

Course Overview - Part One

Hey, everyone. Welcome to the ADAPT Framework Level One Course Overview. In this section, I'm going to give you a 30,000-foot view of the course. We'll talk about what to expect in terms of content, timing, and support. For a more detailed, week-by-week outline of the content, you can consult the detailed course outline PDF as well as the syllabus, and the syllabus lists the additional resources that we're going to provide for each week. This is supplemental learning material above and beyond the core curriculum for each week.

Let's start with the learning objectives for the course. I'm going to teach you the clinical and business skills you need to have a successful functional medicine practice, and that's really the overarching goal of this training. I'm not trying to teach you everything you possibly need to know about functional medicine. This isn't a survey course, and the purpose isn't to fill your head with information only. You can think of this more like a virtual apprenticeship, so it's not only about providing you with knowledge, but also with the ability to practically apply that knowledge in a proven successful model. And I've carefully designed the course to deliver exactly what I think you need to have a successful functional medicine practice—no more and no less.

I'm going to help you achieve dramatic results and transform the health and lives of your patients because that's really what it's all about at the end of the day—changing lives and making an impact. This is why I got into this work, and I imagine it's why you do this work and what gets you up in the morning.

Not too long ago, when I was delivering a presentation at Paleo f(x), a woman from Brazil walked up to me. She was limping slightly but otherwise looked very healthy and vibrant, and she was in tears when she approached me and said that she had gone from being pretty much immobilized and in a wheelchair with multiple sclerosis to being able to walk and function really well in her life in the space of just two or two-and-a-half years from reading my book and changing her diet and implementing a lot of the suggestions I made there as well as my blog and my podcast. It's so deeply moving and nourishing and gratifying for me to get that kind of feedback, and it makes all of the hard work and blood, sweat, and tears worthwhile. This really is the potential for this work. When you combine an ancestral, evolutionary diet with functional medicine, you really do have the power to transform people's lives in a dramatic way, and there's for me at least, and I imagine for you, nothing more satisfying than that.

I also want to help you to attract new patients and retain the ones that you have. As I mentioned in the Introduction, there's a huge demand for clinicians that have both a functional and an evolutionary/ancestral perspective. I get requests for referrals every day. And I'm mobbed by people at conferences asking for referrals because I've been unable to accept new patients for the better part of the last few years. And even the clinician that I recently hired and trained, Dr. Nett, is now full and no longer accepting new patients. The demand is there, but the supply is not. My experience, and the experience of other colleagues who practice both of these approaches, is that

no matter how fast we try to grow, we simply can't keep up with the demand. And that's why I have dedicated myself to training as many practitioners as possible in both of these modalities.

I'd like to support you in building authority as an expert in functional medicine and ancestral nutrition. As you know, the Paleo/ancestral approach is exploding in popularity. Functional medicine is on the rise. I'm sure you've heard that the Cleveland Clinic recently opened a **Center for Functional Medicine**, headed up by Dr. Mark Hyman, and they already have a near 6-month waitlist that's just growing and growing every day. And I really do believe that this does represent the future of medicine. It's the only way we can meet the challenge of chronic disease, and chronic disease is the biggest health problem that we face as a nation. It's what is killing us by the millions every year, diseases like diabetes and cardiovascular disease and now autoimmune disease, which one in four women and one in six men are expected to develop in their lifetime. So we desperately need effective solutions for chronic disease and I think we can all agree that while the conventional paradigm excels at acute and trauma care, it has failed miserably at dealing with chronic disease. So, this ADAPT framework training will position you as an expert in both ancestral and evolutionary medicine and put you on the cutting edge of the future of medicine.

I'd like to help you stay inspired and engaged in your work and avoid burnout. What causes burnout? Well, it's a combination typically of poor results; cookie-cutter, superficial treatment protocols that don't require a lot of thought or challenge; unhappy patients; inefficient systems, which, of course, lead to unhappy patients and clinicians; financial stress of not being able to make ends meet; and not continuing to learn and grow as a practitioner. This ADAPT Framework training will address every single one of those potential causes of burnout.

I'd like to help you to learn a great living while contributing to a happier, healthier, and wealthier world. None of these are enough on their own. Unfortunately there's a common meme in our culture that we either have to do what we love and be poor or we can make a lot of money doing something that's not satisfying or even unethical or problematic from a moral perspective. But the truth is that that's an artificial distinction, and there are, of course, many examples of people doing what they love and making a great living while doing it. That's what I want to teach you how to do in this training, and when you put those things together, it's really a recipe for happiness and fulfillment and a life that you truly love living.

OK, so now I'm going to give you an overview of what we're going to cover in terms of content and practice in this training. We'll start with how to combine functional medicine with evolutionary perspective to achieve dramatic results. There's no question that ancestral nutrition and lifestyle is the most important starting place, and I'm sure many of you have witnessed this in your own life or in your work with patients already, that you can see some pretty profound changes and reversal of chronic disease just by making these kinds of dietary and lifestyle changes.

But I'm sure you've also seen that for many patients, particularly those with more complex and chronic illness, it's not enough. They will improve significantly by making the diet and lifestyle changes, but they will need additional steps to fully recover, and that's, of course, where functional medicine comes in. The problem is that although there are other trainings that cover functional medicine and some trainings that cover ancestral nutrition and lifestyle, there's no single training

until now, with the ADAPT Framework that covers both of them, and when you put them together, they're really the most powerful healing combination available.