

Name: **Julia Osorio-Hernández MSc N CD DE**

Nationality: Mexican / Spanish

Degree and Specialities: Nutritionist
Clinical Dietician,
Diabetes Specialist Educator,
Nutritional Coach,
FODMAPs trained
Orthomolecular Expert
Professor and Tutor online



Degree: Metropolitan Autonomous University
018593 / 038998

Registrations: Spain 2013 Education Ministry
Ireland 2020 CORU
European Recognition 200536/CE
Tutor REGFOR/14/0348

Professional colleges: Ireland NTOI F001434
IrsPEN0020768
Diabetes Ireland DI#232413

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ACADEMIC DEGREE IN NUTRITION.

2021 Ortomolecular Nutrition Diploma 7 Courses Conach Centre (Chile)

2020 Certificate FODMAPs (IBS) Monash University (Australia)

2018 to date Courses ESPEN LDL program Topics: 0, 3, 8, 9

2018 to date Courses HSE Must training / National Newborn Screening Programme / Carbohydrate counting / Managing Feeding, eating, drinking & swallowing (FEDS) LMS / Irish consistency descriptors for modified fluids and food / Promoting physical activity in primary care / Parenteral Nutrition in Paediatrics & Neonatology / Nutritional Screening: A "MUST" for Healthcare / The flu vaccine / Growth monitoring in children / Communicating with people who have an intellectual disability (Ireland)

2017 to date International Diabetes Federation (IDF) Courses Diabetes

2017 to date Courses IDF Diabetes and Ramadan / Diabetes and CVD / Diabetic retinopathy / Prevention of type 2 diabetes / Diabetes Educator

2017 to date Courses EFAD 10th Conference Rotterdam / Webinar Nutritional Management in COVID-19 / Webinar Oncology Nutrition

2017-2018 Certificate Diabetes Educator. International Diabetes Federation (IDF) Europe 6 months 11 ECMEC

2017 Paediatric Nutrition. Autonomous University of Madrid. 100 hours. (Spain)

2015-2016 Diploma in Diabetes Educator. Asociación Mexicana de Diabetes. Anahuac University. 8 months. (Mexico)

2015 Course Caregivers of Dependent Older People. Spanish Society of Geriatrics and Gerontology. (Spain)

2015 Course Update Sarcopenia and Nutrition. Spanish Society of Geriatrics and Gerontology. (Spain)

2013-2014 Higher Course Top Attention to Disabled People. 350 Hours 6 months. 3 Credits / Home Care. 350 Hours 8.8 Credits / Geriatric Care. Spain 350 Hours 4.9 Credits (Spain)

2010-2012 Master's in food and Nutrition. University of Barcelona. 1575 Hours 63 Credits (Spain)

2009 Master's Nutrition in Renal Diseases. Favaloro University. (Argentina)

2007 Professional qualification ASPEN science and practice of the support nutrition. Program of study based on clinical cases. (USA)

2005 Master's Promotion and prescription of physical activity into factors of cardiovascular risk. National University of La Plata. (Argentina)

2004 Course Nutritional care of patient with diabetes mellitus type 1 Association Argentina of dietitians and Nutritionists. (Argentina)

2003 Master's Obesity. Favaloro University. (Argentina)

2003 Professional qualification Graduate Interdisciplinary Course of Clinical Nutrition - Zinc - AMAEE, FELANPE. (Mexico)

1999 Diploma Research in Clinical Epidemiology. UAG, IMSS, ICLS. (Mexico)

1996 Diploma Parenteral and Enteral Nutrition. Hospital Regional "Adolfo López Mateos" UNAM, ISSSTE 1900 hours 116 Academic credits. (Mexico)

1993 to date Expert in the management of the exchange system (Equivalent System)

1993 to date Expert In the management of overweight and obesity

1989-1993 Bachelor's degree in Nutrition. Universidad Autónoma Metropolitana (UAM) 480 credits 4 ½ Years of duration. (Mexico)

ADDITIONAL ACADEMIC TRAINING: CONGRESSES, COURSES AND SEMINARS.

+100 Courses on Nutrition, Dietetics and Health in: Europe and America

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TRAINING AS A NUTRITION COACH.

2013-2014 Nutritional Coaching. Experts in Nutrition. Part 1 and 2 Endorsed by IAC. (Spain)

2013-2014 Skills Coaching FOREM / Skills and Competencies Through Coaching. University of Cantabria / Mindfulness to Regulate those Emotions (Program of Intelligence Emotional Full). University of Málaga / Power Your Mind University of Cantabria. (Spain)

Since 2012 Working with PNL

TRAINING AS A TEACHER.

2017 Course Expert in E-Learning 70 horas ADAMS (Spain)

2014 Certificate Professional Teaching for the Training Professional for the Job. FEDETO 380 Hours. Spain Practices in Food Handler Course

2013-2014 Courses E-Learning in Vocational Training. CUMLADE 80 Hours / Effective Presentations. University of Cantabria. Spain / Techniques of Creativity. University of Cantabria / Methodological Strategies Teaching E-Learning Universidad San Martín de Porres / Trainer of Trainers. Euroformac 4 Cdts. Peru and Spain

COMPUTER TRAINING.

1990 a 2014 Masters and Courses: PHP / Adobe Dreamweaver CS5. 150 horas / Computer training 310 horas / Software y Computer Application. 80 horas / Web designer 25 horas / Web page designer 45 horas / Master Flash. 150 horas / Web pages programming: PHP / Virtual worlds Apps in 3D / Adobe Illustrator. / Computer training. 120 horas / WordStar Introduction UAM- Xochimilco / Curso de Prodigy Internet Telmex icm.com Spain and Mexico

EXPERIENCE.

Private Consultation:

Nutritional advisor, Healthy habits promotion, Diabetes education, Nutritional management: Hypertension, Obesity, Anorexia, Cardiopathies, nephropathy's, hepatopathies and IBS management, through natural foods, Orthomolecular nutrition expert and IBS with FODMAPs.

Online 2000 to date

On site:

Spain 2013-2016 in Alcázar de San Juan, Campo de Criptana, Talavera de la Reina.

Mexico 1994-2010 in Mexico city, Acapulco and Taxco Guerrero.

Tutor, Teacher, Consultant and Speaker in courses, chats and workshops (Online and in site)

Tutor of Postgraduate Studies Practices:

2020 to date: University Master's in Health and Nutrition. Universidad Internacional de Valencia Online (Spain) 1400 hours

Content creator and material reviewer:

2018 to date Content creator and material reviewer on Nutrition area. Garcilaso Study Centre

Tutor and Teacher

Spain:

From 2010 to date

Companies. Centro de Estudios Garcilaso, Club Adelgaza Bien, Universidad Internacional de Valencia, Educanet, Crecer con Formación, Ceres, Formación Aliad, Centro de la Mujer, Asociación de Mujeres, Semana de la Salud, Villafranca de los Caballeros, CP Garcilaso de la Vega, Centro de

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Rehabilitación Tomelloso, Asociación Cultural SAFO, Cruz Roja España, Forplan, Foro de Formación, Laboris, Bola de Cristal, FormaAlcázar, Formación Alcalá, among others.

Mexico:

From. 1997-2010

Companies. Empresa Lala, Laboratorio Bayer, Nutricare Consulting, Centro de Orientación Alimentaria, Club Adelgaza Bien, Mead Johnson, Club Adelgaza Bien, Escuela Secundaria Técnica Victoria, Riqui-Ran, Universidad Americana de Acapulco, Hospital General de Acapulco, Hospital ISSSTE Acapulco, Zona militar de Acapulco, Grupo RETO, Grupo ACA-APAC, Asociación Mujeres Médicas, Colegio de Pediatría del Estado de Guerrero, Villa Sarita VIH, Hospital del Pacífico, among others.

Department chief and School Nutrition Programs Coordinator:

Spain:

From 2010-2016

Companies. Alcázar de San Juan Private and Public Schools, María Zambrano Institute, Jardín de Arena, College, Santa Clara College among others.

Mexico:

From 2004-2010

Companies: Pacific Hospital, Magallanes Private Hospital, Adolfo Prieto Hospital, Liceo Ibero Mexicano College, Euro Ixtapa College, La Paz College, among others.

PUBLICATIONS AND NUTRITION PROGRAMS DEVELOPED.

2019 to date Designer and supervisor of Course Orthomolecular Nutrition Expert

2017 to date Revisor and supervisor of Professional Certificate Nutrition and Dietetics

2009 Book chapter: Eating Behaviour Disorders. Chapter: Disorders of power from the nutritional point of view. Experience with adolescents in public schools, private and clinic. Ed. RV-Kristal Editions.

1996 Book: chapter: Nutrition and AIDS Book AIDS Today.

1996 to date: Didactic material for talks, videos, workshops, Nutrition programs and Nutrition consultation.

COUNCILS THAT I HAD BELONGED OF.

Spain: Academia Española de Nutrición y Dietética Socia CLM-0054 form 2013-2019

Mexico: AMENAC Asociación Mexicana de Nutriología from 2000-2010

INVOLMENT WITH MEDIA.

2019 Interview to the Digital Magazine of Formación Alcalá

2012 - 2015 Newspaper: El semanal. Nutrition posts. (Spain)

2012 - 2013 TV Castilla - La Mancha Different interviews. (Spain)

2006-2010 Conversation and Coffee TV Acapulco With Sandra Villerías (Spain)

1999 - 2010 Guerrero RTG TV And Radio Programmes Topics of Nutrition (Mexico)

2002-2008 Acapulco Novedades Newspaper. Different Nutrition Issues (Mexico)

2003-2005 Television Company TELEVISA Acapulco Program "Buenos Days Acapulco" (Mexico)

2000 "Good Nutrition is essential for people with HIV". Website Planet and Life 19th July (Mexico)

VOLUNTEERING.

2018-2020 Drogheda Louth Volunteering Centre. (Irlanda)

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2014-2016 Red Cross. (Spain)

1989-2010 Collaboration with different charities: Breast cancer, APAC, VIH, among others. (Mexico)

LANGUAGES.

Spanish (Native)

English (Negotiation Level)

Italian Basic Level.

French Basic Level.

