



Susan Allen-Evenson RDN CCN FMNS  
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 IFMNT COT Fall 2019 Start  
 Class Calendar as of 7/17/2023  
 All live classes meet Wednesday, as of 4/15/22, new time 2-4 PM EST  
 Note: Schedule subject to change. Topic Order subject to change

Date	
9/25/2019	Orientation
10/9/2019	<b>Pre-Recorded Nutrition Physical</b>
10/16/2019	Assessment Session 1
10/30/2019	Assessment Session 2
11/6/2019	Assessment Session 3 Practicum Part 1
11/13/2019	Assessment Session 4 Practicum Part 2
11/20/2019	<b>Pre-recorded Assessment Session 5 &amp; 6</b>
12/4/2019	Functional Blood Chemistry- Intro
12/11/2019	Functional Blood Chemistry- CMP
12/18/2019	Functional Blood Chemistry- CMP Continued
1/8/2020	Functional Blood Chemistry- CBC Anemias
1/15/2020	Functional Blood Chemistry- CBC Anemias continued/Lab ordering
1/22/2020	Thyroid (90 minutes)
1/29/2020	Six Core Centers of Health- Session 1
2/12/2020	Six Core Centers of Health- Session 2
2/19/2020	Six Core Centers of Health Session 3 (90 minutes)
2/26/2020	Lab Optimal Values
3/11/2020	Functional Blood Chemistry Practicum- Session 1
3/18/2020	Functional Blood Chemistry Practicum- Session 2
3/25/2020	Functional Blood Chemistry Practicum- Session 3 (pre-recorded)
3/25/2020	Kiran Krishnan G.I Webinar (8:00-10:00 P.M. ET)
4/8/2020	Lab Practicum Prerecorded A.F and D.W
4/15/2020	Supplements Session 1- Assessing Needs 1
4/22/2020	Supplements Session 2- Assessing Needs 2
5/6/2020	Supplements Session 3- Assessing Needs 3
5/13/2020	Supplements Session 4 -Assessing Needs 4
5/20/2020	Supplement Session 5- Assessing Needs 5
6/3/2020	Supplements Session 6 - Antioxidant/Immune 1
6/10/2020	Pre-recorded – Supplements Session 7 Vitamin K-2
6/17/2020	Supplements Session 8 - Antioxidant/Immune 2
7/8/2020	Supplement Session 9 - Antioxidant/Immune 3
7/15/2020	Supplements Session 10 - Antioxidant/Immune 4
7/29/2020	Supplements Session 11- Antioxidants/Immune 5
8/12/2020	Supplements Session 12 - Antioxidants/Immune 6
8/26/2020	Supplements Session 13 - Antioxidants/Immune 7
9/2/2020	Supplements Session 14 - Antioxidants/Immune 8
9/9/2020	Supplements Session 15 - Antioxidant/Immune 9
9/23/2020	Supplements Session 16 - Antioxidant/Immune 10

9/30/2020	Supplements Session 17 - B-Vitamins Part 1a
10/7/2020	Supplements Session 18 - B- Vitamins Part 1b
10/21/2020	Supplements Session 19 - B- Vitamins Part 2a
10/28/2020	Supplements Session 20 - B Vitamins Part 2b
11/11/2020	Supplements Session 21 - B Vitamins Part 2c
11/18/2020	Supplements Session 22 - Minerals
12/2/2020	Supplement Session 23 - Minerals continued/ Vitamin D
12/9/2020	Business Strategies Session 1
12/16/2020	Business Strategies Session 2
12/17/2020	Culinary (Pre-recorded)
1/6/2021	Business Strategies Session 3
1/13/2021	Business Strategies Session 4
1/20/2021	GI - Session 1
1/27/2021	GI - Session 2
<b>1/28/21-4/14/22</b>	<b>(Note Date Extension) Fast Track Toxin/Detox Topic (Optional)</b>
2/10/2021	GI - Session 3
2/17/2021	GI - Session 4
2/24/2021	GI - Session 5
3/3/2021	GI - Session 6
3/10/2021	Pre-Recorded Gut - Brian Super Highway
3/17/2021	GI - Session 7
3/24/2021	GI - Session 8
3/31/2021	Pre-Recorded Case Study (No Live Class)
4/7/2021	GI - Session 10
4/14/2021	GI - Session 11
4/21/2021	No Class
4/24/2021	Saturday - SIBO GI Virtual Workshop (11:00 AM - 3:00PM ET)
4/28/2021	GI - Session 12
5/5/2021	GI - Session 13
5/12/2021	GI - Session 14
5/26/2021	GI - Session 15
6/2/2021	GI - Session 16
6/9/2021	GI - Session 17
6/16/2021	GI - Session 18
6/23/2021	Finish GI / Case Study Write-up for final exam
6/30/2021	Case Study Write-Up Review Continued
7/21/2021	Cognition and Brain Health Session 1
7/28/2021	Cognition and Brain Health Session 2
8/4/2021	Cognition and Brain Health Session 3
8/18/2021	Cognition and Brain Health Session 4
8/25/2021	Cognition and Brain Health Session 5
9/1/2021	Cognition and Brain Health Session 6
9/8/2021	Cognition and Brain Health Session 7
9/22/2021	Cognition and Brain Health Session 8
9/29/2021	No Class
10/6/2021	Cognition and Brain Health Session 9

10/13/2021	No Class
10/20/2021	Cognition and Brain Health Session 10
10/27/2021	Metabolic Disorders Session 1
11/3/2021	Metabolic Disorders Session 2
11/10/2021	Metabolic Disorders Session 3
11/17/2021	Metabolic Disorders Session 4
12/1/2021	Metabolic Disorders Session 5
12/8/2021	Recording - Genetics of Weight
12/15/2021	Recording - Disordered Eating (Compulsive Overeating)
1/5/2021	Metabolic Disorders Session 6
1/12/2022	Metabolic Disordersc Session 7
1/19/2022	Metabolic Disorders Session 8
1/26/2022	Metabolic Disorders Session 9
2/2/2022	Metabolic Disorders Session 10
2/9/2022	Metabolic Disorders Session 11
2/16/2022	Metabolic Disorders Session 12 (Recording Given)
2/23/2022	Metabolic Disorders Session 13
3/2/2022	Metabolic Disorders Session 14
3/9/2022	Metabolic Disorders Session 15
3/16/2022	Metabolic Disorders Session 16
3/23/2022	Metabolic Disorders Session 17
3/30/2022	Metabolic Disorders Session 18
	<b>Note New Class Time: 2-4 PM EST Going Forward</b>
4/6/2022	Case Study Recordings - Metabolic health
Detox: Unit 1	<b>Detoxification Unit 1: Intro/ Toxin Awareness ( 6 live sessions and 4 recordings)</b>
4/20/2022	Unit 1: Session 1
4/21/2022	<b>Fast Track Final Exam Prep Session</b>
4/27/2022	Unit 1: Session 2
<b>4/28/22-6/2/22</b>	<b>Note new dates! Fast Track Thyroid Topic (Optional; please request access via email to IFMNTRD@gmail.com)</b>
5/4/2022	Unit 1: Session 3
5/11/2022	Unit 1: Session 4
5/18/2022	Unit 1: Session 5
5/25/2022	No Class
<b>6/2/22-7/21/22</b>	<b>Note new dates! Fast Track Adrenal Topic (Optional; please request access via email to IFMNTRD@gmail.com)</b>
6/1/2022	Unit 1: Session 6
Detox: Unit 2	<b>Unit 2: Detox Physiology (17 live sessions)</b>
6/8/2022	Unit 2: Session 1
6/15/2022	Unit 2: Session 2
6/22/2022	No Class
6/29/2022	Unit 2: Session 3
7/6/2022	Unit 2: Session 4
7/13/2022	Class Cancelled
7/20/2022	No Class
7/27/2022	Unit 2: Session 5

8/3/2022	Unit 2: Session 6
8/10/2022	Class Cancelled
8/17/2022	Unit 2: Session 7
8/24/2022	Unit 2: Session 8
8/31/2022	Unit 2: Session 9
9/7/2022	Unit 2: Session 10
9/14/2022	No Class
9/21/2022	Unit 2: Session 11
9/28/2022	Class Cancelled (Hurricane)
10/5/2022	No Class
10/12/2022	Unit 2: Session 12
10/19/2022	Unit 2: Session 13
10/26/2022	Unit 2: Session 14
11/2/2022	Unit 2: Session 15
11/9/2022	Unit 2: Session 16
11/16/2022	Unit 2: Session 17
11/30/2022	Class Cancelled
12/7/2022	Unit 2: Session 18
Detox: Unit 3	<b>Unit 3: Detox Testing and Intervention (8 live sessions and 1 recording)</b>
12/14/2022	Unit 3: Session 1
12/28/2022	Detox Recording
1/4/2023	Unit 3: Session 2
1/11/2023	Unit 3: Session 3
Special Focus	<b>Special Focus: Histamine Intolerance/Mast Cell Activation Disorders Intensive January 14th, 15th, 21st and 22nd All days: 11:00AM-4:30PM ET.</b>
1/18/2023	Unit 3: Session 4
1/25/2023	Unit 3: Session 5
2/1/2023	Unit 3: Session 6
2/8/2023	Unit 3: Session 7
2/15/2023	Unit 3: Session 8
2/22/2023	Unit 3: Session 9
3/1/2023	Unit 3: Session 10 <b>(NOTE: Class extended until 4:30pm ET)</b>
4/12/2023	Thyroid Session 1
4/19/2023	Thyroid Session 2
	<b>Optional Second Chance: Methylation (previously part of Detox Module) 5/24/23-7/14/23 Wednesdays 7:45-9:45PM ET, Fridays 12:00PM-2:00PM ET (No classes May 19th, &amp; 24th, and June 2nd, 7th, 16th, &amp; 21st, and July 5th)</b>
4/26/2023	Thyroid Session 3
5/3/2023	Thyroid Session 4
5/10/2023	Thyroid Session 5
5/17/2023	Thyroid Session 6
5/24/2023	Thyroid Session 7
5/31/2023	Thyroid Session 8
7/12/2023	Mind-Body Recordings
7/19/2023	Adrenal Session 1
7/26/2023	Adrenal Session 2

8/2/2023	Adrenal Session 3
8/9/2023	Adrenal Session 4
8/16/2023	Adrenal Session 5
8/30/2023	Wrap Up