**Metabolic-Plasticity: Maintaining Endocrine Balance**

**Brief Description:**

This course on metabolic plasticity integrates current research and empirical data, providing a scientifically backed exploration of how our bodies adapt to varying nutritional inputs.

Each module includes a self-assessment section with true or false questions to reinforce learning and ensure understanding of key concepts like energy pathways, the physiological benefits of fasting, and the science behind metabolic flexibility.

Learners will engage with case studies, scientific insights, and review articles from reputable sources to deepen their comprehension.

The course culminates in a practical application segment, encouraging participants to apply their knowledge to everyday health practices.

**Learning Objectives:**

* Understand Metabolic Plasticity: Grasp the basic science of metabolic plasticity, focusing on the body’s ability to switch between different energy sources like glucose, fats, and proteins.
* Ancestral Practices and Metabolism: Learn how ancient fasting and feasting cycles influenced metabolic flexibility, enhancing the body's capacity to adapt to energy availability.
* Metabolic Pathways Insight: Dive into the metabolic pathways, including glycolysis, beta-oxidation, and gluconeogenesis, and their roles in energy balance and health.
* Health Benefits of Fasting: Explore the physiological impacts of fasting, such as enhanced fat burning, autophagy, and improved metabolic health.
* Debunk Metabolic Myths: Address common myths about metabolism, such as the necessity of constant eating, and clarify the benefits of intermittent fasting.
* Biohacking for Metabolic Flexibility: Discover practical tips like intermittent fasting and appropriate supplementation to enhance metabolic flexibility.

These objectives aim to provide a foundation in understanding how metabolic processes are influenced by dietary patterns and lifestyle choices, mirroring the adaptive nature of our ancestors for modern health benefits.