



**Next Level
Functional
Nutrition™**

Welcome IFMNT Foundations course participants! I'm so excited to have you on board and can't wait to get started! Integrative and Functional Medical Nutrition Therapy is the hot new area of specialty that will keep you on the leading edge! Your contact email for any questions or issues you may have throughout the training is ifmnrtd@gmail.com. The following is pertinent information that will prepare you for the course:

Session Dates and Times:

We meet 7 Mondays, April 30th through June 25th (excluding May 21st and May 28th), 7:45-9:45 pm. These times are **Eastern Time Zone – (please adjust for your time zone)**. Remember, if you cannot participate in a live session, all live sessions are recorded. Questions are taken during the live sessions. Those listening to recordings may post and get questions answered in our group's private forum.

Continuing Education Credit (CE)

This series is pre-approved for RDNs for 12 hours of continuing education credit through the Commission on Dietetics Registration – Suggested Learning Needs Codes: 3000, 5000, and 5420 – Many who participate in our training prefer to update their learning plan to include these codes, although you may use whatever codes you feel appropriate to match your learning plan. The CPE is provided by topic. In many cases, non-RD nutritionists/or other professionals may be able to apply learning credit as well – check with your local licensing board or national credentialing association.

Webinars:

All webinar invites will be posted in our group forum prior to the scheduled webinar. You will be required to register for each webinar separately. Especially for the first webinar, please register and come on a little early, so you have time to troubleshoot any potential issues (i.e. downloads/updates) before the webinar begins. Currently we use the popular system, Citrix/Go To Webinar as our webinar host. **Please visit the link provided to ensure you have the appropriate system requirements - http://support.citrixonline.com/webinar/all_files/G2W010003**. If not, you may need to upgrade your system or use an alternate computer for live webinar access.

Also, for webinar viewing, we recommend headsets/microphone capabilities for better listening. However, these are not necessary. Participants are kept on “mute” during the presentation to maintain recording quality, however, you are encouraged to ask questions/make comments any time during the presentation - questioned are answered, live, as they are asked. Webinar participants will be directed to type questions in the control panel that appears on screen during the webinar. We purposefully keep our classes smaller to ensure all questions are answered in any given presentation.

There are three connection options for live webinars: 1) you can come in online to listen; 2) if you do not have speakers - come in online and call in which allows you to see the presentation on

screen, while you listen on your phone; or lastly, 3) call in exclusively for listening, which is a helpful traveling option (though you won't be able to type/ask questions during the presentation). We cannot be responsible for connection issues because of your computer or other connection device, or your Internet connection. Likewise, it doesn't happen often but should an internet issue on our end interfere enough to cancel a live webinar, it will be recorded separately after the fact and released as a recording instead.

Webinar Recording Links

Webinar Recordings will be posted in your class portal as soon as possible after the live webinar presentation; usually the next day. Recordings (and access to your class portal in general) are **ONLY** available for the duration of the program plus one month after the last scheduled live webinar. To prevent you from being rushed at the end, be sure to keep up with your review of our webinars. Please download slides and handouts prior to this final deadline.

IFMNT Mentor Group Resource List

There is no "required reading" for the class and there are no set texts for this course, though here are some good reference resources recommendations. The first one, Alan Gaby's book, is an especially good reference –I use this in my practice constantly!

1. Gaby, Alan. Nutritional Medicine.
ISBN-13: 978-1532322099
ISBN-10: 1532322097

NOTE: Dr. Gaby offers us a very generous discount on this book/e-book. To obtain the student discount at www.doctorgaby.com use the coupon code **minus 50** (there is a space between minus and 50). For the discount price to be accepted, you will need to send an email to nutrition@doctorgaby.com indicating that you are a student in Susan's course.

You may also order by phone at 603-225-0134.

Note: the online access can be put on several devices which makes it very convenient for multiple location access. Further, the online version offers the ability to copy/paste, and therefore is useful when needing to have specific information available for charting, handouts or for correspondence with doctors/patients.

2. Murray, Michael and Joseph Pizzorno. Encyclopedia of Natural Medicine. Third Edition. 2012

ISBN-10: 1451663005
ISBN-13: 978-1451663006

- An alternate is Textbook of Natural Medicine, 4th Edition 2012 (Pizzorno and Murry)

ISBN:1437723330
ISBN-13:9781437723335

3. Natural Medicine Comprehensive Database:

<http://naturaldatabase.therapeuticresearch.com/home.aspx?cs=&s=ND&AspxAutoDetectCookieSupport=1>

*Free to Dietitians in Integrative and Functional Medicine (DIFM) DPG group Members! If you are an RDN and you are not already a member of DIFM, we highly suggest you join for this and other benefits. Their Email ListServ is another networking forum you may find valuable. Sign up for DIFM Practice Group at: <http://www.integrativerd.org>. Once you are a member you'll find the

ListServ sign up in the members section on their website. Sorry this group is not available if you are not a member of the Academy of Nutrition and Dietetics.

We will continually share resources/links as we go along!

We so excited to have you join us in IFMNT Foundations! There is much good learning here for you. If you are not already familiar with the tenants of IFMNT, you're in for a real treat. We ask that you keep an open mind as some of what you will learn is different for conventional training in healthcare. IFMNT is part of the radical shift in health consciousness you have probably noticed is occurring. You truly will be on the leading edge with IFMNT training!

Please let me know if you have any questions or if there is anything I can do to help you maximize your experience along the way.

Best,
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