



FNWM • FUNCTIONAL NUTRITION & WELLNESS MASTERY • AUTUMN 2026

Welcome to Phase 2 — Intermediate

Intermediate Functional Nutrition Essentials

STARTS

27 September 2026

17 weeks · next intake 24
January 2027

FORMAT

Online • Bilingual

English and Chinese

PRICE

¥5,268

Early Bird: a voucher toward
future courses

You are in the right place

Phase 2 is where the foundation becomes practice. You deepen your understanding of how specific foods, supplements and environmental factors impact metabolic health and overall wellness — and you apply that knowledge to design tailored dietary recommendations for individuals and families. It is the phase that turns what you know into what you can recommend.

“The doctor of the future will give no medicine, but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas Edison

What you will study

Three modules: the functional food market and how to navigate it, detoxification across the family's whole environment, and the science behind metabolic syndrome.

MODULE

4

Navigating the Functional Food Market

Making evidence-led decisions in a market built to persuade: what a functional food claim is worth, and how to choose for a household rather than for a headline.

MODULE

5

Comprehensive Detoxification: Functional Nutrition and Environmental Interventions for the Family

The two-way intervention — nutrition and environment together — and what a family can realistically change at home.

MODULE

6

Beyond Calories: The Nutritional Science Behind Metabolic Syndrome

Optimising metabolic health: the science of metabolic syndrome and the functional nutrition practice that answers it.

Your place in the Mastery Loop

PHASE 1

Learn

PHASE 2 · YOU

Apply

PHASE 3

Personalise

PHASE 4

Integrate

Phase 2 is the application phase of the FNWM Circular Mastery Loop. It takes the science of Phase 1 into real food, real supplements and real households, and prepares you for the personalisation work of Phase 3.

The full week-by-week outline is published before the course begins.

Your teaching team

Dr Anthony Ng

Lead Instructor, Phase 3 · Hong Kong

Ms Stephanie Chin

Instructor · Melbourne

Ms Lina Lee

Instructor · Melbourne

Mr Stanley Ho

Instructor · Melbourne

Mr Andy Cheung

Instructor · Hong Kong

Full profiles at anwa.org/instructors

Where Phase 2 takes you

- Judge a functional food or supplement on its evidence, and say plainly why you would or would not use it.
- Design tailored dietary recommendations for an individual and for a whole family, not a single template for both.
- Address metabolic health with something better than a calorie count.
- Qualify for Phase 3 — Advanced, where the work becomes personalised and family-centred.

A certificate you can stand behind

Verifiable

Every ANWA certificate carries a code anyone can check at anwa.org/verify.

5,000+ students

Taught by ANWA since 2012, across Australia, China, Hong Kong, Taiwan, Malaysia and Singapore.

Academic partners

Genovasi University College ·
Raffles University · Mantissa College

Dates and how to enrol

- **27 September 2026** — Phase 2 begins. 17 weeks, online.
- **10 October 2026** — Enrolment for this intake closes.
- **24 January 2027** — The next Phase 2 intake begins.

Phase 2 is open to anyone. Phase 1 is recommended and not required, and you can add it at any time. Only Phase 4 requires the three phases before it.

Phase 2 — Intermediate · ¥5,268

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Full programme, Phases 1 to 4: ¥24,210 until 10 October, then ¥25,999. Save ¥1,789.

Enrol: www.anwa.org/enrol · www.anwa-cn.com/enrol

Questions: support@anwa.org

Australia Nutrition & Wellness Association · anwa.org