



Integrative and Functional Medical Nutrition Therapy (IFMNT) Introductory Series Spring 2020

Welcome to the IFMNT Intro course 2020! 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!

The contact email for any questions or issues you may have throughout this training is IFMNTRD@gmail.com. Whenever you write us, be sure to put your course name (Spring 20 Intro or S20 Intro) in the subject line. We have several courses going at once and this will help my staff immensely!

This document will also serve as additional terms and conditions for the course (to extend the terms and conditions you agreed upon during course registration). The following is pertinent information that will prepare you for the course.

Live webinar Session Dates and Times (all sessions also recorded)

We meet in live webinar sessions for **6 Wednesdays between May 6th and June 10th**. Live webinars are held **8:00 - 9:30 PM** (90 mins). This is **Eastern Time Zone – (please adjust for your location)**. Remember, if you cannot participate in live sessions, or if you have registered for this as a **recorded on-demand series**, you still get the benefit of the live format. The recordings have all the interactions from the live sessions. Those listening to recordings may post and get questions answered in our group's private email forum (accessed through your course portal). Please note: Case specific questions should be general. In-depth case assistance is available via private mentoring sessions. More information here:

<https://www.nextlevelfunctionalnutrition.com/product/private-mentoring-sessions-with-susan-allen-evenson-rdn-ccn-fmns/>

Continuing Education Credit (CPE)

This series is pre-approved for RDNs for 9 hours of continuing education credit through the Commission on Dietetics Registration – Suggested Learning Needs Codes: 3000, 5000, and 5420 – Many 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 at the completion of each module as it is delivered by topic through this course. 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 receive an email through the course forum to remind you once it has been posted. You will be required to register for each webinar separately. Please register and come on a little early, especially for the first webinar, 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. You may want to visit their site to ensure you have a current enough operating system for their platform to work efficiently.

Webinar 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. Again, if you are registered for the on-demand recorded version of this series, you may always ask questions at any time throughout course access via the course forum.

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 with this option 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 (access limited)

Webinar Recording links will be posted as soon as possible after the live webinar presentation; usually within 1-2 days. **Recordings are available for the duration of the program and for an additional 60 days after the last scheduled live webinar. Note: Those registered for this course as an on-demand recorded series will have 90 days access from registration date.** —To prevent you from being rushed at the end, be sure to keep up with your review of our webinar recordings during your access time.

Recordings may not be downloaded, though all other course materials are downloadable. Be sure to print and/or download all course slides, CPE, and handouts prior to the end of the program as they will no longer be accessible once the training expires and you are removed from the course platform.

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 Intro course the special bonus of one **FREE private 30-min career-boost 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 your course access deadline, as defined above. Any unused sessions cannot be honored after this timeframe. Book early, as my availability is sometimes limited due to heavy demand.

For your 30-min BONUS session, simply complete the session request form located on 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](#)). **Remember, NLFN Gold and Platinum members receive a discount on private mentor sessions. Be sure to be logged in first before registering 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 Intro course, though there are a few BONUS reading resources provided in your course overview page. Here also 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

SPECIAL NOTE: Dr. Gaby offers us a very generous \$50 discount on the hardcover and/ or e-book version, and a further discount if you'd like both. To obtain the student discount, simply call to order at 603-225-0134. Be sure he knows you are a student in Susan Allen's training.

Note: the online e-book 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, so useful and convenient!

2. Natural Medicine Comprehensive Database: <https://naturalmedicines.therapeuticresearch.com/>

*Free to Dietitians who are members in Integrative and Functional Medicine (DIFM) DPG ! 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 forum offers another opportunity for networking you may find valuable. Sign up for DIFM Practice Group at: <http://www.integrativerd.org>.

3. 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 visit your member dashboard to explore all your member benefits! Follow the instructions provided to get connected on the NLFN Member private Facebook forum. 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!

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Going Beyond...

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 are not already registered for our Certificate of Training (entire course or individual module options) that follows this class, you'll likely be eager to continue to the deeper dive into Integrative and Functional Medical Nutrition Therapy. Our next COT series begins with module 1 just on the heels of this live training.

I'm so excited for our new COT course format that, for the 1st time, allows for individual module registration. This option provides more flexibility for learning since **modules can be taken in any order at any time**. Join in anytime -you don't even have to take a live version of training as the recorded version will be available for ongoing registration until the next live series (held every 6 months). Likewise, you only pay for the modules you register for which is easy on the budget too!

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. [More information HERE.](#)

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! Again, since all sessions are also recorded, it's simple to jump in at any time. 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. Again, for correspondence directly to me and the NLFN team, please write us at IFMNTRD@gmail.com

I'm so excited to have you join me in IFMNT Intro 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 from 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 (COT) program, you truly will be on the leading edge of your profession where opportunities abound!

In Success,

Susan

Susan Allen-Evenson, RD, CCN, FMNS