

Learning Objectives

I: Introduction and Core Concepts

PURPOSE

- To learn the basic concepts and framework that inform an effective approach to functional and evolutionary medicine

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- The key differences between functional and conventional medicine
- Why an evolutionary/ancestral perspective on health and disease is important in patient care
- How recent discoveries in genetics, epigenetics, and the exposome inform patient care and public health

CLINICIANS WILL BE ABLE TO:

- Approach patient care from a functional and evolutionary perspective
- Effectively communicate the benefits of functional and evolutionary medicine to patients, colleagues, and the general public
- Layer and structure a treatment using the functional medicine systems model

II: Diet and Lifestyle

PURPOSE

- To gain the knowledge and skills necessary to designing effective dietary and lifestyle protocols for your patients

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- The key principles of a nutrient-dense, Paleo-type diet
- Which nutrients may require supplementation and how to obtain those supplements
- The importance of personalizing diet and lifestyle recommendations for each patient

- The most essential interventions for stress management, sleep, physical activity, and minimizing toxic exposure

CLINICIANS WILL BE ABLE TO:

- Customize dietary and lifestyle recommendations based on each patient's health status, needs, and goals
- Create maintenance supplementation protocols for patients, based on their particular needs
- Provide patients with hardware and software tools to maximize compliance and success.

III: GI Disorders

PURPOSE

- To gain the knowledge and skills required to effectively diagnose and treat gastrointestinal disorders and improve gut health

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- The crucial difference between a GI disease/syndrome/symptom and pathology
- The diet and lifestyle risk factors that lead to GI pathology
- The fundamental pathologies that underlie all GI disorders and gut imbalances

CLINICIANS WILL BE ABLE TO:

- Use functional stool, urine, breath, and blood laboratory tests to identify GI pathologies
- Design dietary and lifestyle protocols for particular GI pathologies
- Use antimicrobials, HCL and enzymes, probiotics, prebiotics, medications, and other interventions to address GI pathologies and restore optimal gut function

IV: HPA Axis Dysregulation (HPA-D)

PURPOSE

- To gain the knowledge and skills required to effectively diagnose and treat HPA axis dysregulation (aka "Adrenal Fatigue Syndrome")

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- How the HPA axis contributes to health and disease
- How to discuss HPA-D with patients and other clinicians
- The etiology and pathology of HPA-D and how it contributes to other pathologies and disease states

CLINICIANS WILL BE ABLE TO:

- Use functional laboratory testing to diagnose HPA-D
- Design dietary and lifestyle protocols for patients with HPA-D
- Use supplements, herbs, and hormones to safely and effectively address HPA-D

V: Functional Blood Chemistry

PURPOSE

- To gain the knowledge and skills required to use functional blood chemistry effectively in clinical practice

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- Why conventional lab ranges are problematic and how to interpret blood chemistry from a functional perspective
- Why functional blood chemistry should always be included in an initial patient workup
- Which blood chemistry markers are the most important to start with

CLINICIANS WILL BE ABLE TO:

- Successfully interpret blood chemistry panels from a functional perspective
- Use the information gathered from functional blood chemistries to determine next steps and guide the diagnostic and treatment process

VI: Practice Management

PURPOSE

- To gain the knowledge, skills, and tools required to start and manage a successful 21st-century functional medicine practice

DESIRED RESULTS

CLINICIANS WILL UNDERSTAND:

- How to structure the patient encounter and flow through the practice from beginning to end
- How to design policies and procedures that support patients while respecting the boundaries and time of clinicians
- Which tools (EHR, back-end systems, etc.) are recommended for a successful functional medicine practice

CLINICIANS WILL BE ABLE TO:

- Structure their practice for maximum patient satisfaction and minimum clinician burnout
- Leverage the latest technologies to create a lean, efficient, and profitable practice
- Project confidence and expertise to your patients and local community