**Kidney Health: Detoxification & Integrated Approaches**

**Brief Description:**

This course covers kidney function, detox processes, nutrition, hydration, holistic therapies, and advanced methods like IV therapy and autophagy.

Modules include assessments to test knowledge and references to ensure evidence-based learning.

Gain practical insights and strategies to optimise kidney health, supported by real-life case studies and scientific data.

**Learning Objectives:**

* Identify early signs of dysfunction and risk factors.
* Explore nutrition, hydration, and supplements for kidney health.
* Integrate holistic practices like yoga, reflexology, and Ayurveda.
* Learn advanced detox methods, including IV therapy and autophagy.
* Apply evidence-based strategies to optimize kidney function.
* Test knowledge with assessments and reference current research.