



**Next Level
Functional
Nutrition™**

Susan Allen-Evenson RDN CCN FMN
Contact Email: NLFNtraining@GMAIL.COM

IFMNT COT January 2019 Start Class Calendar as of 7-24-2022

All live classes meet Thursday 7:45 - 9:30 PM EST

Note: Schedule subject to change. Topic Order subject to change

Date	Topic
1/31/2019	Orientation
2/7/2019	Assessment Session 1
2/21/2019	Assessment Session 2
2/28/2019	Assessment Session 3 Practicum Part 1
3/7/2019	Assessment Session 4 Practicum Part 2
3/21/2019	Supplements Session 1 – Assessing Needs 1
3/28/2019	Pre-recorded - Nutrition Physical
4/4/2019	Supplements Session 2 - Assessing Needs 2
4/11/2019	Supplements Session 3- Assessing Needs 3
4/25/2019	Recorded (Gaia Link) – Foundations Of Herbs
5/2/2019	Supplements Session 4 – Supplement practicum/Vitamin D
5/16/2019	Supplements Session 6 – Minerals
5/23/2019	Pre-recorded – Supplements Session 5 Vitamin K-2
6/13/2019	Supplements Session 7 – Antioxidants
6/20/2019	Supplements Session 8 – Immune
7/11/2019	Supplements Session 9 – Immune continued
7/25/2019	Supplements Session 10 -Dosing & B Vitamins
8/8/2019	Supplements Session 11 - B Vitamins Continued
8/22/2019	Supplements Session B Vitamins/ Methylation
9/5/2019	Pre-Recording Functional Blood Chemistry - Intro
9/19/2019	Functional Blood Chemistry - CMP
9/26/2019	Functional Blood Chemistry - CMP continued
10/10/2019	Functional Blood Chemistry - CBC Anemias
10/17/2019	Functional Blood Chemistry - CBC Anemias continued/Thyroid Labs
11/7/2019	Six Core Center of Health- Session 1/ Inflammation
11/14/2019	Six Core - Session 2/Lab Ordering
11/21/2019	Six Core- Session 3
12/5/2019	Lab Optimal Values
12/12/2019	Functional Blood Chemistry Practicum - Session 1
1/2/2020	Functional Blood Chemistry Practicum - Session 2
1/9/2020	Cognition and Brain Health Session 1
1/16/2020	Cognition and Brain Health Session 2
1/23/2020	Culinary Prerecorded
1/30/2020	Case Study Particum write-up
2/6/2020	Lab Practicum Prerecorded A.F and D.W
2/13/2020	IFMNT Business Strategies
2/27/2020	Cardio Metabolic - Session 1
3/5/2020	Cardio Metabolic - Session 2

3/12/2020	Cardio Metabolic - Session 3
4/2/2020	Cardio Metabolic - Session 4
4/16/2020	Cardio Metabolic - Session 5
4/23/2020	Cardio Metabolic - Session 6
4/30/2020	Cardio Metabolic - Session 7 Recording
5/14/2020	Cardio Metabolic - Session 8
5/21/2020	Cardio Metabolic - Session 9
6/4/2020	Cardio Metabolic - Session 10
6/11/2020	Cardio Metabolic - Session 11
6/18/2020	Cardio Metabolic - Sesssion 12 Recording
7/2/2020	Cardio Metabolic - Session 13 (Recording)
7/9/2020	Cardio Metabolic - Session 14
7/16/2020	Cardio Metabolic- Session 15
7/30/2020	GI session 1 - Part 1 Upper GI
8/6/2020	GI Session 2 - Part 1 continued H.Pylori
8/20/2020	GI Session 3 (Recording) Part 7a Gut-Brain Superhighway
8/27/2020	GI session 4 - Part 1b/Part 2 Gallblatter
9/3/2020	GI Session 5 - Part 2 continued/Part 3 Leaky Gut
9/10/2020	GI Session 6 - Part 3 continued/Part 4a Gluten
9/24/2020	GI Session 7 - Part 4b Gluten continued
10/1/2020	GI Session 8 - Part 4b continued/Part 5a SIBO
10/8/2020	GI Session 9 - Part 5a continued
10/15/2020	GI Session 10 - Part 5b SIBO continued
10/22/2020	GI Session 11 - Part 5b continued
11/5/2020	GI Microbiome (Recording) Part 6a
11/12/2020	GI Session 12 - Part 6b Micribiome continued
11/19/2020	GI Session 13 - Part 7b more Gut-Brain
12/3/2020	GI Session 14 - Part 8 Dysbiosis
12/7/2020	GI B.O. (Recording)
12/17/2020	GI Session 15 - Part 8 Dysbiosis continued
12/18/2020	Pre-Recorded GMO
1/7/2021	GI Session 16 - Part 8 Dysbiosis continued
1/14/2021	GI Session 17 - Part 9 GI Testing
1/21/2021	GI Session 18 - Part 9 GI Testing continued
1/28/2021	Unit 1: Detox/ Toxin Awareness - Session 1
2/4/2021	Unit 1: Detox Session 2
2/11/2021	Unit 1: Detox Session 3
2/18/2021	Unit 1: Detox Session 4
2/25/2021	Unit 1: Detox Session 5
3/4/2021	Unit 1: Detox Session 6
3/11/2021	Cancelled
3/18/2021	Unit 1: Detox Session 7
3/25/2021	Unit 1: Detox Session 8
4/8/2021	Unit 1: Detox Session 9
4/15/2021	Unit 2: Detox Physiology - Session 1
4/22/2021	Unit 2: Detox Session 2
4/29/2021	Unit 2: Detox Session 3
5/6/2021	Unit 2: Detox Session 4
5/20/2021	Unit 2: Detox Session 5
5/27/2021	Unit 2: Detox Session 6
6/3/2021	Unit 2: Detox Session 7

6/17/2021	Unit 2: Detox Session 8
6/24/2021	Unit 2: Detox Session 9
7/1/2021	Cancelled
7/15/2021	Unit 2: Detox Session 10 - Quicksilver Presentation
7/22/2021	Unit 2: Detox Session 11
7/29/2021	Unit 2: Detox Session 12
8/5/2021	Unit 2: Detox Session 13
8/19/2021	Unit 2: Detox Session 14
8/26/2021	Unit 2: Detox Session 15
	Starting 9/2/2021 class time expanded to 105 minutes (7:45-9:30 PM ET)
9/2/2021	Unit 3: Detox Testing - Session 1
9/9/2021	Unit 3: Detox Session 2
9/16/2021	Special Focus: Histamine - Session 1
9/23/2021	Special Focus: Histamine Session 2
9/30/2021	Recording given - no class
10/7/2021	No Class
10/14/2021	Special Focus: Histamine Session 3
10/21/2021	Special Focus: Histamine Session 4 (Cancelled)
10/28/2021	Special Focus: Histamine Session 4
11/4/2021	Special Focus: Histamine Session 5
11/11/2021	Special Focus: Histamine Session 6
11/18/2021	Special Focus: Histamine Session 7
12/2/2021	Special Focus: Histamine Session 8
1/6/2022	Special Focus: Histamine Session 9
1/13/2022	Special Focus: Histamine Session 10
1/20/2022	Special Focus: Histamine Session 11
1/27/2022	Unit 4: Detox Intervention - Session 1
2/3/2022	Unit 4: Detox Session 2
2/10/2022	No Class
2/17/2022	Unit 4: Detox Session 3
2/24/2022	Unit 4: Detox Session 4
3/3/2022	Unit 4: Detox Session 5
3/10/2022	Unit 4: Detox Session 6
3/17/2022	Recording given: Mind-Body Connection
3/24/2022	Unit 4: Detox Session 7
3/31/2022	No Class
4/7/2022	Unit 4: Detox Session 8
4/14/2022	Unit 4: Detox Session 9
4/21/2022	Final Exam Prep Session
4/28/2022	Thyroid Session 1
5/5/2022	No Class
5/12/2022	Thyroid Session 2
5/19/2022	Thyroid Session 3
5/26/2022	Thyroid Session 4
6/2/2022	Thyroid Session 5/ Adrenal Session 1
6/9/2022	Adrenal Session 2
6/16/2022	Adrenal Session 3
6/23/2022	Recording
6/30/2022	Adrenal Session 4
7/21/2022	Adrenal Session 5 and Wrap Up