



iTHRIVE
ACADEMY

P R E S E N T S



iThrive's Certification in Functional Nutrition

Become an iThrive Certified Functional Nutritionist
(iCFN)

Made with  by your friends at iThrive





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We've helped hundreds of people find answers to their health problems they couldn't find elsewhere.

Now we want to educate health and fitness enthusiasts on how to do the same.

Become a health warrior and join our fight to create healthier, happier, lifestyle-disease free communities across the world every single day.



learn to heal



About iThrive Academy

iTHRIVE Academy is a Functional Nutrition institute based in Pune. Associated with its mother organization iTHRIVE- Healing and Beyond (a revolutionary health and wellness startup), the Academy took birth in January 2021. With this, for the first time in India, Functional Nutrition teaching was proposed.

- * Most of the nutrition and healthcare education is nothing but watered-down science.
- * It's time for you to stop guessing and start knowing what to do when faced with any health issues.
- * We provide the tools and tactics you need to succeed in your healthcare business. This makes iThrive Academy's Functional Nutrition Certification perfect for you.

iThrive is a revolutionary health and wellness startup that focuses on reversing chronic health conditions and lifestyle diseases through Functional Nutrition using Root Cause Analysis.

Established in 2019, iThrive is the brainchild of Mugdha Pradhan who changed her life using Functional Nutrition.





What Is Functional Nutrition?

Functional Nutrition is a holistic wellness approach that takes into account all the essential aspects of an individual such as their daily habits, important health metrics, current lifestyle, environment they are living in and concluding on root causes before giving any nutritional guidance.

By zeroing in on the root causes of the patient's health predicament, and resolving it from the root, a functional nutritionist aspires to eliminate the disease itself.

Functional Nutrition is a powerful cornerstone to Functional Medicine. It uses food as medicine, lifestyle changes and supplementation to help restore balance, rehabilitate nutrient deficiencies, heal the gut, and more.





What You'll Learn

- 01 Anatomy and Physiology
- 02 Interpreting Blood Tests for Root Causes of Diseases
- 03 Nutritional Biochemistry
- 04 Understanding Nutrients
- 05 Human Microbiome
- 06 Addressing Top Chronic Health Problems Plaguing Humanity
- 07 Understanding Food And Functional Nutrition Therapy
- 08 Stress And Mind - Body Medicine
- 09 Toxins And Detoxification
- 10 Understanding Electromagnetic Fields (EMFs)
- 11 Coaching & Business Skills
- 12 Functional Movement



Skills You'll Acquire

* **Critical Thinking**

Armed with the right information, you'll be able to think clearly and independently.

* **Troubleshooting**

When patients get tricky, you'll be better prepared to identify and resolve the issue. Know where to start with every patient for peak clinical success. And develop self-confidence, it's an incredible feeling being the smartest practitioner in the room.

* **Strategic Thinking**

Think rationally and intentionally to navigate through the crowded nutrition and functional medicine space.

* **Decision Making**

When you're more confident, it is easier to make informed decisions.

* **Analytical Skills**

Stop guessing and start analyzing by extracting relevant data.

* **Coaching Skills**

To prevent burnout and have a higher success rate with every patient you partner with.



Know Your Coaches



Mugdha Pradhan

Founder & CEO, iThrive

Mugdha Pradhan, CEO & Founder of iThrive, TedX speaker, Serial Entrepreneur, Orator has a Master's Degree in Nutrition. Four years ago, when she struggled with her own personal health issues, learning the nuances of Functional Medicine transformed Mugdha's health and made her fit, happy and healthy. She moved from Canada to introduce Functional Nutrition for the first time in India through iThrive - Healing & Beyond (previously ThriveFNC) in 2019. Mugdha's vision is to create healthier, happier, disease-free communities across the world every single day. With her expertise in Functional Nutrition, her ability to build strong teams and beautiful cultures and her passion for scientific research and evidence-based work, her company- iThrive has recently raised 350k pre-series A funding round. Mugdha is currently working on helping people solve not just their physical health issues but also complex mental health issues with assorted modalities such as meditation, subconscious reprogramming, counseling and therapy.



Ria Jain

Head of iThrive Academy

Ria Jain is the head of department, iTHRIVE Academy. She has a Masters in Nutrition and Dietetics and comes with strong academic leadership. She is in charge of managing and developing the courses offered as part of iTHRIVE academy. She also ensures achievement of highest standards of excellence in all the activities. She is also one of the instructors for the Functional Nutrition Mastery course. Her love for data and analytics makes her a huge asset in team iTHRIVE



Yohan Tengra

Chief Knowledge Officer

Yohan Tengra is an independent researcher & a teacher of natural law, and has spent the last 6 years of his life in relentless pursuit of the truth, in areas such as Anarchy & Natural Law, Functional Medicine, Austrian Economics, Conspiracy research, the Banking system, Metaphysics & ETs, etc. At Thrive he holds the position of Custodian of Knowledge and brings in his insights from his research in the field of Functional Medicine.





Know Your Coaches



Suyash Bhandari

Head of iThrive Essentials

Suyash has a Master's in Food Science and Nutrition, is a certified sports and clinical nutritionist, a certified nutrigenomics counselor and a certified holistic lifestyle coach. His ability to teach his patients about their mind-body connection and the root causes of their health problems makes him a key member of team Thrive.



Kashish Arora

Functional Movement Coach

Kashish is a chartered accountant turned personal trainer who helps people by teaching them the art of correct movement. His core expertise lies in helping people reestablish their stability, mobility and strength by changing their poor posture and movement patterns. His focus area includes correcting injuries and spinal misalignment arising out of faulty lifestyles and increasing strength and mobility.



Avinash Deshmukh

COO at iThrive

He is our success story, who 10 years ago, tried and tested our program and transformed himself from an obese, anxious person who had hypertension and gout to a healthy mentally strong person who got rid of all his health problems including symptoms related to it. Now he coaches others to improve their physical, psychological, emotional and physiological problems. Avinash can relate to people's issues and heal them through the power of Functional Nutrition.





Know Your Coaches



Padmashree

Functional Nutritionist

Padmashri Shanmugaraj is a Registered Dietitian, a Certified Diabetes Educator, Nutrigenomics Counsellor and a Functional Nutritionist with 17+ years of progressive experience in patient counseling, Corporate Wellness Programs, content writing, Academics as well as Recruitment and Training of dietitians. She is a Post Graduate Diploma holder in Clinical dietetics and hospital food service. She also holds Life Memberships of IDA (Indian Dietetic Association) and IAPEN. She is the founder and managing partner at Prime Health Consultants.



Riya Sugandhi

Functional Nutritionist

Riya is a people's person who knows that Food is the way to one's heart, and with right knowledge and qualification in food and nutrition she now knows that Food is also the right key to mind and a person's good health . With a goal for improving and looking after the well being of all she believes that it's her duty and passion to make the community a better place for people to live in.



Manali Chindarkar

Functional Nutritionist - R&D Division

Manali has a Master's in Nutrition and Dietetics with a specialization in Nutrigenomics and Bachelor's in Biochemistry. Her determination to solve problems makes her an approachable nutritionist and an integral part of iThrive's research team. She also has extensive knowledge on research paper; how to read and write them, and is keen on educating others about it.





Know Your Coaches



Dr. Kevin Gandhi

Physiotherapist

Founder of dr.movement.co

Currently working as Physiotherapist at Shah orthopedic hospital, Navsari. Kevin is associated with Gujarat Yoga Board and take various lectures on Human science, injury prevention, health and fitness awareness.



Pankhuri Purnima

Functional Nutritionist

Qualified with a Masters' degree in Nutrition and Dietetics with a specialisation in Public Health and Nutrition, and also as a certified Functional Nutritionist from iThrive, Pankhuri has chosen Functional Nutrition as the tool to help people heal from lifestyle related diseases. She aims at promoting a healthier lifestyle and bringing behaviour modifications in the people around, and educating people through nutritional awareness is the best mode for that according to her. She has a yearning to explore and work on Maternal and Child Health as well.



Aditya Sangore

Health Supplements Researcher

Aditya holds a bachelor's degree in Psychology and is currently working on his master's in Clinical Psychology. He has a keen interest in functional nutrition & has been researching on health supplements for the past 2 years. He approaches nutrition through a bio-energetics' perspective & specializes in his research of toxins and detox. He is also currently working on solutions to optimize mental health through an ideal nutritional plan & nootropics.





Know Your Coaches



Shagun Arya

Functional Nutritionist

With a Master's degree in Nutrition and Dietetics, Shagun has a strong belief in being nutritionally and sustainably mindful. Her quest for knowledge drives her to chase her passion of lifelong learning and teaching. She is a goal-driven person who is passionate about healing people through food.



Course Duration

COURSE NAME

**iThrive's Certification in
Functional Nutrition**

LECTURES

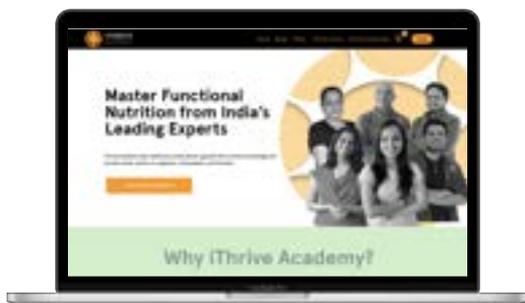
**75+ Hours of Video
Lectures**

CLASSES

6 Classes Weekly

DURATION

4 Months





Terms & Conditions

* Payment

All disputes arising will be subjected to the exclusive jurisdiction of Pune, Maharashtra. Standard arbitration laws apply.

- Full fees are to be paid at the time of enrollment
- All tuition fee payments are non-refundable and nontransferable
- iThrive operations team must be immediately notified of any changes to the user's account so that updates can be made without interference in the billing cycle
- Payment to be made only into the company bank account by way of NEFT/RTGS/ Credit Debit Card/Paypal/Paytm etc.
- Cheque/DD can be made payable to M/s ThriveTribe Wellness solutions Pvt Ltd payable at Pune.

* Bank Details

- A/C Name: **Thrive Tribe Wellness Solutions**
- Bank Name: **Axis Bank Limited**
- A/C Number: **922020001114831**
- IFSC Code: **UTIB0004566**
- GPay Number: **8956942037**
- UPI ID: **8956942037@okbizaxis**

* Disclaimer

The user understands and agrees that any material or data downloaded or otherwise obtained through the programme is done entirely at his/her own discretion and risk and he/she will be solely responsible for any damage to his/her computer systems or loss of data that results from the download of such material or data. Thrive Tribe wellness solutions Pvt. Ltd accepts no liability for any errors or omissions, with respect to any information provided to you whether on behalf of itself or third parties. We shall not be liable for any third-party product or services. You will not be allowed to switch batches if unable to attend the one you committed to.



iTHRIVE
ACADEMY

Conventional medicine doesn't stand a chance of turning the tide against chronic disease, but you do. Discover the future of medicine and join the revolution!

Ria Jain

Head of iThrive Academy

Contact Us



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learn to heal