Mindluster Platform

About the course Nutritional deficiencies for Kids treatment

Nutritional deficiencies course, in this course delve into the complexities of nutritional deficiencies and their impact on overall health. Explore common deficiencies such as vitamin D, vitamin B12, iron, and calcium, understanding their causes, symptoms, and consequences. Learn about the importance of balanced nutrition and how deficiencies can arise due to inadequate dietary intake, absorption issues, or certain medical conditions. Discover strategies for identifying and addressing nutritional deficiencies through dietary modifications, supplementation, and lifestyle changes. Join us to enhance your understanding of nutritional deficiencies and optimize your health and well-being through proper nutrition.

Medical Category's Courses

Course Lesson(159)

Lesson 1 : **Top 5 Weight Loss Mistakes â€“ Dr Berg**

Lesson 2 : **How to Boost Your Energy Webinar**

Lesson 3 : **Dr Berg hosts a webinar on Anti Aging and food**

Lesson 4 : **The Belly Fat â€“ Dr Berg s Webinar**

Lesson 5 : **Dr Berg s Upcoming Health Webinar Series**

Lesson 6 : **The OTHER Reasons Why People Can t Lose Weight â€“ Dr Berg on Weight Loss Barriers**

Lesson 7 : **Is Ketosis Dangerous â€“ Dr Berg**

Lesson 8 : **1 Top Food to Burn your Belly Fat â€“ Dr Berg on Fat Burning Foods**

Lesson 9 : **17 Ways To Eat More Vegetables in Your Diet â€“ Dr Berg**

Lesson 10 : **The Perfect Diet â€“ Dr Berg**

Lesson 11 : **Hidden Toxins DDT in Food Chain Where They Come From â€“ Dr Berg**

Lesson 12 : **7 Foods You Should Never Eat â€“ Dr Berg**

Lesson 13 : **Why Some Skinny People don t Gain Weight â€“ Dr Berg**

Lesson 14 : **How to Never Get Dental Cavities Decay â€“ Permanent Solution by Dr Berg**

Lesson 15 : **How To Stick To Diet Stay Consistent With Healthy Eating â€“ Dr Berg**

Lesson 16 :
Have You Ever Eaten These Unhealthy Foods â€“ Dr Berg on Healthy Eating Vs Junk Food

Lesson 17 : **The Importance of Phosphorus for Energy â€“ Dr Berg**

Lesson 18 : **Will Eating Fungus Mushrooms Give You Fungus â€“ Dr Berg**

Lesson 19 : **How Can Eating Fat LOWER Your Cholesterol â€“ Dr Berg**

Lesson 20 : **8 Emotional Eating Tips â€“ Dr Berg**

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Lesson 23 : **Does Chocolate Have Caffeine â€“ Dr Berg**

Lesson 24 : **Farm Raised Fish OR Wild Caught Fish Which Is Best To Consume â€“ Dr Berg**

Lesson 25 : **Coconut Oil vs Olive Oil Which is Better**

Lesson 26 : **Omega 3 Fatty Acids in Canned Sardines Part 2 â€“ Dr Berg**

Lesson 27 : **Less Bowel Movements with Intermittent Fasting â€“ Dr Berg**

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How To Adjust Keto Diet Intermittent Fasting Patterns Around Your Lifestyle â€“ Dr Berg

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Lesson 31 : **The Importance of Always Reading Food Labels â€“ Dr Berg**

Lesson 32 : **Avoid Complex Keto Recipes Cooking on Keto â€“ Dr Berg**

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