Thibarmy - Neurotyping 3: Nutrition and Supplementation Course

If you want to learn what is proper way to eat to maximize performance, take this course!

This is the last course of the series on the Neurotyping system. This course will be focusing on nutrition and supplementation.

You learn:

- What to eat to maximize performance and whether eating for recovery is the same thing as eating for performance.
- The various supplementation approaches that can help you optimize your own brain chemistry.

What's included
A handbook of 21 pages (downloadable pdf)
1 Neurotyping test
More than 3 hours of video content
An online multiple-choice final exam to confirm the completion of the Course
An E-certificate of successful completion

Proof Content

3. Neurotyping Test	✚	⋯	7.5 MB
2. FINAL EXAM	✚	⋯	1.3 MB
1. Documentation neurotyping 3	✚	⋯	1.6 GB
5. Certificate.pdf	✚	⋯	52 KB
4. Hand Book PDF.pdf	✚	⋯	4.1 MB