Rasaniya

NUTRITION COACH

ENROLL

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① WHY THIS COURSE

Women's Health Through the Nutrition Lens

This course is designed for aspiring dietitians, nutrition coaches, and healthcare professionals who want specialised expertise in women's nutrition and gynecological health. Across 2 structured modules, you'll cover physiological nutrition — from adolescence through menopause — and therapeutic gynecology, including PCOS, UTI, infertility, and uterine disorders.

Program Highlights

- Complete women's lifecycle nutrition — adolescence to menopause
- Dedicated focus on pregnancy, lactation & postpartum nutrition
- Therapeutic dietary management of PCOS, UTI & infertility
- In-depth coverage of uterine disorders — endometriosis, fibroids, uterine cancer
- Family planning & fertility awareness fundamentals
- Live, instructor-led sessions — 1 class a week, 90 minutes each, over 14 sessions

Who Should Enroll

- Aspiring dietitians & women's health nutritionists
- Nutrition coaches specialising in gynecological health
- Nurses & healthcare professionals working with women
- Anyone seeking science-based expertise in women's nutrition

Physiological Gynecology — Part A

1. Introduction to Nutrition

- Nutrients & what they do
- What is an anti-nutrient?
- Balanced diet

2. Nutrition for Adolescent Girls

- **Physiological changes** — body shape, height, acne, breast growth, hair growth, vaginal discharge, periods & period irregularity/pain
- Nutrient requirements
- Nutrition-related problems & eating disorders
- **High-risk groups** — pregnant adolescents, athletes, vegetarians
- Healthy eating tips

3. Obesity in Women

- **Etiology** — genetic, hormonal, socio-cultural & environmental factors
- **Health implications & comorbidities** — metabolic, bone, cardiovascular, reproductive, cancer risk
- **Prevention & management** — lifestyle, pharmacotherapy, surgical interventions

Physiological Gynecology — Part B

4. Pregnancy and Nutrition

- Trimesters & embryo development
- Weight gain in pregnancy

Nutritional requirements — energy, carbohydrates, proteins, fats

- Micronutrients — vitamins & minerals
- Maternal & fetal nutrition relationship
- Pregnancy complications — morning sickness, heartburn, constipation, toxemia, gestational diabetes, edema, pica, leg cramps
- Dietary guidelines

5. Lactation and Postpartum Nutrition

- General physiological changes
- Reproductive system changes — lactation, endocrine, renal, fluids, hematological, cardiovascular, GI changes
- Breastfeeding complications
- Postpartum care considerations
- Postpartum dietary guidelines & foods to limit

Physiological Gynecology — Part C

6. Menopause

- Definition & stages of menopause
- Premature menopause
- Hormonal changes & symptoms
- **Health considerations** — bone, cardiovascular, breast, cognitive function
- **Managing symptoms** — hormonal & non-hormonal therapy, complementary approaches, psychological support
- Menopause diagnosis

7. Pre-Menstrual Syndrome

- Causes & prevalence
- Diagnosis
- Symptoms — physical & emotional
- Role of nutrients

Therapeutic Gynecology — Part A

1. Vaginal Discharge & Infection

- Normal vs. abnormal discharge
- Causes & signs of infection
- Treatment & prevention
- Foods to cleanse the vagina

2. Polycystic Ovarian Syndrome (PCOS)

- Signs & symptoms
- Causes
- Dietary management

3. Urinary Tract Infection (UTI)

- Types & causes
- Signs, symptoms & diagnostic tests
- Prevention
- Dietary management

Therapeutic Gynecology — Part B

4. Infertility

- Causes — male & female
- Diseases linked to infertility
- Assisted conception & diagnostic tests
- Nutritional guidelines

5. Uterine Disorders

- **Endometriosis** — risk factors, symptoms, diagnosis, infertility link, treatment, dietary management
- **Fibroids** — types, risk factors, causes, symptoms, medical & dietary management
- **Uterine Cancer** — causes, symptoms, diagnosis, treatment, prevention, prognosis

6. Family Planning

- Modern & traditional methods
- How birth control works
- Barrier methods
- **Hormonal devices** — implants, IUDs, hormonal contraception, side effects
- Fertility awareness methods (natural family planning)

Meet Your Instructor



Princy Rasaniya

Clinical Dietician & Diabetes Educator

**Bsc (FSN), P.G in Dietetics, Msc (DFSM), CDE
With 14 years of Experience**

Princy brings practical, real-world nutrition coaching experience to this diploma, guiding learners from foundational science to hands-on clinical diet planning.

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