

# FUNCTIONAL MEDICINE TRAINING

The Science & Clinical Application of  
Functional Medicine



**REGAINHEALTH**  
— **SCIENCE** —

# Syllabus

## Day 1, Thursday, May 28th

<b>8am to 8:30am</b>	Registration & Login
<b>8:30am to 9:30am</b>  <i>Tal Cohen, DAOM, MS- HNFM</i>	<b>Module #1 Fundamentals of Functional medicine</b> <ul style="list-style-type: none"><li>• Introduction to Functional Medicine</li><li>• Review of differences and similarities between primary care, Complementary and Alternative Medicine (CAM), and Functional Medicine.</li><li>• Review of organs function &amp; organs integrity in Functional Medicine</li><li>• Review of the functional connection between organs and systems in the body.</li><li>• The Functional Medicine Practitioner RoadMap</li></ul>
<b>9:45am to 10:45am</b>  <i>Jonathan Nadal, ND</i>	<b>Module #2 Hormonal Imbalance</b> <ul style="list-style-type: none"><li>• A review of hormones and other signaling molecules</li><li>• The impact of inflammation, stress, environmental factors, and nutrition on the hormonal system</li><li>• Clinical application of nutritional and lifestyle medicine for hormonal and neurological dysfunction</li></ul>
<b>11am to Noon</b>  <i>Tal Cohen, DAOM, MS- HNFM</i>	<b>Module #3 Endogenous and Exogenous Toxins</b> <ul style="list-style-type: none"><li>• A review of environmental contaminants, heavy metals and other industrial chemicals in food, water, air, house-hold products, and living environment</li><li>• A review of endogenous toxins</li><li>• Chemical sensitivity and inflammatory reaction to toxic exposure</li><li>• Chemicals and genetic expression</li><li>• Laboratory testing and review of presents of chemicals in blood, urine, hair, stool, sweat</li></ul>
<b>Noon to 12:30pm</b>	<b>Lunch Break</b>
<b>12:30pm to 1:30pm</b>  <i>Tal Cohen, DAOM, MS- HNFM</i>	<b>Module #4 Transformation and Elimination: The Detoxification System</b> <ul style="list-style-type: none"><li>• Review of detoxification process, Phase I, II, and III</li><li>• Assessment of toxic load and laboratory testing</li><li>• Dietary strategies, lifestyle guidelines, and supplements to prevent and treat toxic load and support healthy detoxification process</li></ul>
<b>1:45pm to 2:30pm</b>  <i>Jessica Knese, M.S.</i>	<b>Module #5 Anti-Inflammatory Diet</b> <ul style="list-style-type: none"><li>• A review of the principles and studies on Anti-Inflammatory diet</li><li>• Tips for simple dietary adjustments for clinical success</li><li>• Includes a patient guide as a resource to share with your patients</li></ul>

## Day 2 Friday, May 29th, 2020

<b>8:45am to 9:15am</b>	Registration & Login
<b>9:15am to 11:15am</b>  <i>Heather Zwickey, PhD</i>	<b>Module #6 Immune Imbalances and Inflammation</b> Understanding the mechanism of chronic inflammation as the basis of multiple conditions including cardiovascular diseases (hypertension, atherosclerosis, vasculitis), rheumatoid arthritis, obesity, diabetes mellitus, cancer, autism, Alzheimer's, Parkinson's disease, fibromyalgia, asthma, and systemic lupus erythematosus.
<b>11:30 to 1:30pm</b>  <i>Liz Lipski, PhD, CNS, FACN, IFMCP, BCHN, LDN</i>	<b>Module #7 Digestive, Absorptive, and Microbiological Imbalances</b> <ul style="list-style-type: none"> <li>• Review of digestion and absorption of nutrients</li> <li>• Interaction between drugs, stress, and environmental factors and absorption</li> <li>• Gut flora in health and disease</li> <li>• Intestinal permeability, Small intestine bacterial overgrowth and dysbiosis, and fungal infection</li> <li>• How gut dysfunction might lead to inflammatory and chronic diseases</li> <li>• The gut-brain connection</li> <li>• Laboratory testing for gut dysfunction</li> <li>• Clinical protocols for intestinal dysbiosis, bacterial and fungal infections, and intestinal permeability</li> </ul>
<b>1:30pm to 2pm</b>	<b>Lunch Break</b>
<b>2pm to 4pm</b>  <i>Liz Lipski, PhD, CNS, FACN, IFMCP, BCHN, LDN</i>	<b>Module #8 Evidence Based Nutrition</b> <ul style="list-style-type: none"> <li>• Nutrition and chronic inflammatory and chronic diseases</li> <li>• Review of health benefits and considerations in plant-based, animal-based, mediterranean, DASH, and paleo diets.</li> <li>• Anti-vs-pro inflammatory foods</li> <li>• Nutritional evaluation and lab testing</li> <li>• Principles of Nutritional therapy</li> <li>• Strategies in sports Nutrition: Endurance and hypertrophy</li> <li>• Supplements regulation and quality</li> </ul>

## Day 3, Saturday, May 30th

<b>9:15am to 9:45am</b>	Registration & Login
<b>9:45am to 10:30am</b>	<b>Module #9 Using Technology in Patient Care</b> Technology for improving patient care, included topics: sleep hygiene, electromagnetic radiation, healthy posture, anxiety, and cleaner air and water (mold, heavy metals, etc.)

<i>Brandy Cohen, MSAOM</i>	
<b>10:45am to 11:15pm</b>  <i>Jess Knese, M.S.</i>	<b>Bonus Module: Stress Management</b> <ul style="list-style-type: none"> <li>• A review on the effect of stress and immune activation and chronic diseases</li> <li>• Techniques for daily practice of stress reduction</li> <li>• Nutrition and supplements to support healthy stress response</li> </ul>
<b>11:30 to 1:45pm</b>  <i>Michelle Leary-Chang, NMD, IFMCP</i>	<b>Module #10 Aging and Women's and Men's Health</b> <ul style="list-style-type: none"> <li>• Review of hormonal, neurological, and cellular function related to aging</li> <li>• Important testing and considerations in anti-aging therapies</li> <li>• Nutrition and lifestyle guidance and herbal supplements for the prevention and/or treatment of age related conditions, including menopausal symptoms, benign prostatic hypertrophy and prostate cancer, low libido, low testosterone, and cognitive decline</li> </ul>
<b>2pm to 3pm</b>  <i>Tal Cohen, DAOM, MS-HNFM</i>	<b>Module #11 Coaching, Marketing, and Sales in Clinical Practice</b> <ul style="list-style-type: none"> <li>• The Patient's Story &amp; Motivational interviewing</li> <li>• Marketing your Functional Medicine Practice: How to get new patients and fill your practice</li> <li>• Promoting your services: Educate rather than sell</li> <li>• Coaching strategies to increase patient's compliance</li> </ul>

## Day 4, Sunday, May 31st

<b>9am to 11am</b>  <i>Lauren Deville, ND</i>	<b>Module #12 Mitochondrial Function</b> <ul style="list-style-type: none"> <li>• A review of mitochondrial function</li> <li>• A connection between mitochondrial dysfunction and chronic diseases</li> <li>• Testing options for mitochondria function</li> <li>• Strategies to reduce oxidative damage and optimize mitochondrial function</li> </ul>
<b>11:15am to 12:15pm</b>  <i>Jonathan Nadal, ND, MSAOM</i>	<b>Module #13 Essential Micronutrients in Treating Chronic Diseases</b> <ul style="list-style-type: none"> <li>• A review of nutrients deficiency in patients with chronic diseases and recommendation for testing</li> <li>• Nutritional consideration for supplementation in patients with chronic diseases</li> <li>• The use of herbal medicine in clinical practice</li> </ul>
<b>12:15pm to 12:45pm</b>	<b>Lunch break</b>
<b>1pm to 3:15pm</b>	<b>Module #14 Structural Integrity and Chronic Pain</b>

<i>David Musnick, MD</i>	<ul style="list-style-type: none"><li>• Review of mechanism of chronic pain in Functional Medicine</li><li>• Nutritional and lifestyle strategies and integrative approach to pain management and osteoarthritis.</li></ul>
<b>3:30pm to 4pm</b> <i>Tal Cohen, DAOM, MS-HNFM</i>	<b>Module #15 Functional Medicine Approach to Chronic Diseases: A Review of the Process &amp; Case Study</b>