



**Next Level
Functional
Nutrition™**

Professional Training in IFMNT

Welcome IFMNT Foundations course participants! Susan Allen-Evenson here. I'm so excited to have you on board and can't wait to get started! Integrative and Functional Medical Nutrition Therapy (IFMNT) is the hot area of specialty that will keep you on the leading edge! Your contact email for any questions or issues you may have throughout the training is **ifmntd@gmail.com**. Please, whenever you write us, be sure to put your course name (Spring 19 Foundations or S19 Foundations) in the subject line. We have several courses going at once and this will help my staff immensely! The following is pertinent information that will prepare you for the course:

Session Dates and Times:

We meet 8 Wednesdays between June 5th and July 31st - Note: there is no class July 3rd. Our class webinar time slot is 2:30 – 4:30 pm. These times are **Eastern Time Zone – (please adjust for your location)**. Since this is a live and interactive class, an additional session may be added to cover any overflow of content. Please keep your calendar open for Aug 7th, just in case. Remember, if you cannot participate in a live session, all sessions are recorded. Questions are taken during the live sessions. Those listening to recordings may post and get questions answered in our group's private email forum. Please note: Patient specific questions should be reserved for private mentoring sessions.

Continuing Education Credit (CE)

This series is pre-approved for RDNs for 16 hours of continuing education credit through the Commission on Dietetics Registration – Suggested Learning Needs Codes: 3000, 5000, and 5420 – Many who participate in our training prefer to update their learning plan to include these codes, although you may use whatever codes you feel appropriate to match your learning plan. The same is true for Performance Indicators. CPE certificates will list, but they are suggestions – the final choice will be yours. The CPE is provided as it is delivered by topic throughout our course. In many cases, non-RD nutritionists/or other professionals may be able to apply learning credit as well – check with your local licensing board or national credentialing association.

Webinars:

Each week, at least a day ahead, a webinar registration invite will be posted in your course portal. You will be required to register for each webinar separately. Especially for the first webinar, please register and come on a little early, so you have time to troubleshoot any potential issues (i.e. downloads/updates) before the webinar begins. Currently we use the popular system, Citrix/Go To Webinar as our webinar host. **Please visit the link provided to ensure you have the appropriate system requirements -**

http://support.citrixonline.com/webinar/all_files/G2W010003. If not, you may need to upgrade your system or use an alternate computer for live webinar access.

Also, for webinar viewing, we recommend a headset for better listening quality, however, this is not necessary. Participants are kept on "mute" during presentations to maintain recording

quality, however, you are encouraged to ask questions/make comments any time during the presentation - questions are answered as they are asked. Webinar participants will be directed to type questions in the control panel that appears on screen during the webinar. We purposefully keep our classes smaller to ensure all questions are answered in any given presentation.

There are three connection options for live webinars: 1) you can come in online to listen; 2) if you do not have speakers - come in online and call in which allows you to see the presentation on screen, while you listen on your phone; or lastly, 3) call in exclusively for listening, which is a helpful traveling option (though you won't be able to type/ask questions during the presentation). We cannot be responsible for connection issues because of your computer or other connection device, or your Internet connection. Likewise, it doesn't happen often but should an internet issue on our end interfere enough to cancel a live webinar, it will either be rescheduled or recorded separately after the fact and released as a recording instead.

Webinar Recording Links

Webinar Recording links will be posted as soon as possible after the live webinar presentation; usually within 1-2 days. Recordings are **ONLY** available for the duration of the program plus 6 additional weeks after the last scheduled live webinar. To prevent you from being rushed at the end, be sure to keep up with your review of our webinar recordings as you feel the need. Please print and/or download all course slides, CPE, and handouts prior to the end of the program as they'll no longer be accessible once the course learning platform is deactivated (6 weeks after the course ends).

You must have internet access to review recordings, as these are not downloadable. As a reminder, these recordings are for your viewing exclusively as a participant in IFMNT Training. Sharing recording access with anyone outside of our group is prohibited and in violation of the terms and conditions of registration.

BONUS PRIVATE SESSION!

I'm so pleased to offer participants of our IFMNT Foundations course the special bonus of one **FREE private 30-min session** with me! You'll have your choice of a video or phone session you can schedule at any time during our course, but the session must occur during or no later than 6 weeks' time following the completion of the last live webinar. Any unused sessions cannot be honored after this timeframe. Book early, as availability is more limited towards the end of the course.

Simply complete the session request form located in your course portal overview page and submit it to us either as an email attachment or by faxing to (866) 779-3687. Use these sessions to discuss career planning, business practices, IFMNT topics you're learning in training, or general IFMNT application. Please note, 30 minutes is not enough time to fully assess a case, therefore any case specific work-ups should be scheduled through regular private mentoring sessions (register on our [website](#)). If you are a Gold or Platinum NLFN member, be sure to be logged in first so your discount will populate.

IFMNT Training Resource List

There is no “required reading” for the class and there are no set texts for this Foundations course, though here are some good reference resource recommendations. The first one, Alan Gaby’s book, is an especially good reference –I use this in my practice constantly!

1. Gaby, Alan. Nutritional Medicine 2nd edition

ISBN-13: 978-1532322099

ISBN-10: 1532322097

NOTE: Dr. Gaby offers us a very generous \$50 discount on this book/e-book. To obtain the student discount at www.doctorgaby.com use the coupon code **minus 50** (there is a space between minus and 50). For the discount price to be accepted, you will need to send an email to nutrition@doctorgaby.com indicating that you are a current student in Susan Allen’s training. Better yet, probably easiest to order by phone at 603-225-0134.

Note: the online access can be put on several devices which makes it very convenient for multiple location access. Further, the online version offers the ability to copy/paste, and therefore is useful when needing to have specific information available for charting, handouts or for correspondence with doctors/patients. I have both the book and on-line versions!

2. Murray, Michael and Joseph Pizzorno. Encyclopedia of Natural Medicine. Third Edition. 2012

ISBN-10: 1451663005

ISBN-13: 978-1451663006

- An alternate is Textbook of Natural Medicine, 4th Edition 2012 (Pizzorno and Murry)

ISBN:1437723330

ISBN-13:9781437723335

3. Natural Medicine Comprehensive Database:

<http://naturaldatabase.therapeuticresearch.com/home.aspx?cs=&s=ND&AspxAutoDetectCookieSupport=1>

*Free to Dietitians in Integrative and Functional Medicine (DIFM) DPG group members! You must be a member of the Academy of Nutrition and Dietetics to qualify for membership. If you are an RDN and you are not already a member of DIFM, I highly suggest you join for this and other benefits. Their Email ListServ is another networking forum you may find valuable. Sign up for DIFM Practice Group at: <http://www.integrativerd.org>. Once you are a member you’ll find the ListServ sign up in the members section on their website.

4. Our own Next Level Functional Nutrition (NLFN) membership networking/discussion forum:

If you aren’t already an NLFN member, get more information [here](#): If you are a member, be sure to follow the instructions provided to get connected on the NLFN Member private Facebook forum (and access the rest of your membership benefits!). This forum is where all our advanced students and grads are discussing their cases and sharing resources – it’s a great way to stay connected to a

community of your IFMNT peers!

We will continually share resources/links as we go along as well!

Final words...

I'm so excited to have you join me in IFMNT Foundations training! There is much good learning here for you. If you are not already familiar with the tenants of IFMNT, you're in for a real treat. I ask that you keep an open mind as some of what you will learn is different for conventional training in healthcare. IFMNT is part of the radical shift in our global health consciousness you have probably noticed is occurring. Especially, as you move forward into the deeper aspects of IFMNT (in our Certificate of Training program), you truly will be on the leading edge of your profession where opportunities abound!

As you go through this training, if you're like others, you'll probably get very excited about what you're learning and for the potential it has for your future career endeavors. If you aren't already registered for our Certificate of Training (COT) intensive that follows this class, you'll likely be eager to continue to the deeper dive into Integrative and Functional Medical Nutrition Therapy with so much application for practice. Our next 18-mo COT course begins September 4th, 2019. And as a logical next-step on your journey, I say, why wait? The sooner you expand your knowledge and skills, the sooner you can transform your practice and the lives of everyone you work with! [Register Now!](#)

My mission is to bring career transformation to new heights by empowering professionals to use nutrition at the deepest level possible to make a difference with their patients more than ever before. To this end, the practice of functional nutrition, as a very cornerstone of the medical model, will elevate the level of healthcare offered to all!

Do spread the word – If you like what you're learning in our training, your colleagues will want in on it too! Our courses are limited in attendance to keep your experience as enriching as possible, though as long as there are openings in the course, we'll continue to accept registrations. (note this is only the case for Foundations training). Because all sessions are recorded and topics, other than the first and wrap up session, are not presented in a specific order, it's fairly simple to jump in at any time and catch up on recordings as they are available. Refer away – your colleagues will thank you!

Please let me know if you have any questions or if there is anything I can do to help you maximize your experience along the way.

Best,
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