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Integrative and Functional Medical Nutrition Therapy (IFMNT)

2022 Start Certificate of Training Series:

Orientation

Susan Allen-Evenson RDN, CCN, FMNS
& Guest Instructors
NLFNtraining@gmail.com





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Welcome!



Susan Allen-Evenson RDN, CCN, FMNS

- Recognized Functional Nutrition expert, considered a pioneer, with over 25 years in practice, over 13 years as a mentor/consultant/trainer to students, interns & colleagues.
- Lectures nation-wide, has numerous media appearances, and is a published author. Invited speaker at the prestigious Integrative Healthcare Symposium (IHS) in NYC
- Has held appointments on many professional boards including 3-year Chair for Dietitians in Integrative and Functional Medicine-DIFM and the Institute for Functional Medicine's Nutrition Board. Awarded the 2018 DIFM Lifetime Achievement Award!
- Now in her 10th year as Founder of Next Level Functional Nutrition, a successful international initiative, providing valuable online training to healthcare professionals (and students of the health sciences).



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If You'd Like...

- Having a large % of clients who exceed their health goals
- Helping clients reverse chronic illness after 'trying everything and seeing everyone else'
- Having clients become raving fans & referring everyone they know
- Referrals piling in from other practitioners
- Increased professional respect for your expertise
- Amazing practice and/or career growth (and \$)
- More Freedom to practice when and how you'd like

...Then You're in The Right Place!



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Just Like Julie B...



"It continues to amaze me how far I have come in 2 years and not only how much this knowledge is helping my own health, but how it's aligned me with practitioners I never would have interacted with otherwise. Just left the office of a biological dentist who reached out to ME since one of my clients raved about my approach and their experience... ended up being a great fit and partnership. Cool! My clients are started to be my best marketing tool."

Julie B. ~ Dietitian



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Get Ready for a Deep-Dive!



The **contact email** for this course: nlfntraining@gmail.com

- Please be sure to put your course in the subject line of all correspondence; **COT 22 Start**
- Use this email for all course related issues such as payment, technical issues, course coordination.
- To ensure best communication, please refrain from using other emails, FB messenger, etc



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COT Bundle Course Features

- Continually updated and expanded
 - Now over 350 hours!
- Most webinars held live for best engagement
 - Allows for Q &A on the spot where the learning is most applicable
 - All live sessions are recorded for review or in case you miss
- Flexible day and evening classes to allow maximum participation for all
- Liberal 4-year course access! Take your time - one module at a time or fast track through to end more quickly
 - Anytime a training comes up live (in any class), you're invited in!



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Exclusive Training Facebook Group

- Here's where you...
 - Ask questions about webinars, practice questions, patient case management
 - Complicated assessment will require private mentoring
 - Share information/links you think are pertinent to the group
 - Note: all conference, webinar, or summit sharing must be cleared through the office prior to being shared with the group. If you aren't sure about the appropriateness of a post or file share, please email us NLFNtraining@gmail.com



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Exclusive Training Facebook Page

- This is **NOT** the place for posts related to technical/logistical issues (please email instead)
- No self promotion here please. We will begin a once monthly self promotion day on our NLFN membership Facebook page soon.
- Our class page is considered “a safe zone”, so please share freely – there are no wrong or “dumb” questions! (same for class sessions)
- Do network with your peers!



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Monthly Group Coaching *(All New!)*

- An exclusive COT Bundle-Bonus
- 36 in total over the next 4 years!
- 2023 coaching sessions will alternate between 4th Mondays of the month 8:00-9:00 PM ET and 3rd Saturdays of the month 1-2 PM ET
- (Exceptions made be made periodically and days/times are subject to change based on participation, Note there may be occasional months where no coaching is offered)
- First session: Monday, January 23rd 2023.



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BONUS!

Culinary Essentials for IFMNT



Four pre-recorded Sessions

- Customizable culinary-nutrition frameworks to organize your recipes and counseling strategies
- Choose and adapt recipes to populate your culinary-nutrition frameworks
- Leverage free online resources to organize and tag recipes for a variety of health issues
- Use your personalized online resources to facilitate counseling and meal planning
- Work with simple food and culinary strategies to help your clients stand on their own “food feet.”
- Includes unique visual roadmap pack of teaching/counseling tools and private Pinterest board
- Note: This course is required for FMNS certification



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Private Mentoring



Valuable for so many reasons

- To discuss/work up your own or a family member's case
- To have assistance with a challenging patient or simply have more direction applying the IFMNT model to a patient's case.
- A great way to see the practical application of your learning directly in a **case of your choosing**
- To discuss practice building, marketing or management challenges/solutions
- Sign up through our website for either individual, 3 or 5-hr blocks (Gold and Platinum members receive a discount)
- **Your Bundle Bonus: FREE 3-hours of private mentoring with Susan Allen**



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Grand Rounds



Another Bundle Bonus!

- 6 session series
 - Meets once a month 7:30-9:30 PM ET
 - Series begin February and August each year
- Live, interactive group “think-tank” case evaluation
 - A different real-case session each month
 - All sessions also recorded for review & on-demand learning option
- Excellent **practical application** of IFMNT
- **Boosts confidence** in practice!
- When the time comes, register through the website for your complimentary series (coupon code will be provided)



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More Bundle Bonuses!

- **FREE** 2-month access to the IFMNT Introductory Tour Series
 - Note: those who have already taken the Intro course may ask for a coupon code to receive a credit for what you paid as a discount on this bundle registration
- **FREE** Renewal of your 1-year NLFN Membership (platinum level regardless of what your level is now). Membership includes access to exclusive member partner exclusive offers saving you even more. Be sure to renew your membership yearly!
- **FREE** Comprehensive 14-page Immune Support Clinician's Guide
- **FREE** IFMNT Business Strategies for Success mini-series
- **FREE** Several bonus training recordings along the way

PLUS bundle registrants receive access to all modules and bonuses for a full 4 years!



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Our Training is Personalized To Our Participants (YOU)!

- Class registration is kept small on purpose, so YOU get more personalized attention!
- Periodically, we may survey the group to check on pace – the majority will dictate if I put anything out for vote. Our priority is your successful completion of this course! We want to offer flexibility to ensure your success.
 - Example: Slowing down around major weather and other events
 - Be sure to voice your opinions, but know we obviously can't please everyone all the time. That said, we will do our best to serve your educational needs most optimally!



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Course Portal



- Your course portal is found on the dashboard of your account page on our website
- Log in on the account tab to access your dashboard (and all other features if you're an NLFN member)
- Your portal will house all components of this course: slides, webinar invites, handouts, quizzes, CPE, etc



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Class Calendar

- Your preliminary class calendar is located in your course portal, overview page
- Due to the nature of live training, this calendar updates periodically – always be sure you have the most recent version (it will be dated)
- Fast-track training opportunities will be listed in your calendar as they come up
 - It will be your responsibility to request to be added to a fast-track portal



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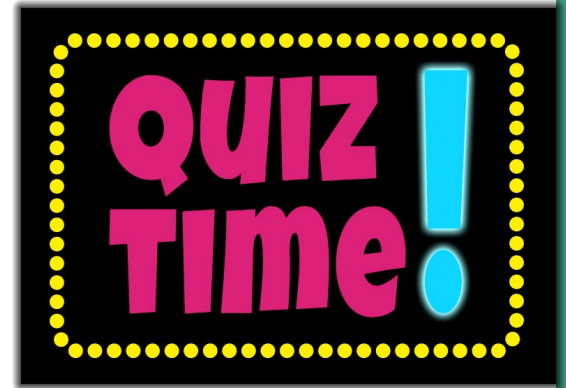
Overview of Content Modules

- 12 Modules
 - Lucky 13 now being added! (Methylation/Sulfation)
 - More nutritional biochemistry & Genomic application throughout
 - Therapeutic diets woven through all levels of training
 - Functional Medicine Labs addressed throughout
 - Case study application throughout
- Now, over 350 CPEs!
 - CPE given at completion of each topic as on-line, self-study quizzes are completed



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Quizzes



- Assess your learning and stay on pace with self-study quizzes given at the end of each topic module (in some cases modules are broken up into more than one quiz)
- Quizzes are posted online in each module as it is completed. Quiz grades do not influence the outcome of your course, though a passing score of 80% or better is required before you'll receive your CPE certificate.
- You will have as many options to take the quiz as needed to obtain a passing score
- It's recommended to retake until you have 100% as quizzes are an excellent resource for exam studying later



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Continuing Professional Education Credit (CPE)



- Susan is a pre-approved provider of continuing education for RDNs through the Commission on Dietetics Registration
 - Others should check with your licensing board or credentialing organization.
 - Hours should also count as self-reported category 2 CME
- RDNs can apply any performance indicators they believe apply when they log hours, though suggested ones will be given.
- RDNs, when creating/editing your 5-yr learning plan through CDR, consider adding something specific to Integrative and Functional Medicine / Alternative and Complimentary Therapies



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Topics Covered in This Training



- In-depth IFMNT Assessment, Nutrition Physical, Genomics 101
- Detailed Nutrient Coverage – Assessment of need. Food and supplement recommendations
- Immune Health - special emphasis on histamine intolerance
- Cognition/Brain health
- Detoxification – Biotransformation (including lab)
- Blood Chemistry Interpretation – Optimal Values and Lab Interpretation Practicum

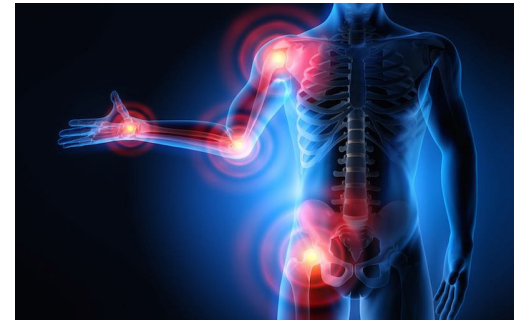


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Topics Covered in This Training

6 Core Centers of Health and Subclinical Defects that Underlie Chronic Disease

- Inflammation
- Oxidative Stress
- Free calcium excess
- Acidic stress
- Connective tissue degradation and protein balance
- Anaerobic tendency





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Topics Covered in This Training

- Gastrointestinal/Gut-Brain & Functional medicine Lab practicum
- Metabolic Health including cardio, diabetes, weight management issues and specialty labs
- Thyroid Health
- Adrenal/Mind-Body (including lab)
- Neuro-modulation/Mood disorders
- Bonus: Culinary Essentials for IFMNT 4-session series
- Business strategies for success (Bundle Bonus)





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Topics Covered in This Training



- Gender health/Hormone metabolism (male/female)
- Cancer: Prevention and Support
- ADHD/Autism spectrum disorders
- Therapeutic Ketogenic diet
- Addictions/Eating disorders
- Biotoxin Illness (mold toxicity, Lyme and co-infections)



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Topics Covered in This Training

Therapeutic Diets Detailed throughout training

- Allergy/Elimination, anti-inflammatory diet
 - Gluten/casein free
 - Histamine, low amine, low oxalate, etc
- FODMAP diet – SIBO elemental diet
- SCD/GAPs diet
- Modified or full ketogenic diet
- Intermittent fasting
- Candida Diet
- Autoimmune – Paleo





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Webinar Invites



- Webinar invites will be posted to your course portal, typically the day before scheduled live classes.
 - Since our courses are continually updated, many times you'll receive day-of “hot off the press” slide sets.
 - Some slide presentations will carry across class sessions and as such there may not always be new slides to distribute. We will announce when this is the case.
- We'll email course participants when materials are posted for any module topic



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Webinars

- With the exception of some of the workshops & our Grand Rounds series (interactive sessions), all participants are muted for live webinars (for recording sound quality)
 - In any live session, please type in any questions/comments you have along the way in the webinar control panel
- There's no reason to register for a webinar if you aren't attending live – access to the recordings are provided regardless
- We are the only comprehensive live IFMNT training program! Live participation has much value (and it's fun!) but is not required



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Webinar Recordings

- Webinar recordings will be posted usually within 24 hours after the session
- All course recordings will be available for the duration of the series only, though all handouts, slides, and other resources are downloaded to your permanent files
 - Recorded sessions are viewable on-line only and are not downloadable
- We **HIGHLY** recommend you keep up with your recordings and quizzes to stay on pace and to prevent overwhelm
- If not on a live session and listening to a recording, please ask questions in our student exclusive Facebook page



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Program Materials

- Our program offers many handouts
 - Some have copyright which must be respected
 - Others are given with free license to customize and use as your own
 - Handouts are added to your course portal (module by topic) as they fit into topic progression
 - We HIGHLY suggest you download course content at the completion of each module!
- Many links for additional learning & resources will come via your class forum as well. These will be organized by topic in a separate listing and be dispersed periodically (usually quarterly)

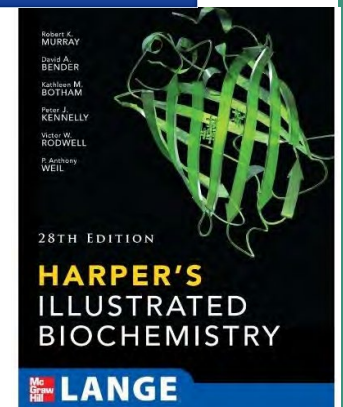
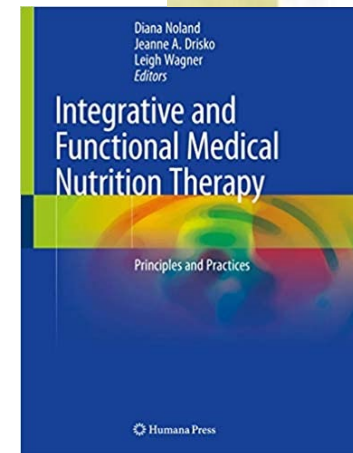
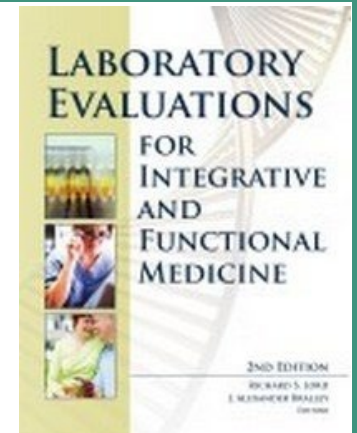


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Additional Resources

While not required, additional resource books and websites are recommended or given for additional learning

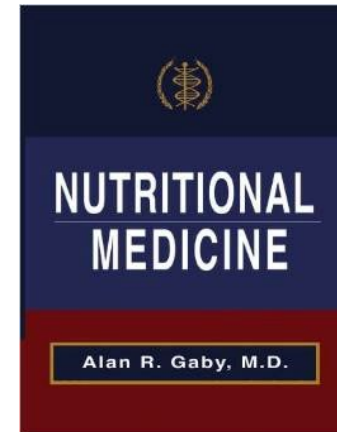
Recommendations will be made throughout training





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One of my Most Used Resources!



***Discount for NLFN students on Dr. Alan Gaby's book excellent reference book,
"Nutritional Medicine"***

Visit <https://doctorgaby.com/> and enter code "Minus 50" to save \$50 off either the hardcover or the
e-book (Susan's favorite!)



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FMNS Credential

(optional Certification)



The Functional Medicine Nutrition Specialist credential is earned after

- Successfully completing this course and...
 - Passing an online final exam and submitting a case study demonstrating your knowledge in IFMNT case application
- CPE earned regardless of COT attainment
- Remember...
 - A minimum of two 6-sessions of Grand Rounds interactive case review series (one included as a bundle bonus)
 - Many take multiple sessions as they are so valuable to boost your confidence in practical application of your learning and best prepare you to write up your final exam case submission



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Spread the Excitement!

- To be sure, there's a global shift in Healthcare happening right now. Integrative and Functional Medicine, rooted strongly in Nutrition is growing *FAST!*
- No one should be left behind. Spread the word - be sure your colleagues know about our training to advance their career – We keep our registration limited, though there is still room in this class! Likewise training modules also open for individual registration.

Together, let's change the face of healthcare, one patient/client at a time!



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GET READY!

