Transforming the Future of Health

Saybrook University is dedicated to providing a holistic and integrative approach to helping the lives of others. Guided by faculty who are world-renowned scholars and practitioners, our graduates find successful careers transforming the future of health care through evidence-based therapies and techniques—treating the body, mind, and spirit of their patients.

Learn more at Saybrook.edu

EVIDENCE-BASED, HOLISTIC, AND PERSONALIZED APPROACH TO HEALTH & WELL-BEING

Integrative & Functional Nutrition
Programs in Integrative & Functional Nutrition

M.S. Integrative & Functional Nutrition

41 credits
100% virtual

Focusing on the whole person, and not just the disease, students learn to use evidence-based, best-practice approaches to support overall wellbeing.

Ph.D. Mind-Body Medicine Specializing in Integrative & Functional Nutrition

76 credits

With advanced coursework in both mind-body medicine and nutrition, graduates are prepared to apply these complementary fields to careers in professional practice, health research, and higher education.

Certificate in Integrative & Functional Nutrition

16 credits

For non-degree-seeking students, this post-bac certificate allows students to choose from a variety of Integrative & Functional Nutrition courses. Knowledge obtained will advance the expertise of current nutrition practitioners while offering non-nutritionists skills to complement their existing practice.

The Learning Model

Saybrook has been an innovator in distance learning since the ’70s. The majority of coursework is conducted online, so students can live and work anywhere in the world as they engage faculty and peers. In addition, there are two residential conferences each year where students and faculty have the opportunity to meet, interact, and build their professional and personal relationships.

Graduates of Saybrook’s Integrative & Functional Nutrition programs are prepared to take an evidence-based approach to improve the health and well-being of others.

Students study topics such as:
- Nutritional biochemistry
- Nutritional genomics
- Therapeutic diet planning
- Laboratory assessment methods
- Nutrition-focused physical exam procedures
- Integrative approaches for digestive health
- Evidence-based use of dietary supplements
- Nutrition and mental health
- Evaluating nutrition research
- Patient-centered integrative nutrition therapies
- Mindfulness and self-care practices for optimal wellness

Students apply their knowledge and prepare for future practice during their self-selected practicum experience.

Graduates can hold careers in:
- Independent practice
- Research
- Food and supplement industries
- Integrative care centers
- Community and public health
- Education