



Functional Medicine Certification Course Agenda

May 28-30, 2020 – Three Day Virtual Seminar

Day I – May 28, 2020

7:30 to 8:15	Virtual Check-in
8:15 to 9am	Fundamentals of Functional medicine <ul style="list-style-type: none"> • Introduction to the philosophy and evaluation process in Functional Medicine • Review of differences and similarities between primary care, Complementary and Alternative Medicine (CAM), Chinese Medicine, and Functional Medicine. • Review of organs function vs organs integrity in Functional Medicine • Review of the functional connection between organs and systems in the body.
9 to 11am	Module 1 Immune Imbalances and Inflammation Understanding the mechanism of chronic inflammation as the basis of multiple conditions including cardiovascular diseases (hypertension, atherosclerosis, vasculitis), rheumatoid arthritis, obesity, diabetes mellitus, cancer, autism, Alzheimer's, Parkinson's disease, fibromyalgia, asthma, and systemic lupus erythematosus.
11 to 1pm	Module 2 Digestive, Absorptive, and Microbiological Imbalances <ul style="list-style-type: none"> • Review of digestion and absorption of nutrients • Interaction between drugs, stress, and environmental factors and absorption • Gut flora in health and disease • Intestinal permeability, Small intestine bacterial overgrowth and dysbiosis, and fungal infection • How gut dysfunction might lead to inflammatory and chronic diseases • The gut-brain connection • Laboratory testing for gut dysfunction • Clinical protocols for intestinal dysbiosis, bacterial and fungal infections, and intestinal permeability
1pm to 4pm	Module 3 Evidence Based Nutrition <ul style="list-style-type: none"> • Nutrition and chronic inflammatory and chronic diseases • Review of health benefits and considerations in plant-based, animal-based, mediterranean, DASH, and paleo diets. • Anti-vs-pro inflammatory foods • Nutritional evaluation and lab testing • Principles of Nutritional therapy • Strategies in sports Nutrition: Endurance and hypertrophy • Supplements regulation and quality



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Day 2 – May 29, 2020

9 to 11am	Module 4 Endogenous and Exogenous Toxins <ul style="list-style-type: none">• A review of environmental contaminants, heavy metals and other industrial chemicals in food, water, air, house-hold products, and living environment• A review of endogenous toxins• Chemical sensitivity and inflammatory reaction to toxic exposure• Laboratory testing and review of presents of chemicals in blood, urine, hair, stool, sweat• Chemicals and genetic expression
11am to 1pm	Module 5 Transformation and Elimination: The Detoxification System <ul style="list-style-type: none">• Review of detoxification process, Phase I, II, and III• Assessment of toxic load and laboratory testing• Dietary strategies, lifestyle guidelines, and supplements to prevent and treat toxic load and support healthy detoxification process
2 to 4pm	Module 6 Hormonal & Neurological System <ul style="list-style-type: none">• A review of hormones, neurotransmitters, cytokines, and other signaling molecules• The impact of inflammation, stress, environmental factors, and nutrition on the hormonal and neurological systems• Behavioral aspects of neurotransmitters imbalances• Testing for hormonal system and neurotransmitters• Clinical application of nutritional and lifestyle medicine for hormonal and neurological dysfunction



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Day 3, May 30, 2020

9 to 11am	Module 7 Mitochondrial Function <ul style="list-style-type: none">• A review of mitochondrial function• A connection between mitochondrial dysfunction and chronic diseases• Testing options for mitochondria function• Strategies to reduce oxidative damage and optimize mitochondrial function
11 to 1pm	Module 8 Aging and Women's and Men's Health <ul style="list-style-type: none">• Review of hormonal, neurological, and cellular function related to aging• Important testing and considerations in anti-aging therapies• Nutrition and lifestyle guidance and herbal supplements for the prevention and/or treatment of age related conditions, including menopausal symptoms, benign prostatic hypertrophy and prostate cancer, low libido, low testosterone, and cognitive decline
1pm to 2pm	Module 9 Structural Integrity and Chronic Pain <ul style="list-style-type: none">• Review of mechanism of chronic pain in Functional Medicine• Nutritional and lifestyle strategies for prevention and/or treatment of headaches, joint pain, osteoarthritis, and osteoporosis
2pm to 3pm	Module 10 Using Technology for Patient Care & Clinic Operations
3pm to 4:30pm	Module 10 Coaching, Marketing, and Sales in Clinical Practice <ul style="list-style-type: none">• The Patient's Story & Motivational interviewing• Marketing your Functional Medicine Practice: How to get new patients and fill your practice• Promoting your services: Educate rather than Sale• Coaching strategies to increase patient compliance



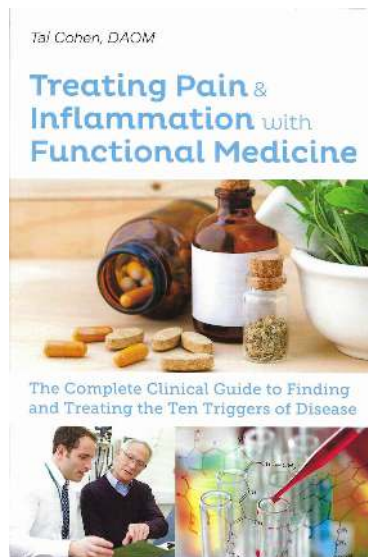
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Bonus Package

Bonus #1	Mindbody Medicine online class that will provide you and your patients with evidence-based, practical, and transformational techniques for self-care and better results.
Bonus #2	The Book <i>"Treating Pain and Inflammation with Functional Medicine: The Ten Triggers of Disease"</i> by Tal Cohen, DAOM, MS-HNFM
Bonus #3	One-on-one coaching call to optimize your success
Bonus #4	Join a community of providers to share and learn more about clinical application of Functional Medicine, marketing, and clinical operations

All Attendees Receive a Free Book and up to 20 CME Credits!



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