



Metabolic Masterclass

Burning Sugar

TIMETABLE

September-October 2026

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: We have included supplemental lessons which add detail and nuance to the learning. Exploring these during the month’s intensive will enrich the learning. However, if your time is limited, don’t worry – you have lifetime access to all materials.

Course Commencement Date: The masterclass opens on **Friday, 11 September 2026**. The course will be available on your student dashboard when you login to your profile [here](#).

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
		3hrs 30m

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

	LIVE	Date/Time	Content
c	Introductory Webinar	14/09/2026 19:00 – 20:30	Introduction to participants and organisers; purpose and goals of masterclass; overview of content; format, resources, and questions.

Complementary Lesson

(available on your dashboard upon registration)

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

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
		3hrs

Complementary Lesson

(available on your dashboard upon registration)

March 2026 Webinar – Liver Alchemy [RECORDING]

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

Related Lesson

(50% Gift Voucher upon registration)

LESSON LIBRARY

Course V, Lesson 1: Oxidant and Antioxidant System

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
		2hrs

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	28/09/2026 19:00 – 20:30	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 to address any doubts.

c	Practitioner Interviews	2hrs 30 mins
c	Additional resources (videos and literature)	2hr 30 mins
c	SRM Handouts: *Herbal Interventions in Metabolic Dysregulation *Pharmaceuticals in Metabolic Dysregulation	1hr
		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.	05/10/2026 19:00 – 20.30	This last webinar of the masterclass is an opportunity to discuss case studies, different approaches addressing metabolic health, and challenges that may arise.