

Adriano dos Santos - CPD Degrees

- Autoimmunity - Pharma Nord - 2022
- The Nutritional Medicine Institute Summit 2022 - London
- Sleep medicine for GPs – diagnosing and managing sleep disorders in general practice - The Royal Society of Medicine
- The Microbiome Summit - Biocare Education
- Introduction to Functional Medicine at IFM (Institute of Functional Medicine)
- Introduction to Functional Nutrition at IFM (Institute of Functional Medicine)
- Insulin and Neurodegeneration: Exploring the Role of Diabetes and Insulin Resistance in the Development of Neurodegenerative Disorders - at Pure Encapsulations
- Intestinal Permeability, Part 1: Foundations of Increased Intestinal Permeability in Clinical Practice and Research - at Pure Encapsulations
- Intestinal Permeability, Part 2: Testing Methods and Treatment Objectives for Intestinal Permeability in Clinical Practice - at Pure Encapsulations

- Intestinal Permeability, Part 3: Clinical Practice Guideline for the Management of Increased Intestinal Permeability: The IP Guideline at Pure Encapsulations
- Spotlight on Iron at Pure Encapsulations
- Turning the Tide in GI Immunology: Causes, Clues, Clinical Strategies at Pure Encapsulations
- Unlocking Personalisation: Genetic Case Study Synopsis at Pure Encapsulations
- Non-Alcoholic Fatty Liver Disease (NAFLD) - An Often-Silent Driver Of Multiple Health Issues at Pure Encapsulations
- Detoxification, microbiome and tiredness at Energetica Natura Academy
- Digestive Enzyme therapy course at Energetica Academy
- Lifestyle as Medicine at Lifestyle4Health
- Essential Life Support at European Resuscitation Council
- Nutritional Support in Liver and Pancreatic diseases at ESPEN congress
- Nutrition and Sports at ESPEN congress

- Nutritional Support in GI diseases at ESPEN congress
- Biosignature Modulation from Charles Poliquin in 2010, 2011, 2012 and 2013
- Corrective and physiotherapeutic training
- Taping and Strapping Technique at Kinesio Taping Association International
- Active Release Technique (ART) at British School of Osteopathy
- Personal Trainer, CYQ3 award at YMCAfit
- Health & Fitness Coach at NASM & PTS
- Sports Nutrition Specialisation at Oxford College
- Total functional sports training at Kingston College
- Total functional core training at Kingston College
- Exercises for special populations at CardioSociety of Sao Paulo
- Update in Physical Training and Nutrition Strength Training: New concepts of Hypertrophy and Nutrition at FIB University in Brazil

- International Symposia of Exercise Physiology at Univas University in Brazil
- Strength Training for Fitness and Health at Steven Fleck at International Sport and Physical Education Meeting
- Strength training for kids and teenagers at International Sport and physical education meeting in Sao Paulo
- Strength Training programme design at International Sport and physical education meeting in Sao Paulo
- Training Periodization with Steven Fleck at International Sport and physical education meeting in Sao Paulo
- Exercise, Nutrition and Weight Loss at International Fitness Brazil
- Personalised training meeting at Tavico Moscatello Institute
- Strength Training Meeting at Tavicco Moscatello Institute
- Tuberculosis as an emerging disease at FIB University in Brazil
- Strength training workshop at Emporio das Vitaminas

- Strength training Symposium of Sao Paulo at Uniara University in Brazil
- Physiology of Strength training at FEPAM (Federacao paulista de musculacao)
- Muscle and Joints Anatomy at FEPAM (Federacao paulista de musculacao)