



Next Level
Functional
Nutrition™

Integrative and Functional Medical Nutrition Therapy (IFMNT)

2023-24 Start Certificate of Training Series:

Orientation

Susan Allen-Evenson RDN, LDN, FMNS
& Guest Instructors
NLFNtraining@gmail.com





Next Level
Functional
Nutrition™

Welcome!



Susan Allen-Evenson RDN, LDN, FMNS

- Recognized Functional Nutrition expert, considered a pioneer, with over 30 years in practice, over 13 years as a mentor/consultant/trainer to students, interns & colleagues.
- Lectures nation-wide, has numerous media appearances, and is a published author. Invited speaker at the prestigious Integrative Healthcare Symposium (IHS) in NYC
- Has held appointments on many professional boards including 3-year Chair for Dietitians in Integrative and Functional Medicine-DIFM and the Institute for Functional Medicine's Nutrition Board. Awarded the 2018 DIFM Lifetime Achievement Award!
- Now in her 11th year as Founder of Next Level Functional Nutrition, a successful international initiative, providing valuable online training to healthcare professionals (and students of the health sciences).



Next Level
Functional
Nutrition™

If You'd Like...

- Having a large % of clients who exceed their health goals
- Helping clients reverse chronic illness after 'trying everything and seeing everyone else'
- Having clients become raving fans & referring everyone they know
- Referrals piling in left and right
- Increased professional respect for your expertise
- Amazing practice and/or career growth (and the income to match)
- More Freedom to practice when and how you'd like

...Then You're in The Right Place!



Next Level
Functional
Nutrition™

Just Like Julie B...



"It continues to amaze me how far I have come in 2 years and not only how much this knowledge is helping my own health, but how it's aligned me with practitioners I never would have interacted with otherwise. Just left the office of a biological dentist who reached out to ME since one of my clients raved about my approach and their experience... ended up being a great fit and partnership. Cool! My clients are started to be my best marketing tool."

Julie B. ~ Dietitian



Next Level
Functional
Nutrition™

Get Ready for a Deep-Dive!



The **contact email** for this course: nlfntraining@gmail.com

–Please be sure to put your course in the subject line of all correspondence; **COT Bundle (and the year you began)**

–Use this email for all course related issues such as payment issues and course content questions. Technical/access issues, course coordination, etc. go to

Support@nextlevelfunctionalnutrition.com

–To ensure best communication, please refrain from using other emails, FB messenger, etc



Next Level
Functional
Nutrition™

COT Bundle Course Features

- Continually updated and expanded
 - Now 450 hours of content!
- Most webinars are held live for best engagement
 - Allows for Q &A on the spot where the learning is most applicable
 - All live sessions are recorded for review or in case you miss
- Flexible day and evening classes (different for each module) to allow maximum participation for all
- Liberal 4-year course access! Take your time - one module at a time or fast track through to end more quickly
 - Anytime a training comes up live (in any class), you're invited to access!
 - Likewise, after 2 months in your program, you can ask for access to any pre-recorded content we have available as well.



Next Level
Functional
Nutrition™

Exclusive Training Facebook Group

- Here's where you...
 - Ask questions about webinars, practice questions, patient case management
 - Complicated assessment will require private mentoring
 - Network with your peers and share information/links you think are pertinent to the group
 - Note: all conference, webinar, or summit sharing must be cleared through the office prior to being shared with the group. If you aren't sure about the appropriateness of a post or file share, please email us NLFNtraining@gmail.com



Next Level
Functional
Nutrition™

Exclusive Training Facebook Page

- This is **NOT** the place for posts related to technical/logistical issues (please email support instead)
- No self promotion here please. We occasionally have designated self promotion days in our Facebook groups – you’ll know ahead when they are coming up.
- Our training FB group is considered “a safe zone”, so please share freely – there are no wrong or “dumb” questions! (same for class sessions)
- Do network with your peers!



Next Level
Functional
Nutrition™

Monthly Group Coaching

- An exclusive COT Bundle-Bonus
- 90 min sessions – at least 36 over the next 4 years!
- Zoom sessions will alternate between day and evenings. Schedule forthcoming
- Note there are occasional months where no coaching is offered, like in holiday season



Next Level
Functional
Nutrition™

Private Mentoring



Valuable for so many reasons

- To discuss/work up your own or a family member's case
- To have assistance with a challenging patient or simply have more direction applying the IFMNT model in practice.
- A great way to see the practical application of your learning directly in a **case of your choosing**
- To discuss practice building, marketing or management challenges/solutions
- **Your Bundle Bonus: FREE** 3-hours of private mentoring with Susan Allen – you'll be provided a mentor request link for your complimentary time
 - Otherwise, sign up through our website for either individual, 3 or 5-hr blocks (Platinum members receive a 10% discount)



Next Level
Functional
Nutrition™

NLFN

Grand Rounds



Another Bundle Bonus!

- One 6-session series
 - Meets once a month
 - Next series begin this month – meets Fridays 12-2 PM ET
- Live, interactive group “think-tank” case evaluation
 - A different real-case session each month
 - All sessions also recorded for review & on-demand learning option
- Excellent **practical application** of IFMNT
- **Boosts confidence** in practice!
- When the time comes, register through the website for your complimentary series (request coupon code please)
- 6 session series run continually back-to-back, and many register for additional series to maximize their practical implementation of IFMNT



Next Level
Functional
Nutrition™

More Bundle Bonuses!

- **FREE** 3-month access to the IFMNT Introductory Tour Series
- **FREE** Renewal of your 1-year NLFN Membership (platinum level regardless of what your level is now). Membership includes access to exclusive member partner exclusive offers saving you even more.
- Note: some of you already received your initial year of membership complimentary
- **FREE** Comprehensive Immune Support Clinician's Guide
- **FREE** IFMNT Business Strategies for Success mini-series
- **FREE** Several bonus training recordings along the way

PLUS bundle registrants receive access to all modules and bonuses for a full 4 years!



Next Level
Functional
Nutrition™

Our Training is Personalized To Our Participants (YOU)!

- Class registration is kept small on purpose, so YOU get more personalized attention!
- Periodically, we may survey the group to check on pace – the majority will dictate if I put anything out for vote. Our priority is your successful completion of this course! We want to offer flexibility to ensure your success.
 - Example: Slowing down around major weather and other events
 - Be sure to voice your opinions, but know we obviously can't please everyone all the time. That said, we will do our best to serve your educational needs most optimally!



Next Level
Functional
Nutrition™

Course Portal



- Your course portal is found on the dashboard of your account page on our website
- Log in on the account tab to access your dashboard (and all other features of your NLFN membership)
- Your portal will house all components of this course: slides, webinar invites, handouts, quizzes, CPE, etc



Next Level
Functional
Nutrition™

Course Portal

- You all at this point have been added to the last course portal that began in late 2022. As such you have access to the recordings of all their content given thus far.
 - We realize this can be overwhelming for some and as such, we're now offering you the option to jump into the fresh-start 2024 portal.
 - The fresh-start portal will include Balance Blueprint intro course and the recently concluded FN Assessment Intake module (probably also the supplements/immune module)
 - Remember, you can always ask for additional prerecorded modules at anytime after 60 days from registration. The 2024 start module will stay open a full 4 years (through 2028) where the 22-start module will end Dec 2026.



Next Level
Functional
Nutrition™



Class Calendar

- Your class calendar link is located in your course portal dashboard box
- Due to the nature of live training, this calendar updates periodically. At this time, we are re-vamping the 2024 course calendar and will roll it out in segments as the year is eventually planned out fully
- Fast-track training opportunities will be listed in your course portal and announced in the training Facebook groups as they come up
 - It will be your responsibility to request to be added to a fast-track portal



Next Level
Functional
Nutrition™



Overview of Content Modules

- The original 12 Modules are expanding!
 - Recently added (Methylation, Histamine and MCAS, and more coming)
 - More nutritional biochemistry & Genomic application throughout
 - Therapeutic diets woven through all levels of training
 - Functional Medicine Labs addressed throughout
 - Case study application throughout
 - CPE given at completion of each topic as on-line, self-study quizzes are completed



Next Level
Functional
Nutrition™

Quizzes



- Assess your learning and stay on pace with self-study quizzes given at the end of each topic module (in some cases modules are broken up into more than one quiz)
- Quizzes are posted online in each module as it is completed or thereafter. Quiz grades do not influence the outcome of your course, though a passing score of 80% or better is required before you'll receive your CPE certificate.
- You will have as many options to take the quiz as needed to obtain a passing score
- It's recommended to retake until you have 100% as quizzes are an excellent resource for exam studying later on.



Next Level
Functional
Nutrition™

Continuing Professional Education Credit (CPE)



- Susan is a pre-approved provider of continuing education for RDNs through the Commission on Dietetics Registration
 - Others should check with your licensing board or credentialing organization.
 - Hours should also count as self-reported category 2 CME
- RDNs can apply any performance indicators they believe apply when they log hours, though suggested ones will be given.
- RDNs, when creating/editing your 5-yr learning plan through CDR, consider adding something specific to Integrative and Functional Medicine / Alternative and Complimentary Therapies



Next Level
Functional
Nutrition™

Topics Covered in This Training



- In-depth IFMNT Assessment, Nutrition Physical, Genomics 101
- Detailed Nutrient Coverage – Assessment of need. Food and supplement recommendations
- Immune Health - special emphasis on histamine intolerance
- Cognition/Brain health
- Detoxification – Biotransformation (including lab)
- Blood Chemistry Interpretation – Optimal Values and Lab Interpretation Practicum

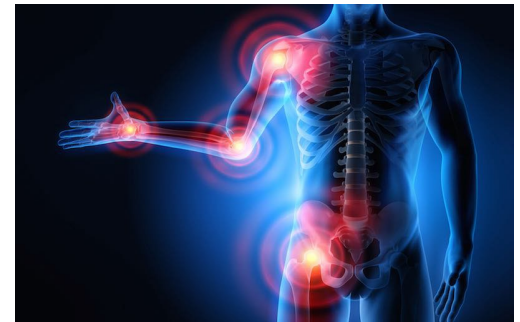


Next Level
Functional
Nutrition™

Topics Covered in This Training

The Balance Blueprint: 6 Core Centers of Health and Subclinical Defects that Underlie Chronic Disease

- Inflammation
- Oxidative Stress
- Free calcium excess
- Acidic stress
- Connective tissue degradation and protein balance
- Anaerobic tendency





Next Level
Functional
Nutrition™

Topics Covered in This Training

- Gastrointestinal/Gut-Brain & Functional medicine Lab practicum
- Metabolic Health including cardio, diabetes, weight management issues and specialty labs
- Thyroid Health
- Adrenal/Mind-Body (including lab)
- Neuro-modulation/Mood disorders
- Business strategies for success (Bundle Bonus)





Next Level
Functional
Nutrition™

Topics Covered in This Training



- Gender health/Hormone metabolism (male/female)
- Cancer: Prevention and Support
- ADHD/Autism spectrum disorders
- Addictions/Eating disorders
- Biotoxin Illness (mold toxicity, Lyme and co-infections)
- Genomic implications covered in most all modules

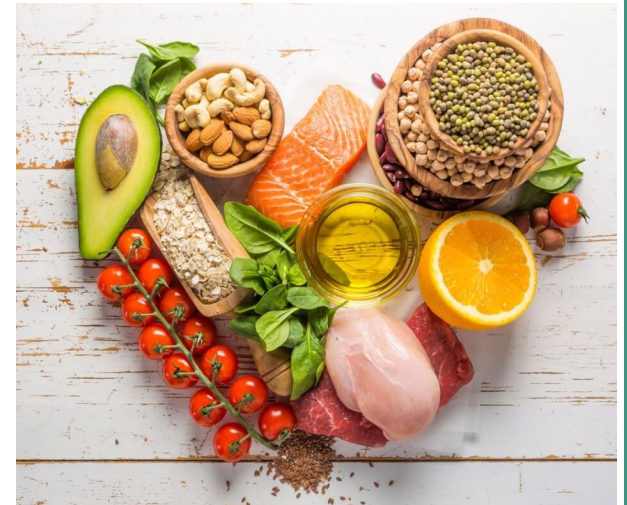


Next Level
Functional
Nutrition™

Topics Covered in This Training

Therapeutic Diets Detailed throughout training

- Allergy/Elimination, anti-inflammatory diet
 - Gluten/casein free
 - Histamine, low amine, low oxalate, etc
- FODMAP diet – SIBO elemental diet
- SCD/GAPs diet
- Modified or full ketogenic diet
- Intermittent fasting
- Candida Diet
- Autoimmune – Paleo





Next Level
Functional
Nutrition™

Webinar Invites



- Webinar invites will be posted to your course portal, typically the end of the week prior to scheduled live classes.
 - Since our courses are continually updated, many times you'll receive day-of "hot off the press" slide sets.
 - Some slide presentations will carry across class sessions and as such there may not always be new slides to distribute. We will announce when this is the case.
- We'll email course participants when materials are posted for any module topic



Next Level
Functional
Nutrition™

Webinars

- With the exception of some of the workshops & our Grand Rounds series (interactive sessions), all participants are muted for live webinars (for recording sound quality)
 - In any live session, please type in any questions/comments you have along the way in the webinar control panel
- There's no reason to register for a webinar if you aren't attending live – access to the recordings are provided regardless
- We are the only comprehensive mostly all live IFMNT training program! Live participation has much value (and fun!). We understand schedule conflicts will occur and that's why all sessions are also recorded



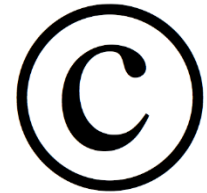
Next Level
Functional
Nutrition™

Webinar Recordings

- Webinar recordings will be posted usually within 24 hours after the session
- All course recordings will be available for the duration of the access only, though all handouts, slides, and other resources are downloaded to your permanent files
 - Recorded sessions are viewable on-line only and are not downloadable
- We **HIGHLY** recommend you keep up with your recordings and quizzes to stay on pace and to prevent overwhelm
 - If you get behind, commit to a schedule to catch up as soon as possible
- If not on a live session and listening to a recording, please ask any questions in our exclusive training Facebook page



Next Level
Functional
Nutrition™



Program Materials

- Our program offers many handouts
 - Some have copyright which must be respected
 - Others are given with free license to customize and use as your own
 - Handouts are added to your course portal (module by topic) as they fit into topic progression
 - We HIGHLY suggest you download course content at the completion of each module!
- Many links for additional learning & resources will come via your class forum as well. These will be organized by topic in a separate listing and be dispersed periodically (usually quarterly)

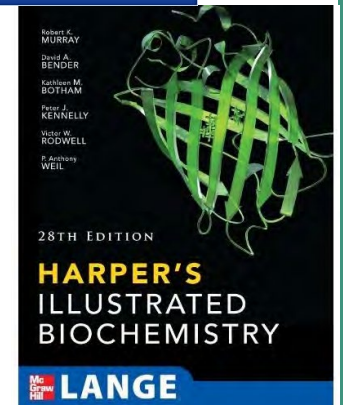
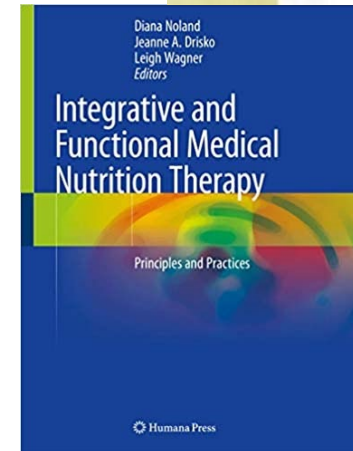
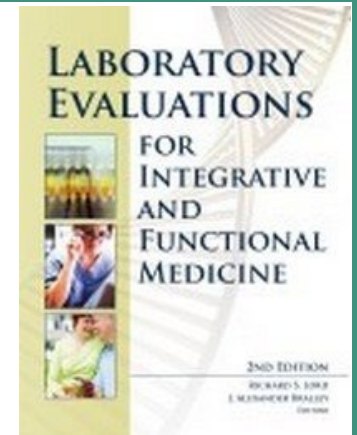


Next Level
Functional
Nutrition™

Additional Resources

While not required reading, additional resource books and websites are recommended or given for additional learning

Further recommendations will be made throughout training as well

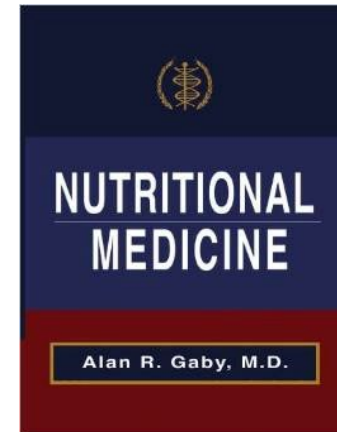




Next Level
Functional
Nutrition™

One of my Most Used Resources!

Some of you received this book
already as a pay-in-full bonus –
other's may order the newly
released 3rd edition with our
liberal student discount!



***Discount for NLFN students on Dr. Alan Gaby's book excellent reference book,
"Nutritional Medicine"***

Visit <https://doctorgaby.com/> and enter code "Minus 50" to save \$50 off either the hardcover or the
e-book (Susan's favorite!)



Next Level
Functional
Nutrition™

FMNS Credential

(Optional Certification)



The Functional Medicine Nutrition Specialist credential is earned after

- Successfully completing this course and...
 - Passing an online final exam and submitting a case study demonstrating your knowledge in IFMNT case application
- CPE earned regardless of COT attainment
- Remember...
 - A minimum of **two** 6-sessions of Grand Rounds interactive case review series (one included as a bundle bonus)
 - Many take multiple sessions as they are so valuable to boost your confidence in practical application of your learning and best prepare you to write up your final exam case submission



Next Level
Functional
Nutrition™



Spread the Excitement!

- To be sure, there's a global shift in Healthcare happening right now. Integrative and Functional Medicine, rooted strongly in Nutrition is growing *FAST!*
- No one should be left behind. Spread the word - be sure your colleagues know about our training to advance their career – We keep our registration limited, though there is still room in this class! Likewise training modules also open for individual registration.

Together, let's change the face of healthcare, one patient/client at a time!



Next Level
Functional
Nutrition™



Course contact email:

NLFNtraining@gmail.com



Next Level
Functional
Nutrition™

GET READY!

