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Integrative and Functional Medical Nutrition Therapy (IFMNT)

Certificate of Training Series: 2025 Cohort

Orientation

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





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Welcome!



Susan Allen-Evenson RDN, LDN, FMNS

- Recognized Functional Nutrition expert, considered a pioneer, with over 30 years in practice, over 14 years as a mentor/consultant/trainer to students, interns & colleagues.
- Lectures world-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. Honored recipient of the DIFM Lifetime Achievement Award!
- Now in her 12th 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...

- More Freedom to practice when and how 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 left and right
- Increased professional respect for your expertise
- Amazing practice and/or career growth (and the income to match)

...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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And Lynsey...



“This course has literally taken my career to the next level. The information is up to date and on the leading edge. A single class would never do you justice as the body is so interconnected. The complete certification is priceless, and I wish I would have done it sooner. Thank you so much. I’ve completed one year of education and am ready for more!”

Lynsey A ~ Dietitian



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And Melissa...

“In the past 2 years, I’ve expanded my business, moved to a larger office, hired several other RDs, have front desk staff, ect.... I’m grateful for all I’ve learned in your classes, Susan – it has inspired me in a new way that my first 20 years as an RD never did – Thank You!

...Melissa Karch RDN, CLT





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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; **(25 COT cohort)**

–Use this email for all course related issues such as payment issues and course content questions.

–Technical/access issues, course coordination, etc. go to Support@nextlevelfunctionalnutrition.com

–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 450 hours of content!
- Most webinars are 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 (different for each module) 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
 - When a training comes up live (in any class), you're invited to access one additional beside your own! (see master calendar – accessed in your dashboard portal box)
 - Likewise, after 2 months into your program, you can ask for access to available pre-recorded content as well.
 - Our modules are very content heavy! Limit your requests to one additional training every 2 months, or a maximum of 2 trainings every 6 month – beside your current live module



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Private Facebook Groups

- Our training group: here's where you...
 - Ask questions about webinars, practice questions, patient case management
 - Complicated assessment will require private mentoring
 - Network with your peers and 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
- Remember to access the NLFN member group where many of our grads are active in conversation!



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Facebook Groups

- This is **NOT** the place for posts related to technical/logistical issues (please email support instead)
- No self promotion please without prior consent. We occasionally have designated self promotion days in our Facebook groups – you’ll know ahead when they are coming up.
 - That said, if you are wanting feedback on a program you are running for example, that is fair game.
- Our training FB group 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

- ***An Exclusive Bonus for COT Bundlers***
90 min sessions – 40 over the next 4 years!
- Zoom sessions will alternate between day and evenings. See the master calendar for dates.
 - Note there are occasional months where no coaching is offered.
- Coaching is for you – be sure to suggest discussion topics before each session!



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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 in practice.
- 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
- **Another Bundle Bonus: FREE** 3-hours of private mentoring with Susan Allen – you'll find a mentor request link in your portal (must use within the first 2 years of training)



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Grand Rounds



Another Bundle Bonus!

- One 6-session series
 - Meets once a month
 - Next series begin this month – meets Fridays 12-2 PM ET
- 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 (request coupon code please)
- 6 session series run continually back-to-back, and many register for additional series to maximize their practical implementation of IFMNT



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More Bundle Bonuses!

- **FREE** 3-month access to the IFMNT introductory tour series
- **FREE** 3 annual progress & goal update reviews with Susan Allen
- **FREE** Resource library
- **FREE** Suite of Done-For-You customizable client handouts
- **FREE** IFMNT 20-hr 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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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
- Your portal will house all components of this course: slides, webinar invites, handouts, quizzes, CPE, etc



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Class Calendar

- Your class calendar link is located in your course portal dashboard box
- Due to the nature of live training, this calendar updates periodically.
- Fast-track training opportunities will be listed in your course portal and announced in the training Facebook groups as they come up
 - It will be your responsibility to request to be added to a fast-track portal



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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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Program Access

- At this point you've had access to the recordings of...
 - The Balance Blueprint (foundations module)
 - Nutrigenomics 101 (Dr Yael Joffe)
 - Any previous stand-alone modules you'd previously purchased
 - **Note:** Additional module access will appear if you've begun this training after the live orientation session. Any training you've missed live WILL come around again. It's recommended you review the Balance Blueprint training right away regardless of when you join.
- **Next Up...**
 - Functional Blood Chemistry Interpretation
 - Thursdays, 8-9:45 PM ET beginning Feb 20th
 - Mondays, 1-2:30 PM ET beginning Feb 24th



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Overview of Content Modules



- The original 12 Modules are expanding!
 - Always updated with the latest research
 - More nutritional biochemistry & genomic application throughout
 - Therapeutic diets woven throughout training
 - Functional Medicine labs addressed throughout
 - Case study application throughout

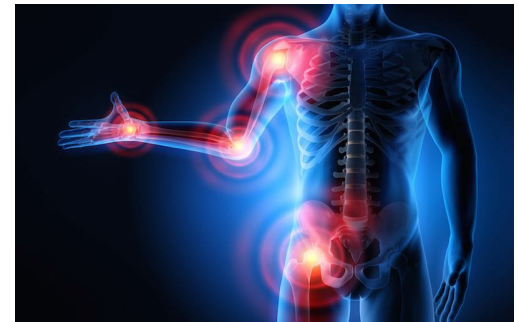


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Topics Covered in This Training

The Balance Blueprint: 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



- Blood Chemistry Interpretation – Optimal Values and Lab Interpretation Practicum
- Cognition/Brain health
- In-depth IFMNT Assessment, Nutrition Physical, Genomics 101
- Detailed Nutrient Coverage – assessment of need, food and supplement recommendations
- Implications of Disordered Methylation
- Detoxification – Biotransformation (including lab)
- Biotoxin Illness (mold toxicity, Lyme and co-infections)



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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 functional lab)
- Neuro-modulation/Mood disorders
- Addictions/Eating disorders
- Business strategies for success (Bundle Bonus)





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Topics Covered in This Training



- Organic Acid Testing (also covers amino acids and EFA testing)
- Gender health/Hormone metabolism (male/female)
- Cancer: Prevention and Support
- ADHD/Autism spectrum disorders
- Immune Health – focus on supplemental support
- Histamine intolerance & MCAS



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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 end of the week prior to 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 practicums & 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 mostly all live IFMNT training program! Live participation has much value (and fun!). We understand schedule conflicts will occur and that's why all sessions are also recorded



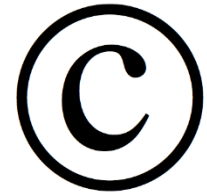
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Webinar Recordings

- Webinar recordings will be posted usually within 24 hours after the session
- All course recordings will be available for the duration of the access 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 you get behind, commit to a schedule to catch up as soon as possible
- If not on a live session and listening to a recording, please ask any questions in our exclusive training 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)

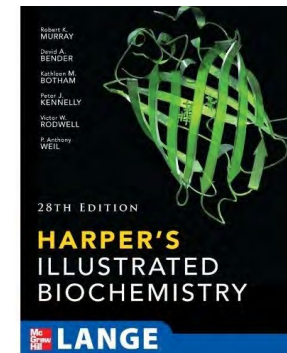
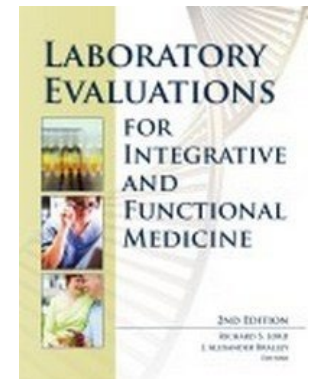
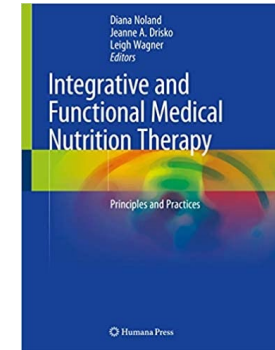


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Additional Resources

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

Further recommendations will be made throughout training as well

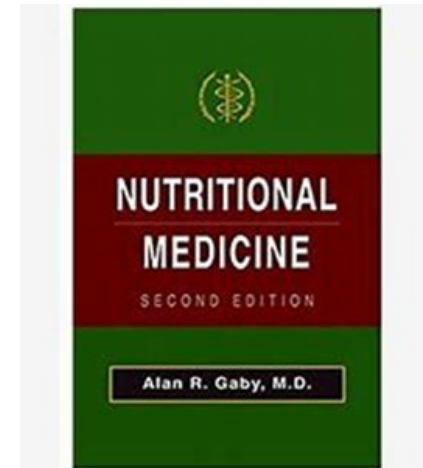




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One of my Most Used Resources!

Order the newly released 3rd
edition with our liberal student
discount!

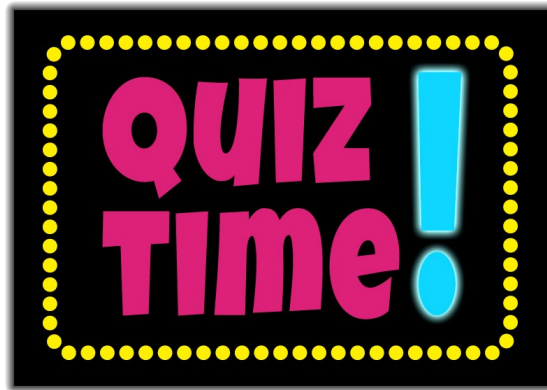


***Discount for NLFN students on Dr. Alan Gaby's book excellent reference book,
"Nutritional Medicine"***

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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- Assess your learning and stay on pace with 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 or soon thereafter. A passing score of 100% is required to receive your certificate of completion.
- You will have as many options as you need to take the quiz to obtain a passing score



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Continuing Professional Education Credit



- RDNs, each time you receive a certificate of completion, it will have information for you to self-report CPE
 - Others, please refer to your credentialing organization
- RDNs can apply any performance indicators they believe apply when they log hours
- 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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FMNS Credential

(Optional Certification)



The Functional Medicine Nutrition Specialist credential is earned after

- Successfully completing this course and...
 - Passing all quizzes (100%) and submitting a comprehensive case study demonstrating your knowledge in IFMNT case application
- CPE may be reported regardless of credential attainment
- Remember...
 - A minimum of **two** 6-sessions Grand Rounds interactive case review series (one is included as a bundle bonus)
 - Many actually 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. 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 cohort! Likewise, training modules are also open for individual registration.

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



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Remember your
program contact email:
NLFNtraining@gmail.com



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GET READY!

