



Next Level
Functional
Nutrition™

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IFMNT COT 2018-19

Class Calendar as of 8/11/2020

All live classes meet Mondays: 7:45 - 9:45 PM EST

Note: Schedule subject to change. Topic Order subject to change

Date	Topic
7/23/2018	Orientation
7/30/2018	Assessment Session 1
8/13/2018	Assessment Session 2 / Practicum
8/20/2018	Pre-recorded - Nutrition Physical
9/10/2018	Assessment Session 3 / Finalize Practicum
9/17/2018	Supplements Session 1 – Assessing Needs 1
9/24/2018	Supplements Session 2 - Assessing Needs 2
10/8/2018	Supplements Session 3 – Assessing Needs 3 / Vitamin D
10/15/2018	Bonus Webinar (Enjoy the Fruit of Success)
10/29/2018	Supplements Session 4 – Minerals
11/5/2018	Pre-recorded – Supplements Session 5 Vitamin K-2
11/12/2018	Supplements Session 6 – Antioxidants
11/26/2018	Supplements Session 7 – Antioxidants / Immune
12/3/2018	Supplements Session 8 – Finish Immune, start B Vitamins
12/10/2018	Supplements Session 9 – B Vitamins Continued
1/7/2019	Finish B Vitamins, start Inflammation
1/14/2019	Finish Inflammation, start Cognition and Brain Health
1/28/2019	Finish Cognition, Intro Detox
2/11/2019	Detox - Session 2 - Detox overview
2/19/2019	Bonus Culinary Essentials Session 1 (Tuesday)
2/25/2019	Detox - Session 3 - Detoxification process / Intro to Detox Genomics
3/4/2019	Detox - Session 4 - Sulfation
3/11/2019	Pre-recorded GMO – Special focus topic (Guest Instructor)
3/19/2019	Bonus Culinary Essentials Session 2 (Tuesday)
3/25/2019	Detox- Session 5 - Methylation / Histamine
4/1/2019	Pre-Recording Radiation - Special focus topic (Guest Instructor)
4/8/2019	Detox - Session 6 - Histamine Continued
4/16/2019	Bonus Culinary Essentials Session 3 (Tuesday)
4/29/2019	Detox - Session 7 - Histamine ending / Detox Labs
5/6/2019	Detox - Session 8
5/20/2019	Detox - Session 9
5/28/2019	Bonus Culinary Essentials Session 4 (Tuesday)
6/3/2019	Functional Blood Chemistry - Lab Interpretation - General
6/10/2019	Functional Blood Chemistry - General/CMP

6/24/2019	Functional Blood Chemistry - CMP Continued
7/8/2019	Functional Blood Chemistry - CMP Continued/CBC
7/22/2019	Functional Blood Chemistry - CBC/Anemias/Handout Review
8/5/2019	Thyroid/Lab Ordering
8/19/2019	Six Core
10/7/2020	Six core/Lab Optimal Values
9/16/2019	Lab Optimal Values Continued
9/23/2019	Functional Blood Chemistry Practicum - Session 1
10/7/2019	Functional Blood Chemistry Practicum - Session 2 (pre-recorded)
10/14/2019	Case Study Write-up Praticum
10/21/20019	Cardio Metabolic - Session 1
11/4/2019	Cardio Metabolic - Session 2
11/11/2019	Cardio Metabolic - Session 3
11/18/2019	Cardio Metabolic - Session 4
12/2/2019	Cardio Metabolic - Session 5
12/9/2019	Cardio Metabolic - Session 6 (Recorded)
1/6/2020	Cardio Genomics Session 1
1/20/2020	Business Strategies
1/27/2020	Cardio Genomics Session 2
2/10/2020	GI - Session 1
2/17/2020	GI - Session 2
2/24/2020	GI - Session 3
3/2/2020	Diagnostic Solutions Sponsor Webinar: GI Map Interpretation (4:00 ET) Link for registration in dashboard
3/9/2020	GI - Session 4
3/16/2020	GI- Session 5
3/25/2020	Kiran Krishnan G.I Webinar (8:00-10:00 P.M. ET)
3/30/2020	GI - Session 6
4/6/2020	GI - Session 7
4/13/2020	GI - Session 8
4/20/2020	GI - Session 9
5/4/2020	GI- Session 10
5/11/2020	GI- Session 11
5/18/2020	GI- Session 12
6/1/2020	GI- Session 13
6/8/2020	GI- Session 14
6/15/2020	GI- Lab Practicum
7/6/2020	GI- Recording (BO)
7/13/2020	Thyroid- Session 1
7/20/2020	Thyroid- Session2
8/3/2020	Thyroid- Session 3
8/10/2020	Thyroid-Session 4
8/24/2020	Adrenal Session 1
8/31/2020	Mind Body Recording
9/14/2020	Adrenal- Session 2
9/21/2020	Adrenal -Session 3
9/28/2020	Wrap-up