

# **FDN**

Functional Diagnostic Nutrition® (FDN) is a holistic discipline that employs functional laboratory assessments to identify malfunctions and underlying conditions at the root of most common health complaints. FDN embraces metabolic individuality and provides a step by step method that allows our patients and clients to achieve repeatable, consistent, and successful clinical outcomes.

The Functional Diagnostic Nutrition® trained professional will work with you on:

- How to stop chasing symptoms and focus on healing opportunities instead
- Which lab tests uncover the root causes of most common health complaints and provide those labs to the client
- An investigative roadmap that leads you directly to malfunctions and blocking factors
- How to interpret each lab on an individual basis and correlate them to each client/patients individual case
- Communicating and interpreting test results to the client in plain English
- Drugless protocols that are safe, potent, proven and professional
- How to make big gains in tough cases and chronic stress related disorders

The FDN certified practitioner is trained in functional lab assessments and patient intake methods that lead to highly individualized, targeted protocols. The goal of FDN is to build health and enhance performance, especially

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within the hormone, immune, digestive, detoxification and mucosal barrier systems.

Functional Diagnostic Nutrition is based on...

- Resolving chronic stress related disorders
- Restoring steroidal hormone pathways
- Restoring normal immune function
- Restoring normal digestive function
- Restoring normal detoxification function
- Identifying and eliminating hidden internal stressors
- Building a successful private-pay business
- Learning how to find the underlying causes of...

- Allergies, acne, and rosacea
- Blood sugar problems
- Depression and anxiety
- Emotional fragility
- Headaches and foggiess
- Indigestion and bloating
- Inflammation and pain
- Insomnia and wakefulness
- Low sex drive
- PMS, skin, and hair problems
- Fatigue and lethargy
- Weight gain and weight loss
- Muscle and joint pain
- And many other consequences of the chronic stress response!

The client will gain a powerful understanding of their complaints and dysfunctions through the use of functional lab testing for underlying causal factors such as...

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- Adrenal Fatigue
- Poor nutrient breakdown and absorption
- Pro-oxidative factors
- Dysbiosis and gut malfunction
- Hormone imbalances
- Inflammatory state
- Immunodeficiency
- Sluggish liver and detoxification problems
- Bacterial and yeast overgrowth
- Antigenic overload and pathogenic conditions

## **The FDN Certification provides the Practitioner with:**

- Ability to interpret lab test results from a functional standpoint
- Certification to properly administer bio-identical hormones
- Ability to integrate FDN with Advanced Metabolic Typing and other disciplines
- Ability to assess malfunctions and causal relationships

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- Ability to form valid impressions of patient's best course of action
- Latest information on safe, natural therapeutic protocols
- Absolute confidence in your lab test interpretations
- Continuous support and education
- Lab resources for non-licensed providers
- A business model that works long-distance with clients all over the globe
- Personal lab test results & recommendations to restore or fine-tune your own steroidal hormone metabolic pathways, adrenal, immune, digestive and detoxification functions. You should feel great!

When patients come to me with health complaints and say they've "Tried everything", FDN provides a new method by stopping the treatment of symptoms and finding the root cause.

What Health Issues Does FDN Address?

The short answer is, "all of them".

Functional Diagnostic Nutrition® addresses a number of health issues, including high cholesterol, weak muscles, low energy, foggy thinking, sleep issues, depressed moods, high blood pressure, digestive problems, and much more.

Functional Diagnostic Nutrition® (FDN) is a fundamental way of looking at health. You are most likely already familiar with the term Functional Medicine. FDN uses many of the same tools, however we try to avoid diagnosing and treating disease, and try very hard to help each patient or

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client “rebuild health”, allowing us to help just about anybody with a chronic health condition.

Our view of symptoms, like joint pain, muscle pain, bad skin, gastric bloating and every other health complaint, is that they all have causal factors to be investigated. Even in tough cases, opportunities for physical repair, restoration, and healing can be great and, in my mind, the opportunities to employ FDN are equally abundant.

FDN is a type of detective work that seeks to identify and correct the underlying causes and conditions that lead to the patient’s health complaints. In that sense, FDN is not diagnosing or treating any disease nor practicing medicine.

FDN gives licensed and non-licensed providers a leg up on any other health building system. What this means is, take any system you are currently using and add FDN, and you will arrive at a whole new level. Your ability to help people will be multiplied several times over.

I feel extremely confident that we can help 100% of the people that we accept as clients or patients to pursue healing opportunities.

There are millions upon millions of people that need our help. FDN’s know exactly what you can do and not do for them and know how to express it.

Has a customer or client ever told you, “I’ve tried everything” but is still concerned with:

- Can’t Lose/Gain Weight?
- High Cholesterol?
- Muscle Pain?
- Joint Pain?
- Low Energy?

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- Foggy Thinking?
- Sleep Issues?
- Poor Libido?
- Depressed Moods?
- High Blood Pressure?
- Digestive Problems?
- Blood Sugar Problems?
- Family with Cancer & Diabetes?
- Skin & Hair Problems?
- Migraines and Headaches?
- Sinuses and Allergies?

Then its time to stop chasing symptoms and start addressing the underlying causes!

As a Certified Functional Diagnostic Nutritionist I have become an expert on identifying and correcting malfunctions of the;

• Hormone • Immune • Digestion • Detoxification • Intestinal Barrier Systems.

Restore these pillars of health to normal function and see your clients/patients return to vibrant health and vitality!