

# Functional Nutritionist Academy



Holistic Nutrition of The Future

## Functional Nutrition Certification Training Course *"Mastering Functional Nutrition"* Fast-track Your Career Course Catalogue

Functional Nutritionist Academy Presents **"Mastering Functional Nutrition"** the only 100% online nutrition courses that give you the skills, functional medicine tools, and clinical education condensed, yet easy to follow, taken from Functional Medicine Nutritionist Dr. Teresa Rispoli during her 30 years in clinical practice.

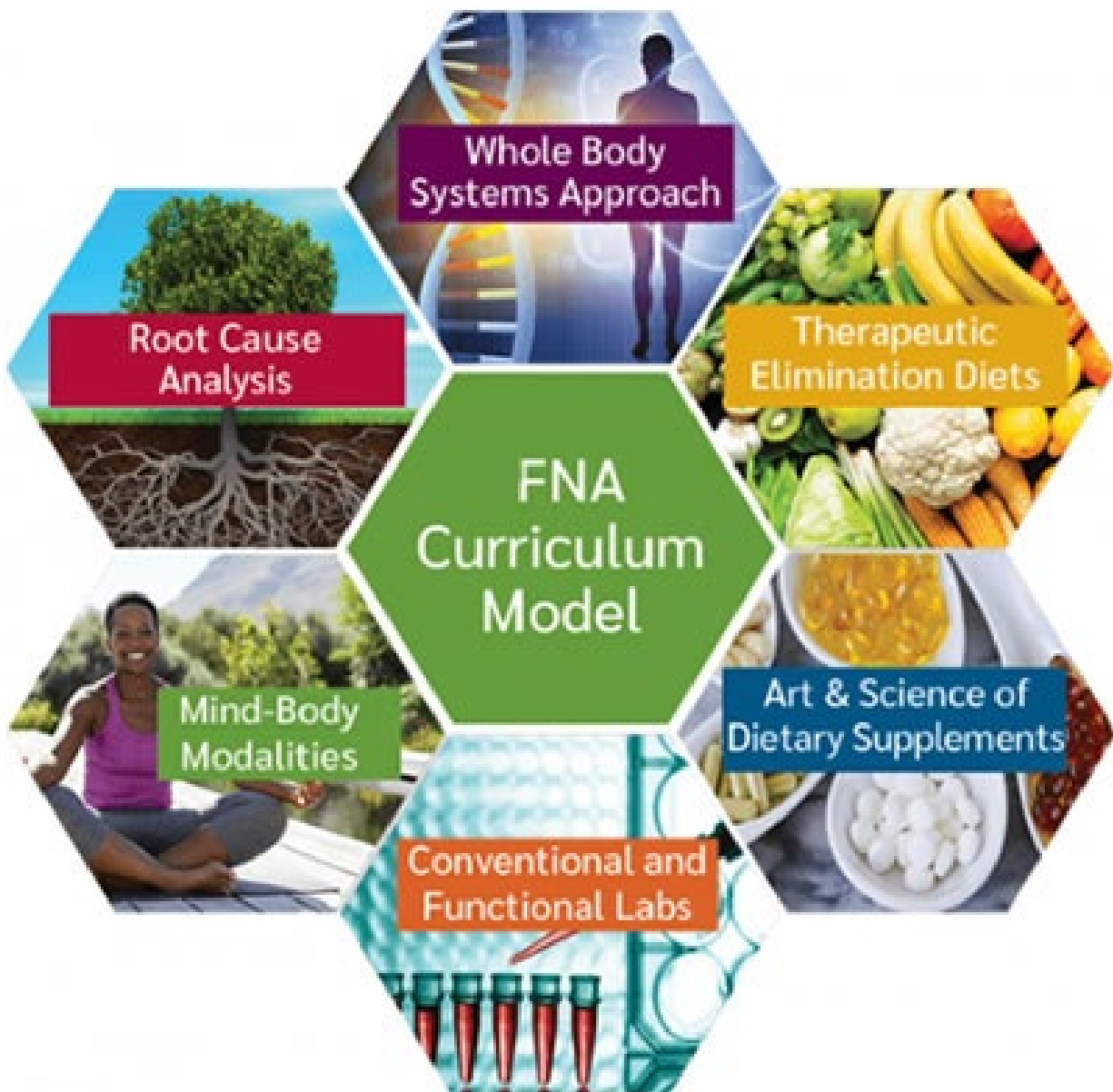
Through a personalized medicine approach and holistic nutrition training, she will teach you how to resolve the underlying cause of chronic health conditions like autoimmune, allergies, food intolerances, SIBO, hormone imbalances, Leaky Gut, Brain Health, Nutrigenomics, and learn how to use and interpret Functional Laboratory tests to gain insight, with the help of her assessment tools and questionnaires to get to the root of your client's health challenges quickly.

You will be taught how do to a detailed intake questionnaire, client timeline and gain client information in order to determine the root cause of your client's health status.

### **This course is unlike any other nutrition training.**

Led by Functional Nutritionist Dr. Teresa Rispoli, this Functional Nutritionist Training course helps practitioners develop the most important skills in healthcare that produce healthy outcomes. And because it is an online digital self-paced course you can learn in your own time, and save thousands of hours spent in other classrooms, courses, and webinars because Dr. Rispoli, condenses this cutting edge and valuable

health transforming information she has gained in over 30 years of clinical practice into an easy-to-understand format that anyone can begin using immediately.



# CURRICULUM

## Four Modules for Certification

### Mastering Functional Nutrition Includes:

15 Lessons with 1-hour videos plus 28 Coaching Lessons with case studies & pattern recognition

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#### MODULE 1 (15 VIDEO LESSONS)

##### LESSON 1 (Video)

#### Heal Your GUT The Gateway to Solving Chronic Health Issues

- Understanding how the microbiome is the gateway of many chronic health conditions like SIBO, Leaky Gut, Allergies, food intolerance, autoimmune triggers, and diseases.
- You will learn how to heal and seal Leaky Gut Syndrome, reverse autoimmune diseases.

**Bonus 1:** Proper Detoxification implementation and supplementation and importance in health building and reducing chronic symptoms.

**Bonus 2:** Understanding Leaky Gut's role in treating chronic illness, and How to Heal Leaky Gut Syndrome.

**Bonus 3:** Autoimmune triggers and reversing autoimmune disease.

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##### LESSON 2 (Video)

#### Targeted Evaluation Questions, Assessments, Laboratory Tests & Interpretation Relating to the Gut

- Key questions to ask after the Symptom Questionnaire which help you get to the core of why people are ill.
- You'll get tools to help you uncover the triggers leading to root causes of chronic health issues.
- You'll get brandable forms: Assessments, Questionnaires, Functional Matrix, done-for-you protocols for the trickiest symptoms and conditions.

**Bonus 1:** Hepatic Detoxification Pathways & Nutrients needed for Detoxification.

**Bonus 2:** Organs of detoxification, their role in eliminating chronic health problems.

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## LESSON 3 (Video)

### Food as Medicine – Application of Therapeutic Diets

- FODMAPS, Elimination Diets, Candida, GAPS, Leaky Gut, SIBO, SCD, Anti-Inflammatory, Autoimmune Paleo, Mind Diet.
- Learn how to make fermented vegetables and healing bone broth.

**Bonus 1: Four-step Plan to Heal and Seal Leaky Gut Syndrome** – Six healing foods & supplements to heal the gut wall.

**Bonus 2: Autoimmune Paleo Diet** – anti-inflammatory diet principals

**Bonus 3: The Mind Diet** – reversing Alzheimer’s and neuroinflammation that contributes to ADD, ADHD, Autism spectrum Disorders, anxiety, and depression.

**Bonus 4: How to Make Fermented Vegetables** – to aid in re-building your gut microbiome naturally.

**Bonus 5: How to make healing bone broth**– the key to healing and sealing a leaky gut.

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## LESSON 4 (Video)

### Learn About Your Gut Bug Fingerprint, & Microbiome Gut Type based on Ancient Oriental 5 Element

- Learn About Your bi-directional gut-brain connection.
- Nutrigenomics - Genotype Phenotype and Quorum Sensing

**Bonus 1: Six Hidden Weight Gain Factors** – find out which ones are sabotaging your weight loss efforts.

**Bonus 2: How to Destroy Biofilms** – these organisms create an impermeable barrier around multiple pathogens making them virtually impossible to destroy.

**Bonus 3: Firmicutes vs Bacteroides** – how these bacteria influence metabolism and fat storage.

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## LESSON 5 (Video)

### Adrenal Fatigue Syndrome Solutions

- Adrenals affect multiple body systems.
- Four Stages of Adrenal Fatigue & Symptoms associated with each stage.
- Which hormones are controlled by the adrenals.
- Four Key Adrenal Stress Factors
- Functional testing for adrenal fatigue
- Thyroid vs Adrenals – what do your symptoms mean.
- The four Faces of Adrenal Fatigue
- How the adrenals are connected to almost every organ and system in your body and how they can change your body's entire biochemistry in an instant

**Bonus 1: The Four faces of adrenal fatigue syndrome**

**Bonus 2: Core adrenal support nutrients to heal exhausted adrenals.**

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## LESSON 6 (Video)

### Nutritional Impact of Adrenal Fatigue Syndrome

- Essential Nutrients required to heal each Stage of Adrenal Fatigue
- Analyzing the Metabolic Assessment Form for hyper and hypo adrenal fatigue symptoms
- Key Functional Laboratory Testing for Adrenal Fatigue Stages, Neurotransmitter Balance, and other lab tests for fatigue
- Treatment Protocol & Handout for each Stage of Adrenal Fatigue Including primary vitamins, minerals, herbs, diet, lifestyle, and exercise.

- Adrenal Fatigue Questionnaire – you may brand and utilize in your practice that helps determine what stage you are in
- Key Concepts for recovering from Adrenal fatigue.
- Adrenal Fatigue recovery Tips

**Bonus 1: Top 7 Adaptogenic Herbs to lower Cortisol production**

**Bonus 2: Adrenal Fatigue Questionnaire**

**Bonus 3: Genetic polymorphisms and their effects on the adrenals and genetic expression of a disease**

**Bonus 4: The Four Body Types of Adrenal Fatigue Syndrome**

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## LESSON 7 (Video)

### Balancing Thyroid & Endocrine Hormones with Natural Solutions

- Healing Hashimoto's Thyroiditis with nutrition by addressing nutritional deficiencies and eliminating triggers that cause inflammation.
- Understanding Thyroid Markers on Lab Tests
- Learn the 7 Hypothyroid Patterns and how to resolve them nutritionally.
- Learn Brain Chemistry and Thyroid Function
- Learn neuroendocrine brain support supplements.
- What foods to avoid and what foods nurture your thyroid back to health
- Done-for-you protocols to balance Thyroid hormones naturally.
- Functional Diagnostic Specialty Lab Tests, case studies and interpretation
- Strategies to get well so you can take charge of your own health.
- You will realize why healing the gut, liver and adrenals are a huge part of the recovery process with hormone imbalances. That's why I like to start with the gut, liver, and adrenals first if indicated.

In this lesson you are going to learn how to identify the root causes of thyroid disorders and how to tailor the most effective support of each individual patient

**Bonus 1: Know the Leaky Gut, Adrenal, Thyroid Connection**

**Bonus 2: How Hormone Pills, Creams, and Lotions Rob Your Thyroid Health**

**Bonus 3: Body Typing**

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## LESSON 8 (Video)

### Functional Lab Tests – Interpretation – Body Typing

You will learn history taking done right by understanding how to use the **Functional Medicine Matrix** and a **Timeline** during the initial evaluation, which will help direct you as to which diagnostic Lab test is best utilized for further evaluation. You will have at your disposal a “**Functional Nutrition Toolbox of Specialty Lab Tests**” to help you determine the root cause of your patient’s chronic illness.

- Proper history taking utilizing the Functional Medicine Matrix and Timeline
- Done-for-you treatment protocols and dietary supplement plans for difficult cases: Autoimmune, SIBO, Candida, Dysbiosis/ Gut disorders, Allergies, Weight issues.
- Learn about Functional Diagnostic Specialty Lab Tests, case studies and interpretation.
- You will learn about the 4 Body Types for diagnostic purposes.
- Learn what foods to utilize and which ones to avoid by Body Type.
- Which supplements are supportive for each Body Type.
- Which exercises are best for each Body Type.
- You will be provided with strategies to get well so you can take charge of your own health.
- You will be given the opportunity to order these Lab Tests through Dr. Rispoli and she will help you interpret them and help you form a treatment strategy. I
- Learn which lab tests to order and how to interpret your own labs.

Note: only in the US

**Bonus 1: Understanding how to use the Functional Matrix and Timeline as a key to getting to the root of illness.**

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## LESSON 9 (Video)

### Online Marketing Get Clients with Social Media, and Automated Email Campaigns

- Learn the newest, cutting-edge strategies to save time and money.
- Build your brand and online presence for more impact and recognition.
- Up level your revenue and keep more of what you earn.
- Leverage Facebook Ads, FB Posts, FB Groups & Automation Pipelines
- Streamline how patients/clients discover you.

**Bonus 1: Discover insights on the newest technology and practice-building tools.**

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## LESSON 10 (Video)

### How To Apply Your Nutritional Education with Confidence and Skill. This Lesson is all getting your community to know, like & trust you so they will stay, pay and refer you:

- Be the go-to Nutritionist in your area & last stop for people with chronic illness.
- Be an influencer in your community & learn how to leverage these relationships.
- Learn strategies to attract your perfect clients.
- Learn how to establish yourself as the go-to trusted expert.
- Learn how to build relationships in your community and the world.

**Bonus 1: Learn why investing in these strategies will bring you success. Learn how these strategies are the key to doubling, tripling or even 10X your business over the next year!**

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## LESSON 11 (Video)

### Advanced Brain Master Class -Healing the Brain with Natural Solutions

- Learn Natural Solutions to Reverse Alzheimer's & Neurodegeneration - A step-

by-step approach.

- Learn The Top Drivers of a Sick Brain: Alzheimer's, Dementia, Anxiety, Depression, ADHD, etc.
- Learn Top Functional Lab Tests & Questionnaire's to help determine the root cause.
- Case Studies with improvements

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**Bonus 1: Applying Natural solutions for a healthy brain & body.**

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**LESSON 12 (Video)**

**Genes & Epigenetics How to Prevent Expression of Inherited Diseases**

- Learn(epigenetics) how to influence your Gene expression.
- Learn Nutritional Genomics & how to turn your genes towards good health.
- Learn about mutated genes like MTHFR & how they affect your health.
- Learn about AI powered DNA Genetic Testing and with this knowledge influence the odds, or risks of developing a specific health problem.
- Know that the etiology (cause) of many diseases is multi-factorial; that is, disease can occur as a result of various factors, including both inherited and acquired genetic variants, diet, lifestyle choices and age.

**Bonus 1: How to apply this knowledge and guide you in the process of developing a more evidence-based approach to prevention of chronic illness!**

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**LESSON 13 (Video)**

**Heal Autoimmune Disease with Natural Solutions - Know What Triggers It**

There are over 100 different autoimmune diseases affecting many organs including type 1 diabetes, celiac disease, and psoriasis. These occur when the immune system mistakenly attacks parts of the human body. Unfortunately, 23.5 million Americans are currently affected.

- Learn the root causes of autoimmune disorders.
- Learn strategies Functional Nutritionists use to battle autoimmune diseases.
- Learn about the Autoimmune Matrix and prevention of Autoimmune Disease
- Learn what top nutrients support the immune system.
- Learn about Leaky Gut's role in autoimmune disorders.
- Learn about the anti-inflammatory autoimmune diet.

**Bonus 1: Learn the top triggers leading to autoimmune diseases and natural solutions to prevent and heal autoimmunity.**

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## **LESSON 14 (Video)**

### **Advanced Therapeutic Diets - When Lab Tests Don't Help**

What if you are eating healthy but still having reactions to certain foods? You've tried elimination diets, exhausted lab tests for food allergies and sensitivities but still have weird symptoms, then this lesson will help shine a light on what is going on inside your body.

We are talking about the difficult cases here. Pulmonary disease, bone & joint disease, Metabolic Disorders, cardiovascular disease, Autoimmune Disease, Cancer, and Neurological Diseases that affect our brain, cause Alzheimer's, Autism, ADHD. The problem is there are food compounds and chemicals in certain food groups that also cause inflammation.

- Learn about Histamine Intolerance and how a Low Histamine Diet can relieve hives, migraine headaches and more.
  - Learn about A Low Phenol diet and how food additives & artificial colors cause weird symptoms.
  - Learn how a low Salicylate diet can reverse hyperactivity, aggression and more.
  - Learn how a Low Oxalate diet can remove sharp stabbing pain and more.
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## LESSON 15 (Video)

### Advanced Functional Lab Testing- How to Choose & Why

Imagine what some people go through when they don't know what the problem is, especially with gut issues. That is why I felt it necessary to provide you with some of the more advanced and cutting edge "NEW" Functional Laboratory Tests and cutting-edge devices. I'll be discussing a number of different gut tests and why you might choose one over the other.

- Learn about a portable device, you can use multiple times, that you can use on the go or anywhere for that matter, after every meal to determine if a particular food is disrupting your body. It can be used for SIBO, IBS, food allergies, sensitivities, or food intolerances.
- Learn about Viome a DNA test: to discover precise food and supplements you need to restore your microbiome health, address root causes, not symptoms, where your body needs nutritional support based on an analysis of your gut microbiome, oral microbiome, and cell, recommendations and custom-formulated supplements are tailored to your test results, You get nutrition recommendations to optimize your digestion, strengthen gut lining, boost richness & microbiome diversity.
- Learn the differences in 4 Top Gut Stool tests and why to choose one over the other: GI 360, GI Maps, GI Effects, Gut Zoomer
- Learn about Great Plains OAT test and MycoTox for (mold Exposure), Glyphosate
- Learn two top Brain tests: Neural Zoomer and Alzheimer's 50 for prevention.
- Learn about Genova's NutriEval for Oxidative stress, Mitochondrial dysfunction, Toxic Exposure, Methylation, Deficient Nutrients, Minerals, EFA's, GI Support & Amino Acids

**Learn about tests that can be done at home with a blood spot (finger prick) and urine.**

## **Module 2 Functional Medicine Health Coach - (12 Lessons)**

### **MODULE 2.0 LESSONS 1 - 4: HEALTH COACH ORIENTATION**

**Lesson 0.1 Welcome to Your Certification Journey**

**Lesson 0.2 How This Program Works**

**Lesson 0.3 Setting Up For Success**

**Lesson 0.4 Your Learning Roadmap**

### **MODULE 2.1 LESSON 1.1-1.8 FM FOUNDATIONS**

**Lesson 1.1 Functional Medicine Introduction**

**Lesson 1.2 What is Functional Medicine & Why It Matters**

**Lesson 1.3 Systems Biology**

**Lesson 1.4 The Functional Medicine Timeline**

**Lesson 1.5 The Functional Medicine Matrix**

**Lesson 1.6 The Power of The Patient Story**

**Lesson 1.7 Conventional vs Functional**

**Lesson 1.8 Case Studies**

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## **MODULE 2: INTRODUCTION TO FM HEALTH COACHING**

**Lesson 2.1 Introduction to Coaching**

**Lesson 2.3 Active Listening and Presence**

**Lesson 2.4 The Art of Powerful Questions**

**Lesson 2.5 Motivational Interviews and ORAS**

**Lesson 2.6 Stages of Behavioral Change**

**Lesson 2.7 Goal Setting and Action Planning**

**Lesson 2.8 Case Studies: Coaching in Action**

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## **MODULE 3: CLINICAL INTAKE & ASSESSMENTS**

**Lesson 3.1 Clinical Assessment Introduction**

**Lesson 3.2: Comprehensive Health History**

**Lesson 3.3: Building The Functional Medicine Timeline**

**Lesson 3.4: Symptom Clustering and Pattern Recognition**

**Lesson 3.5: Red Flag Warnings and When to Refer**

**Lesson 3.6: Structuring Your First Session**

**Lesson 3.7: Documentation and Follow-Up Systems**

**Lesson 3.8: Case Studies in Intake Mastery**

## **Why You Need Our Functional Nutritionist Training**

### ***"Mastering Functional Nutrition"***

**Have you ever felt that you don't know enough to help someone with ...**

... Or you feel frustrated or anxious when you're face-to-face with a client who has been suffering from chronic health issues you feel you don't know enough about.

... Or you feel anxious when they tell you they have been to multiple doctors, and no one has been able to help them. Wouldn't you want to learn how to actually help these people and become the last stop in their quest for help?

... Or you find yourself perplexed because while helping your client they stop making progress.

**Then FNA's Mastering Functional Nutrition Training Course is the right program for you!**

This Functional Nutrition Course is cutting edge, condensed, health transforming information that really homes in on key core concepts that you will be able to put to use right away. Did I mention this is Holistic Nutrition Training?

There are a lot of health programs out there, health coaching, nutrition courses, and information on the web to keep you busy for decades. But is that how you want to spend your time? Why not benefit from Dr. Rispoli's 30 years of clinical practice

and schooling? She has already put the time in for you! She has a vast wealth of knowledge and personal experience facing her own health challenges of autoimmune, endocrine, adrenal and major gut issues that no medical doctor was able to help her with.

She has spent thousands of hours in school, research, and reading for most of her life and has discovered that Functional Nutrition has the answers when combined by a proper intake and health timeline, and by utilizing Functional Specialty Laboratory Testing (where mainstream medicine misses the boat). She has put together her clinical pearls and done-for-you protocols to help you get results.

You need practical skills that help you uncover the root cause of the illness, what is really going on with your client. Not just the diagnosis or symptoms, but the underlying root cause of their ill health.

**Most importantly, you need to be able to find individualized solutions for your clients. Ones that are based on what their body is telling you.**

**This is what sets you apart from other healthcare providers. Your clients will rave about you and refer you to their family and friends. But most importantly, you become their last stop, because you stop their suffering!**

## **Here is a 7 Step Breakdown:**

- 1. The Functional Medicine Model** – This Lesson is a must as it breaks down step by step where to start and what to focus on as you begin your practice.
- 2. The New Patient Experience** – The fundamentals of patient communication including automation systems, what to say and what not to say during the first visit, and what you should be doing so that every patient walking away from day one is blown away and ready to start care.
- 3. Patient Acquisition and Marketing** –I will cover how to use online and offline marketing systems to help grow your practice fast. This Lesson will give you the right tools but will also teach you what not to do in your marketing efforts.
- 4. Office Systems and Staff Training** – Ever wonder how to find good

employees. This Lesson breaks down how to find the right people for your office, essential office systems to save on time, overhead, and improve the patient experience. On-line booking, digital SOAP notes for patient records.

**5. Patient Compliance & Follow Up** – This Lesson breaks down how you should structure patient follow up appointments, how to do group appointments and get paid, generating new patient referrals, and much more.

**6. Online Monetizing** – From creating a functional website that works overtime for your office to creating affiliate relationships to build passive revenue, this lesson simplifies the complexities of online marketing and product sales.

**7. Setting up successful email communications** – What’s an autoresponder? You will know what they are, how to use them, and how to maximize communication, sales, and customer satisfaction by leveraging technology and social media for services, specialty labs or new products your office staff will implement and track for you.

## **Envision your practice 12 months from now after having guidance and direction.**

### **Can you imagine how successful you will be if you:**

- ✓ Act on the information provided.
- ✓ Don’t reinvent the wheel.
- ✓ Don’t make the same mistakes I and so many others have made by trying to figure it all out on your own. Most doctors spend dollars to chase pennies.
- ✓ Don’t be like most doctors! If you’re an action taker, you can increase your healthcare practice to the multi six-figure level and beyond over the next 12 months if you just follow the step-by-step action plan Dr. Rispoli will provide for you if you enroll.

Remember this, none of these things will happen for you simply by enrolling in our program, you must commit to acting and applying the strategies and systems that

we give you in order to secure your success.

... Are you behind the curve with new marketing techniques?

... Do you need to learn clever social media tools fast?

... Do you want to access the best tools for building a nutrition business?

**Then you need this course!**

**[ENROLL TODAY](#)**

**If you have questions call our Admissions Office**

**(805) 876-6756**