



Metabolic Masterclass
Burning Sugar
April 2026
Timetable

We have carefully tailored a comprehensive curriculum for this month of shared learning. To help you navigate the program, the core content required to earn your certificate is clearly marked in the timetable with a 'c'. Please note that the times listed for each component are rounded estimates.

Complementary and related lessons are supplemental, adding detail and nuance to the learning. Exploring these during the months intensive will enrich the learning. However, if your time is limited, don't worry—you have lifetime access to all materials.

LIVE: The masterclass begins with an introductory webinar at the beginning of week 1:

LIVE	Date/Time	Content
c Introductory Webinar	27/04/2026 7:00–8:30 pm (GMT)	Introduction to participants and organisers; purpose and goals of masterclass; overview of content; format, resources, and questions.

Week 1 - Biochemical Foundations

Week 1 establishes a solid foundation in the basic metabolism of sugars, fats and proteins. Attention is then turned to the physiology and biochemistry of carbohydrates as food. Mechanisms that underpin common expressions of metabolic dysregulation in hyperglycaemia, hyperinsulinaemia, and insulin resistance (IR) are then clarified.

c SRM video lecture	45 mins
c Third-party tutorials	30 mins
Additional resources (videos and literature)	60 mins
c Diagrams and downloads	4 pages
c Practical: Self-reflection – 1 week Diet Diary	60 mins
c Quiz: 17 MCQs	20 mins
	3 hrs 35 mins

Complementary Lesson

(available on your dashboard upon registration)

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Course III, Lesson 1: Carbohydrates in Our Biology and Food

SRM video lecture	45 mins
Third-party tutorials	30 mins
Additional resources	140 mins
Illustrated transcript	17 pages
	3 hrs 35 mins

Week 2 – Clinical Manifestations and Contributory Drivers

Week 2, further explores the intertwined metabolic phenomena of hyperglycaemia, hyperinsulinaemia, and insulin resistance (IR). This includes a deeper look at the cellular mechanisms underpinning IR, its role in health, and early life determinants of insulin sensitivity or resistance. With a brief overview of the different laboratory methods for assessing IR, clinical manifestations are then explored in detail. The various drivers of raised insulin and IR, beyond carbohydrate consumption are considered.

c	SRM video lecture	40 mins
c	Additional resources (videos and literature)	90 mins
c	Quiz: 7 MCQs	10 mins
c	SRM Hand Out: <i>Supplements in Metabolic Dysregulation</i>	30 mins
		2 hrs 50 mins

Complementary Lesson (*available on your dashboard upon registration*)

March 2026 Webinar – Liver Alchemy

An exploration of the impact of metabolic dysregulation on the hepatobiliary system

SRM video lecture	2 hrs
Additional resources (videos and literature)	3 hrs
	5 hrs

Related Lesson (*50% Gift Voucher upon registration*)

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Course V, Lesson 1: Oxidant and Antioxidant System

SRM video lecture	60 mins
Third-party tutorials	30 mins
Additional resources (videos and literature)	45 mins
Illustrated transcript	19 pages
	2 hrs 15 mins

Week 3 – Insulin Resistance to a Diabetes Diagnosis

Week 3 shifts focus from the underlying drivers of insulin resistance, to explore the transition to type 2 diabetes and the laboratory parameters for this diagnosis. Type 1 diabetes is touched on, to clarify its distinct underlying pathophysiology. An historical retrospective offers insights into the management of diabetes from the pre-insulin era. The lesson closes with a reflection on the addictive and excitotoxic contributors to the metabolic disarray.

The week ends with a webinar for discussion and synthesis of what has been learnt.

c	SRM video lecture	20 mins
c	Additional resources (videos and literature)	90 mins
c	Quiz: 6 MCQs	10 mins
		2 hrs

LIVE: The second webinar of the masterclass takes place at the end of week 3:

LIVE	Date/Time	Content
c Week 3 Webinar Foundational Science of Metabolic Dysregulation	18/05/2026 7:00–8:30 pm (GMT)	An opportunity to discuss material covered over the preceding 3 weeks and open space for questions and shared insights.

Week 4 – Integrating the Learning into Practice

In week 4, after a thorough grounding in the metabolic foundations and clinical manifestations, the practical aspects of supporting metabolic health are explored. A lecture reviewing much of what has been covered, is followed by interviews with three practitioners working with metabolic health. Booklets on herbal and pharmaceutical interventions are included for your perusal.

The grand tour of metabolism concludes with a final webinar to share insights, questions, case studies and address doubts and queries.

c	Practitioner Interviews	2 hrs 30 mins
c	Additional resources (videos and literature)	2 hrs 30 mins
c	SRM Handouts: <i>*Herbal Interventions in Metabolic Dysregulation</i> <i>*Pharmaceuticals in Metabolic Dysregulation</i>	1 hr
		6 hrs

LIVE: The final webinar of the masterclass takes place at the end of week 4:

LIVE	Date/Time	Content
c Week 4 Webinar Integrating the learning into practice	25/05/2026 7:00–8:30 pm (GMT)	This last webinar of the masterclass is an opportunity to discuss case studies, different approaches addressing metabolic health, and challenges that may arise.

