**Autophagy: Detoxification**

**Brief Description:**

This course offers a comprehensive exploration of autophagy, detailing the underlying science, benefits, and practical applications. It employs clear analogies to simplify complex concepts and is structured across four modules. Each module combines clinical examples, self-assessments, and references to provide a structured approach to learning. This format ensures a thorough understanding of how autophagy can be harnessed for health and longevity.

**Learning Objectives:**

* **Understand the Fundamentals:** Grasp the core principles of autophagy, including its biological mechanisms and physiological roles.
* **Explore the Science:** Delve into the scientific research underpinning autophagy, highlighting key studies that have shaped our understanding.
* **Recognise the Benefits:** Identify the health benefits associated with autophagy, from disease prevention to longevity.
* **Examine Practical Applications:** Learn how to apply knowledge of autophagy in clinical and everyday settings to enhance health outcomes.
* **Assess the Scope:** Discuss the broader implications of autophagy research and its potential for future therapeutic strategies.