

Intro to Functional Nutrition

Overview: This is an intro course to the foundations of Functional Nutrition that will give an overview of current evidence based practices involving a “food as medicine” approach to managing chronic disease states. The course will outline the history of the industrialization of the United States food system and link the modern consequences of such a change to the epidemic of metabolic driven disease. The course will also delve into the various anti-inflammatory dietary approaches to treating specific conditions that, given their prevalence in the US, make up the majority of patients being seen for chiropractic care. There will also be a practical portion of the course designed to educate the practitioner to recognize the most common physical manifestations of nutritional deficiencies within their patient population.

Objectives

By the end of this program, attendees will be able to:

- Understand the history of “how we got here” in terms of the prevalence of metabolic related disease states.
- Be able to understand the various nuances of dietary approaches for certain chronic conditions.
- Understand how to properly assess macro and micro nutrient intake.
- Understand why the quality of food consumed determines its efficacy at correcting disease states.
- Understand the impact of diet on the health of joints, tendons, vasculature and muscle tissue
- Identify and manage nutritional deficiencies that are seen during physical exam of a patient.

Program Outline: References included throughout PowerPoint

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Hour 1:

A brief history of Functional Medicine and specifically Functional Nutrition and how it is used within a CAM healthcare setting. Statistics of the current healthcare crisis in the US as it relates to non-communicable disease states.

Hour 2:

The history of how the US food system came to be what it is today. The Seven Countries study, how big business and bad science created the obesity epidemic, and why it is so important to educate our patient population against this social engineering.

Hour 3:

What should we as humans eat? Basics of caloric intake, macro and micronutrients requirements and the quality of food that make up an anti-inflammatory diet. Addressing the current science of energy consumption vs. energy expenditure in the human body and how different foods affect this mechanism. Food timing, pairing and brief overview of fasting principles.

Hour 4:

Sorting through the various dietary trends, including Mediterranean, Paleo, Keto, Pegan, Carnivore, MIND diet, DASH diet, Intermittent Fasting, fasting mimicking, carb cycling etc and how gender, age, body type and genetics determine which diet a patient is going to respond to the best.

Hour 5:

The science and biochemistry of how food drives inflammatory processes in the body in relation to specific chronic disease states. How diet influences our soft tissue, our muscle tissue, our vasculature and our brains. Various neurodegenerative diseases will be discussed, as well as the non-communicable disease states that make up the majority of United States healthcare burden.

Hour 6:

A medical detective practical portion which will include pairing up and performing clothed physical exams to determine potential nutritional, fatty acid, and dietary deficiencies from a Functional Medicine lens.