

# Advanced Principles of Fx Practice

**MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION**



# Tenet 2: Address the Whole Person

A serene sunset scene over a body of water. In the foreground, the bow of a wooden boat is visible, pointing towards the center. The water is calm, reflecting the golden light of the setting sun. In the background, dark mountains are silhouetted against the sky. The overall mood is peaceful and contemplative.

"It is far more important to know  
what person the disease has  
than what disease the person has"

*~Hippocrates*

A stylized, semi-transparent graphic of a plant with long, pointed leaves, rendered in shades of teal and blue, centered in the background of the slide.

**Know the person**  
**Who is this person, this client?**



**Support function in the body...**  
**This is our role in working with clients**

The background of the slide features a repeating pattern of stylized, overlapping teal leaves. The leaves are rendered in various shades of teal, from a deep, dark blue-green to a lighter, more vibrant green. They are arranged in a way that creates a sense of depth and movement, with some leaves appearing to be in the foreground and others receding into the background. The overall effect is a clean, modern, and naturalistic design.

# Learn How the Body Works, How It Functions

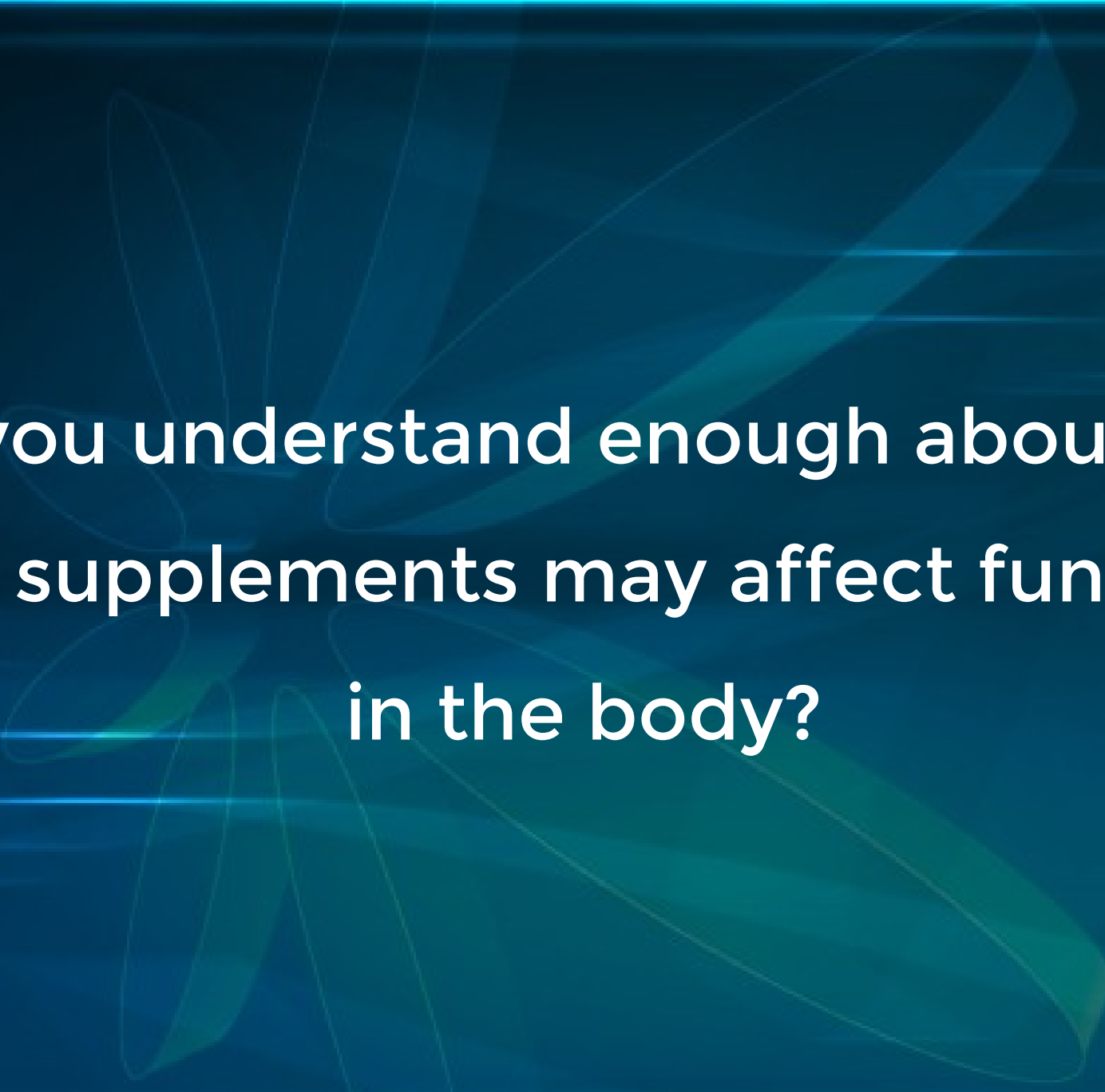


# Creating a Burden With Supplements?



**What are supplements doing to  
the function within the body?**





**Do you understand enough about how  
the supplements may affect function  
in the body?**



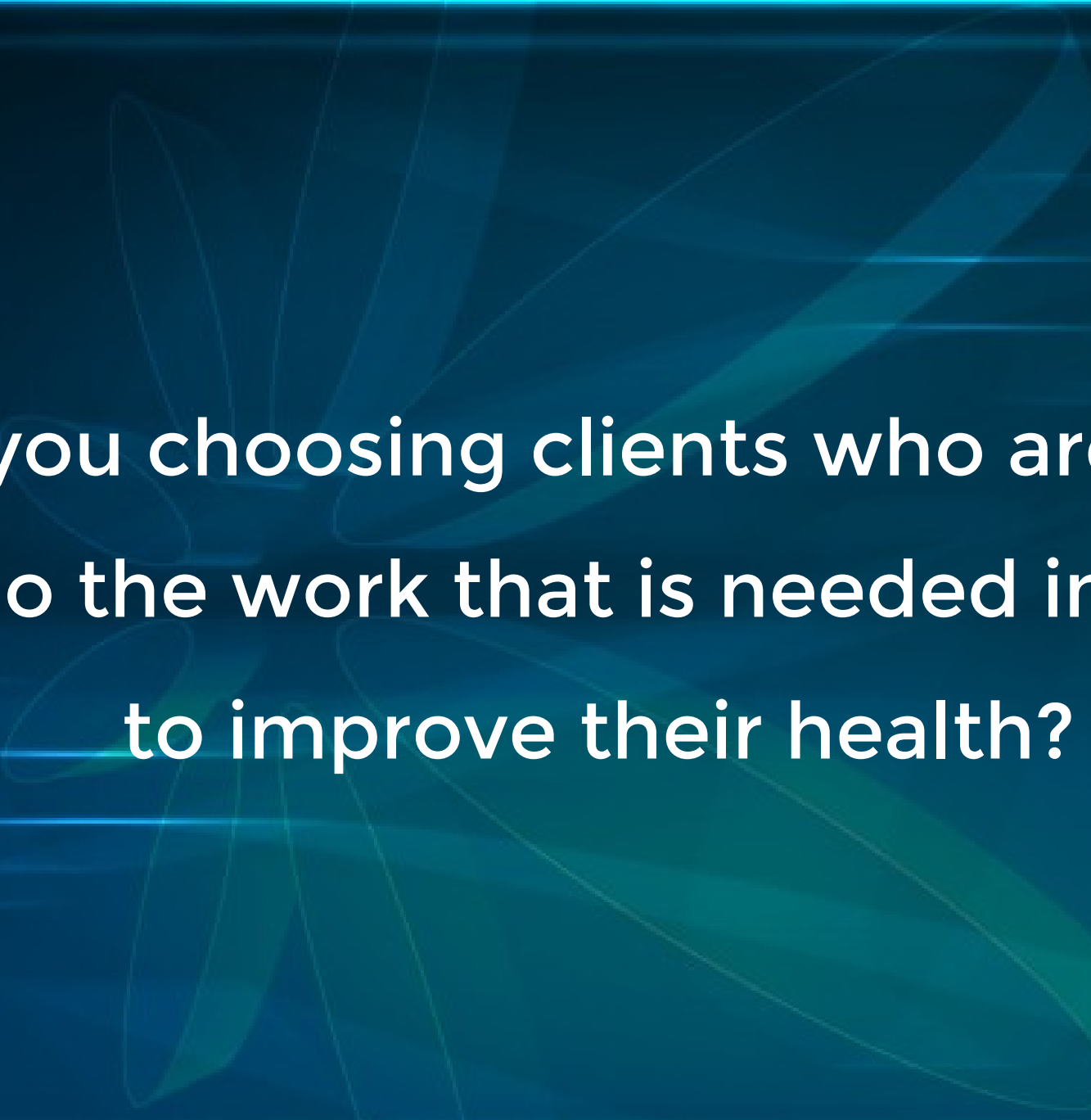
**Physiology, Biochemistry and Anatomy  
all help us see how the body works**

The background of the slide is a dark teal color with faint, stylized leaf patterns in a lighter shade of teal. The leaves are arranged in a fan-like shape, radiating from the center. The overall aesthetic is clean and modern.

# How Do We Choose Clients Based on the Whole Person?



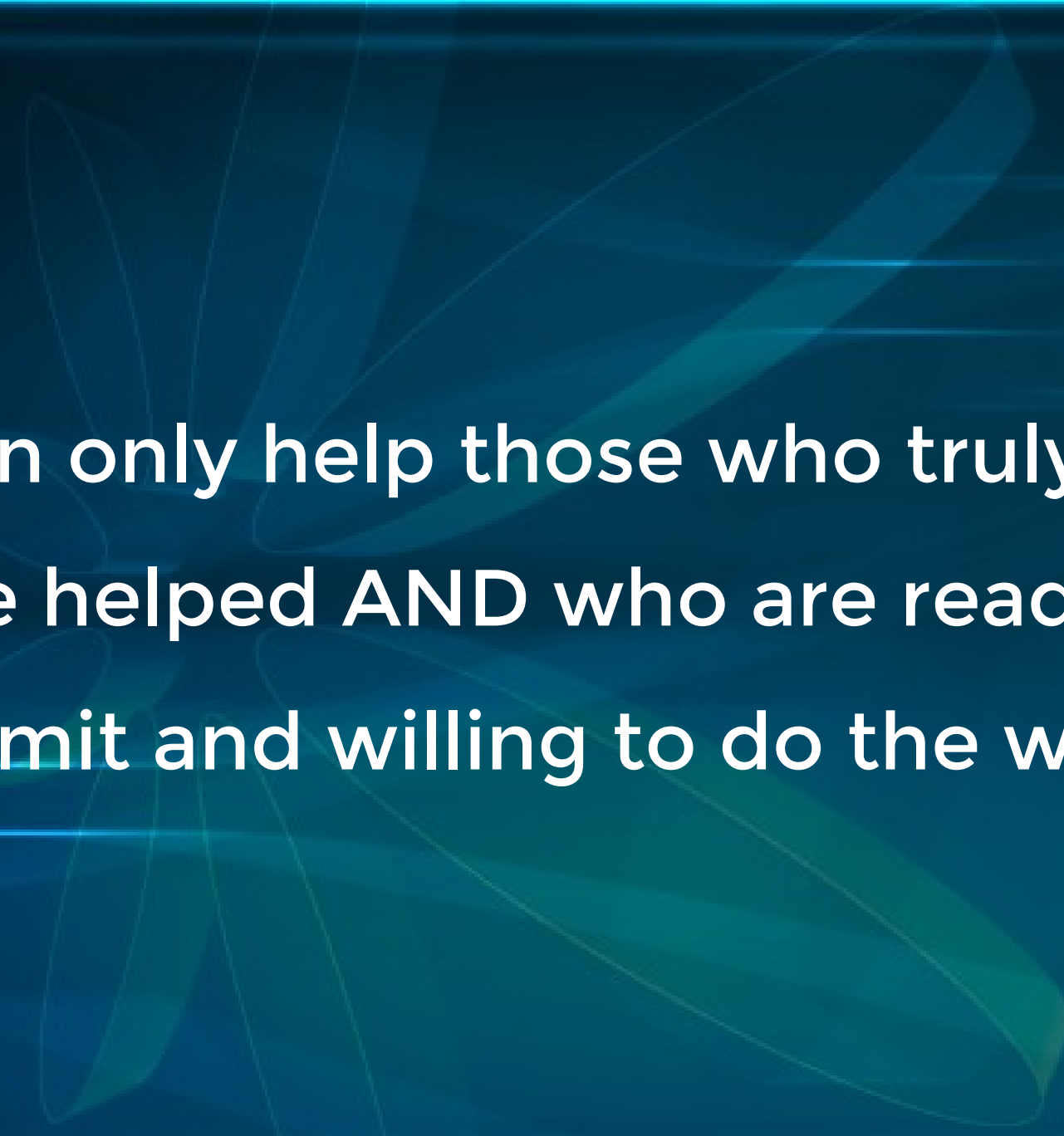
# Choosing the Client Based on Commitment



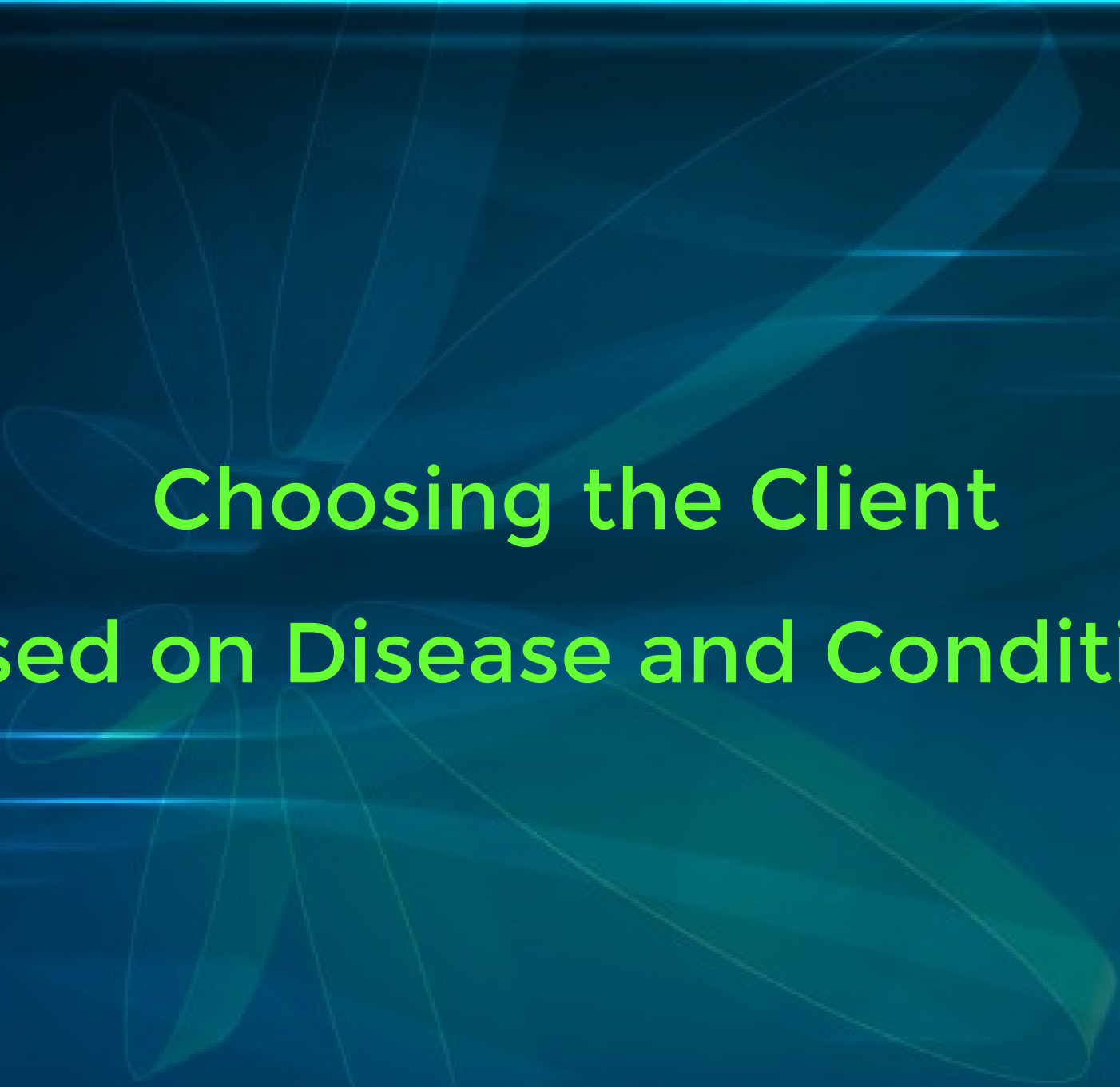
**Are you choosing clients who are ready  
to do the work that is needed in order  
to improve their health?**

## Clients not ready to do the work...

- May want a quick fix for their symptoms
- They expect you to fix them
- They don't share a lot of clues
- They don't participate in discovering clues
- They don't help you, help THEM
- They don't want to complete forms
- They don't want to fill out a Food & Mood Journal
- **Are not yet truly committed**



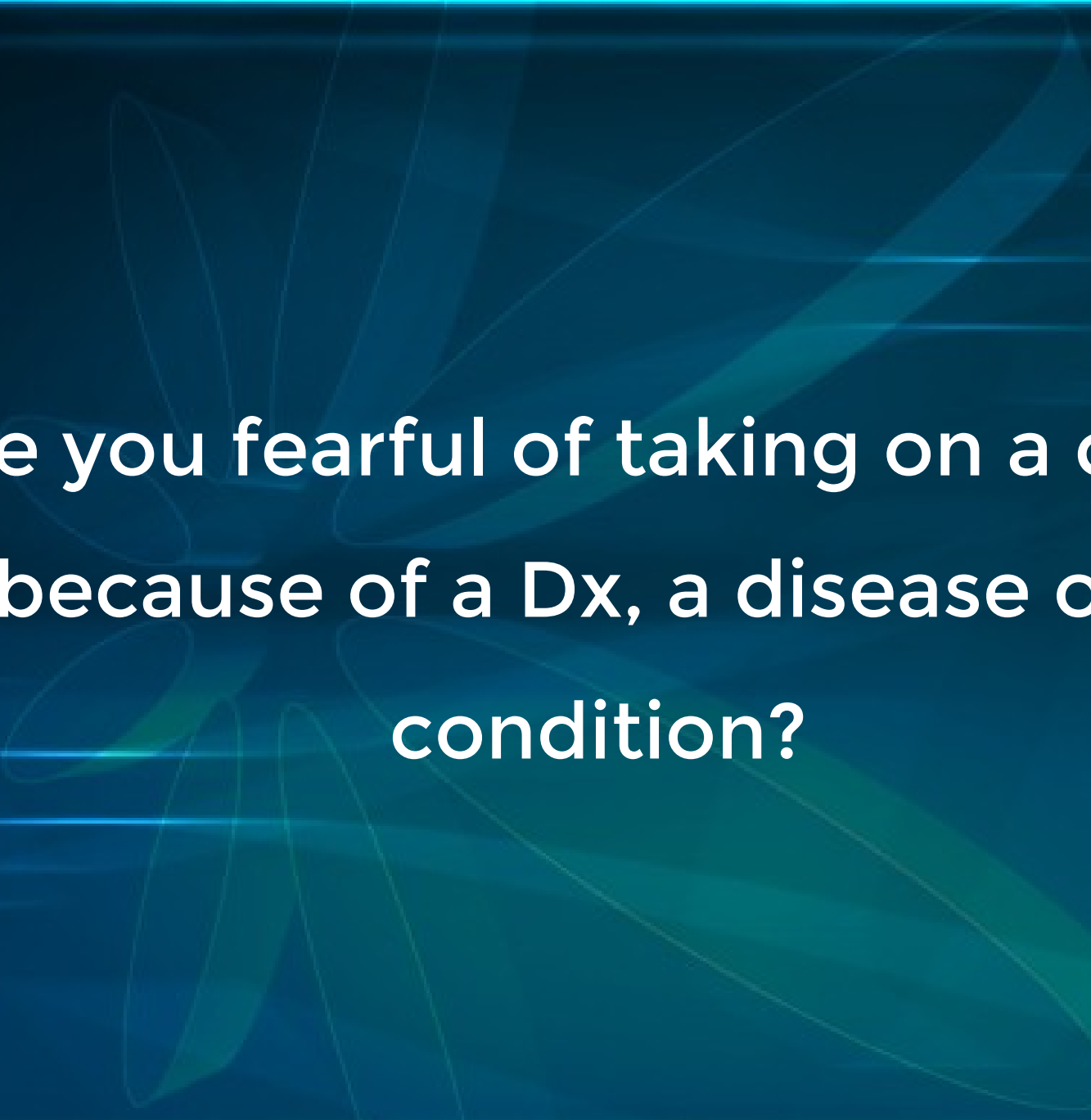
**We can only help those who truly wish  
to be helped AND who are ready to  
commit and willing to do the work.**



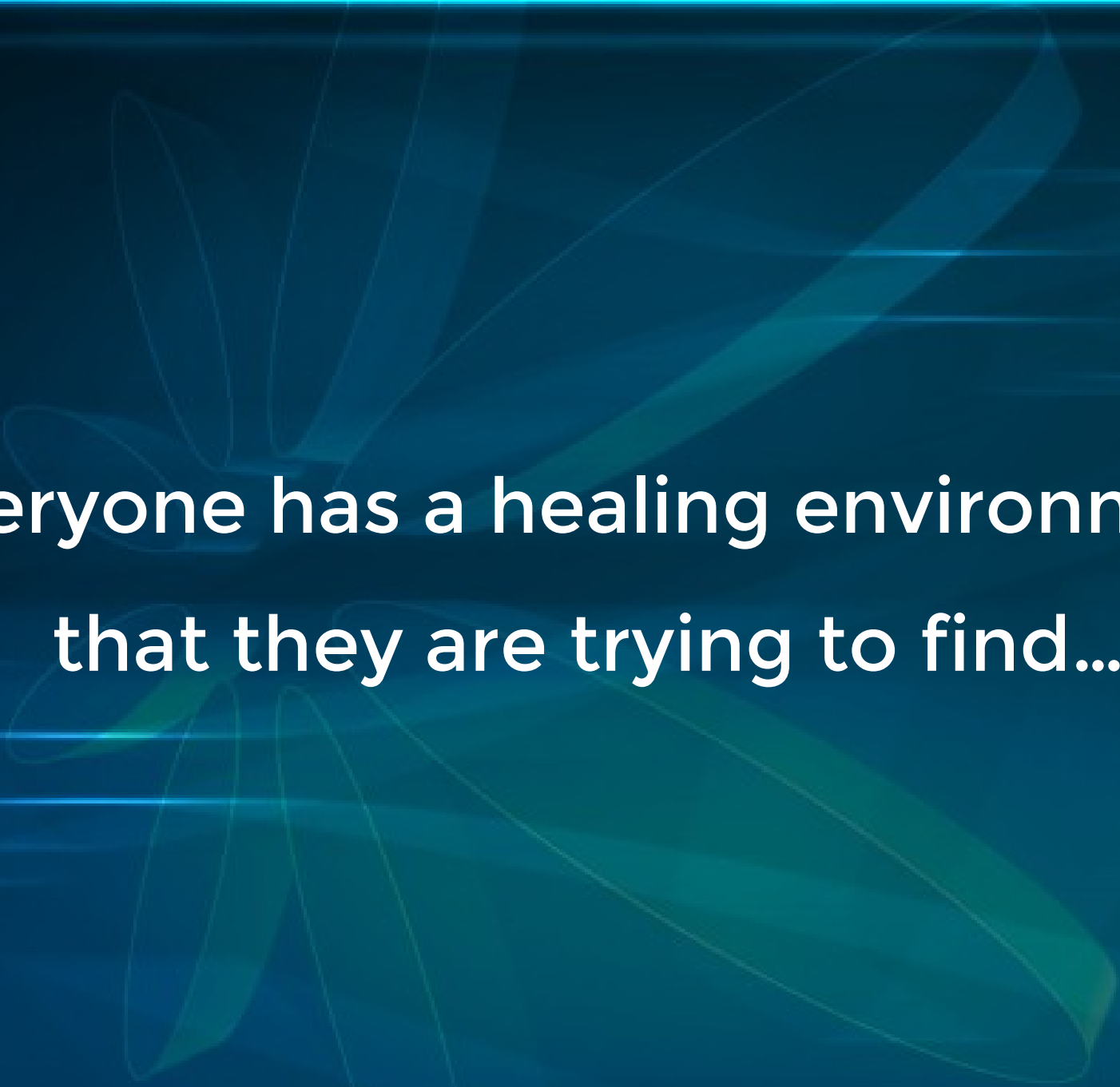
# Choosing the Client Based on Disease and Conditions



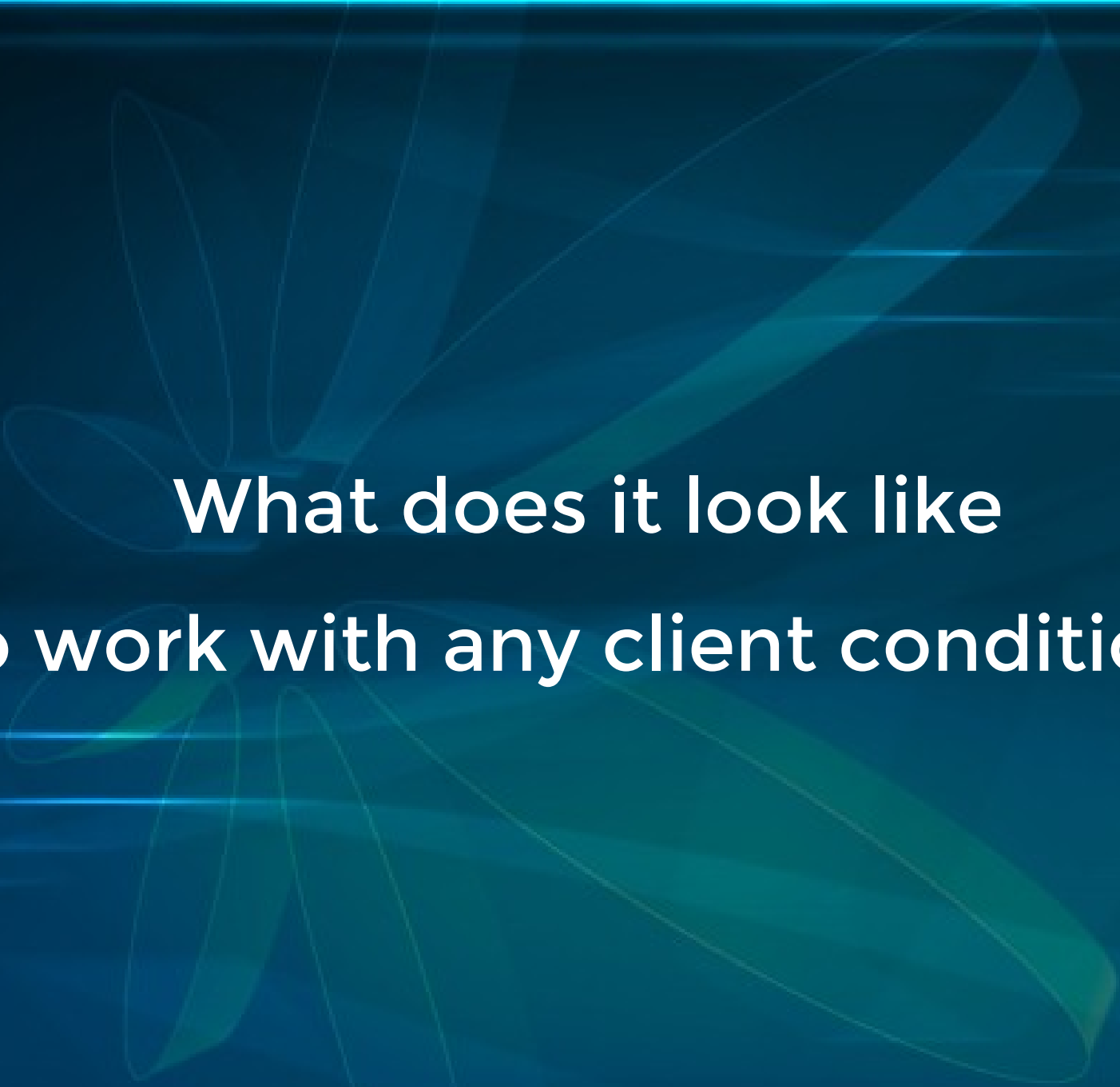
**We are not looking for root cause of a symptom, a disease or a diagnosis...we are looking for root cause of dysfunction and imbalance in the whole body.**



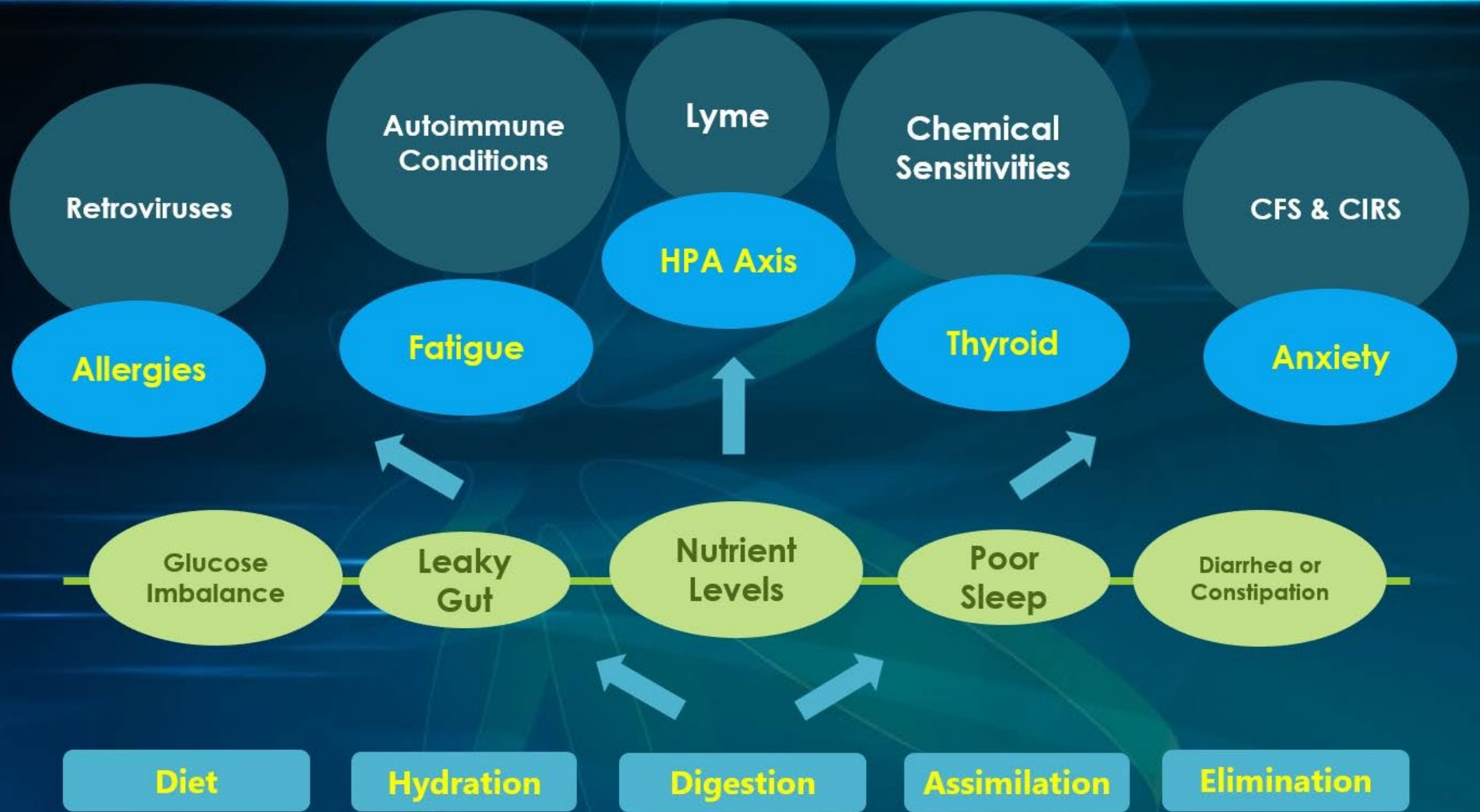
**Are you fearful of taking on a client  
because of a Dx, a disease or a  
condition?**

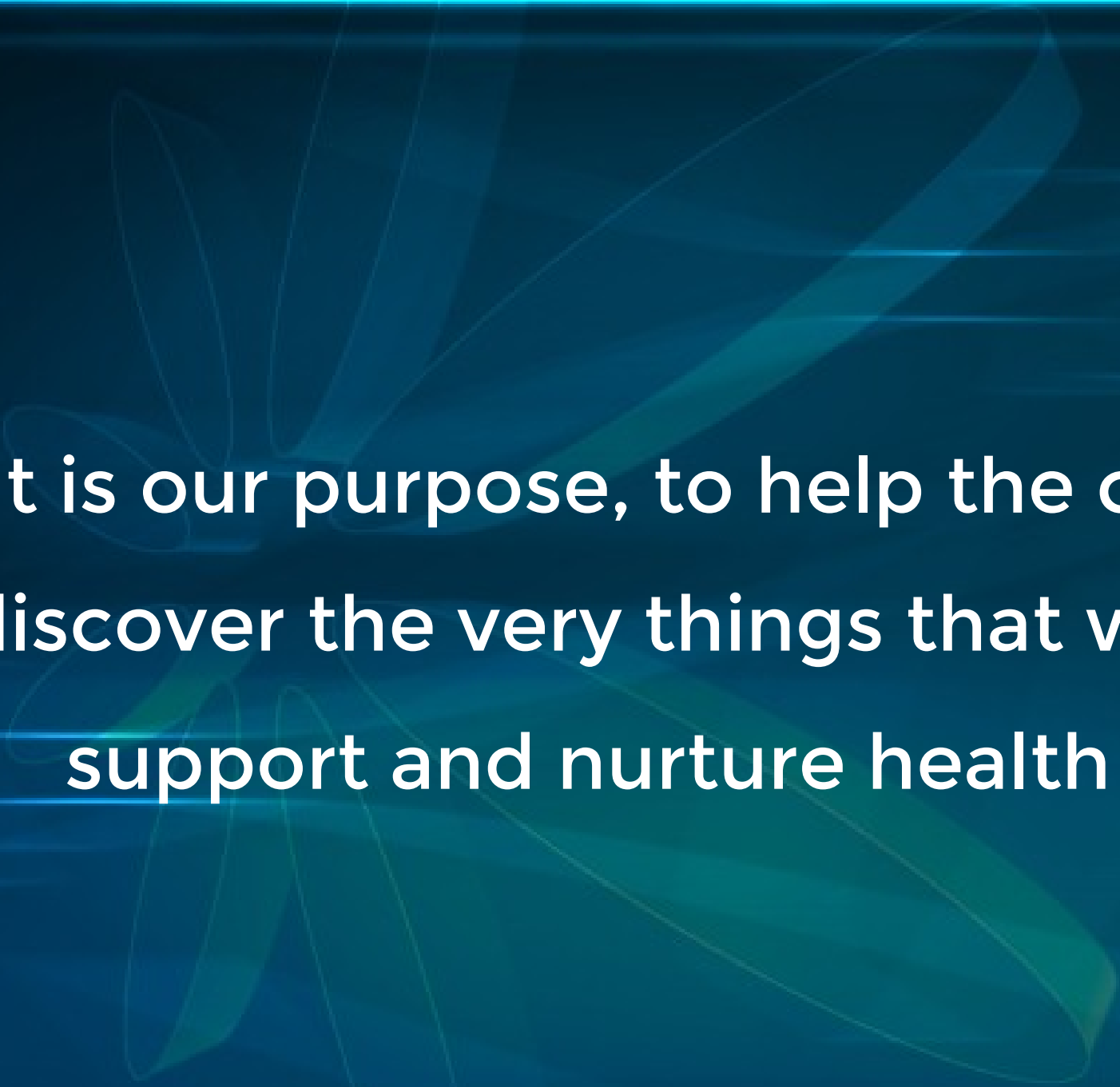


**Everyone has a healing environment  
that they are trying to find...**



**What does it look like  
to work with any client condition?**



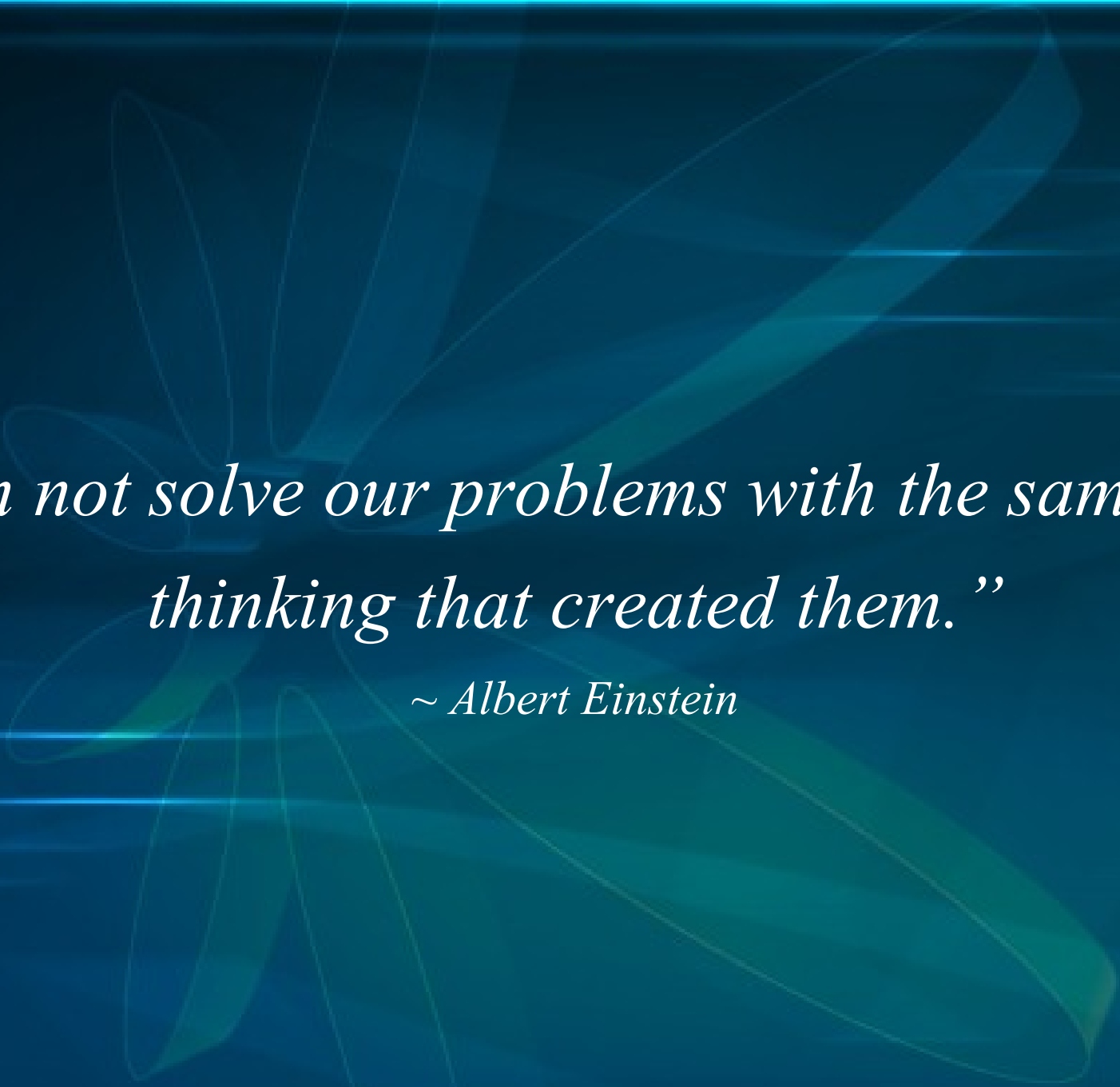


**That is our purpose, to help the client  
discover the very things that will  
support and nurture health**

*“A biochemical or metabolic adaptation or compensation, even if it's considered negative and gives you cancer, is a necessary step the body has had to make under the circumstances to keep us alive”*

*Steve Hawes, 5th Element Wellness*





*“We can not solve our problems with the same level of thinking that created them.”*

*~ Albert Einstein*

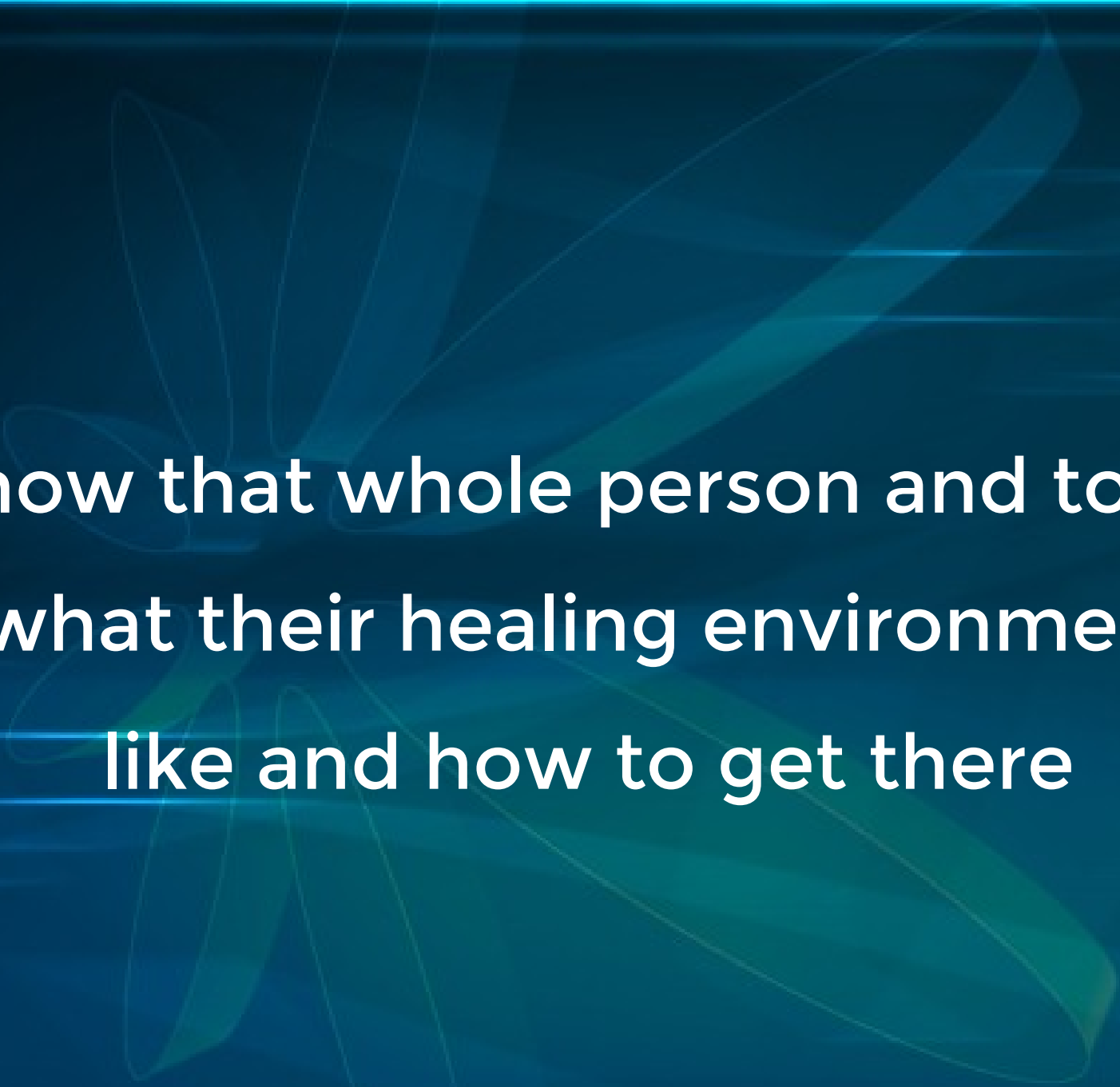




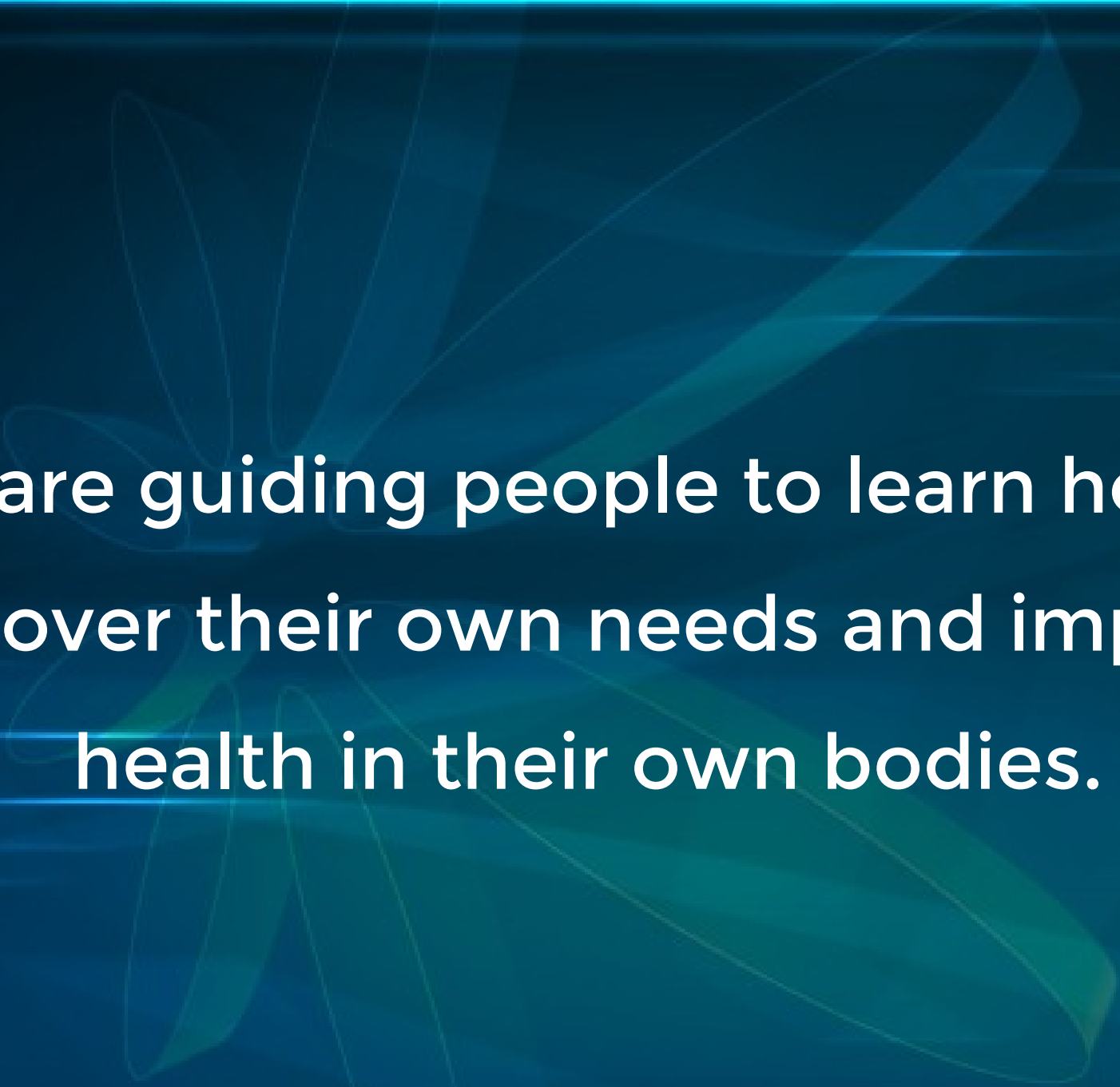
# We Are Teachers of Functional Medicine

# What is the ultimate goal of working with clients?

pause the video here and go to your journal or computer notes or note pad and write down, even more than one reason if you choose, what we are trying to do for clients



**To know that whole person and to teach  
them what their healing environment looks  
like and how to get there**



**We are guiding people to learn how to  
discover their own needs and improve  
health in their own bodies.**

**You're not picking and choosing who YOU  
want to help but instead, you are choosing  
those that are ready and willing to be  
helped.**

# The Consultation As An Interview

## What should happen during the initial consultation?

- This is your chance to interview the client
- This is your opportunity to explain how you work and how you investigate and teach what you are seeing
- You do not need to work to convince the person that they should sign up with you as you want them to be fully committed in the shared journey of improving their health
- Choosing based on commitment



**You have the opportunity to turn your  
consultation into an interview.**

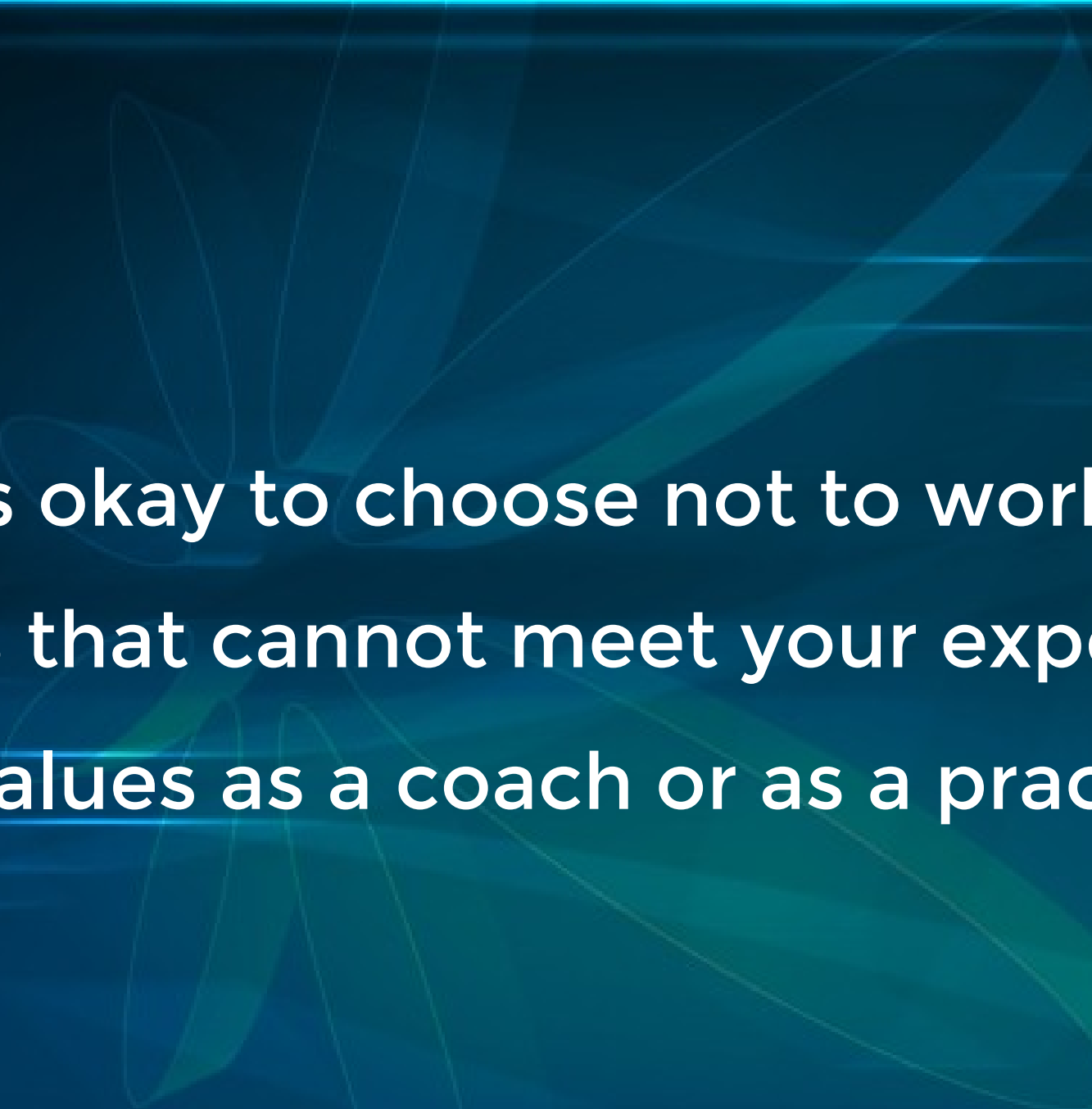


## Questions can help you understand this person's needs...

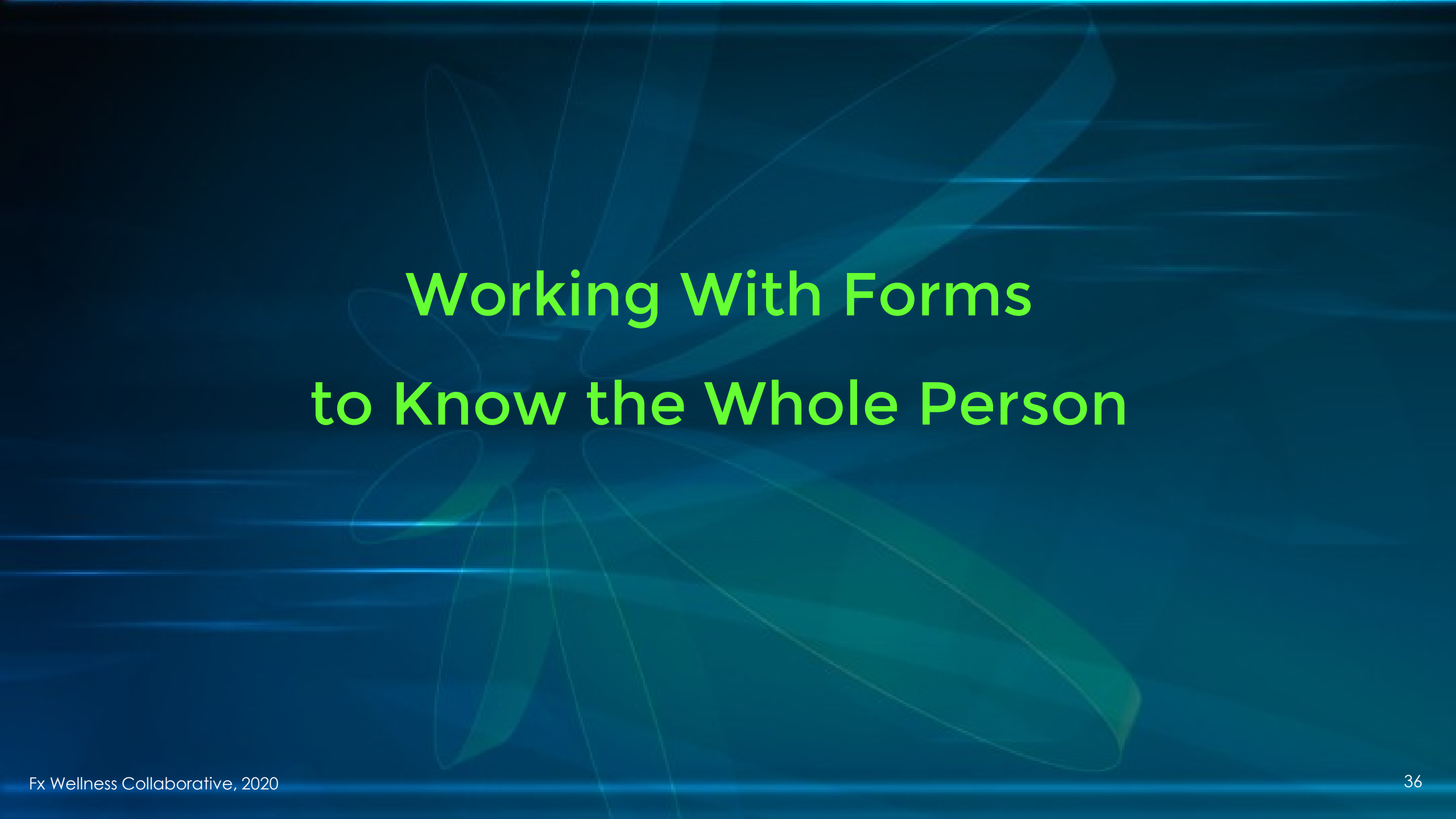
- What do you feel is going on with your health?
- How have you tried to change this?
- How long have you worked on your health?
- How many doctors have you seen?
- Were they able to help you and if not, why?
- What is your commitment level in working with me?



**Potential clients will tell you their needs.**



**It is okay to choose not to work with clients that cannot meet your expectations and values as a coach or as a practitioner.**



# Working With Forms to Know the Whole Person



# The Food & Mood Journal

# Food & Mood Daily Journal

Meals		How Does Your Current Diet Serve You?		
		POSITIVE REACTIONS	NEGATIVE REACTIONS	
TODAY'S DATE:		<i>Place a check to the left of all descriptions that describe your experience 1 - 3 hours after each meal</i>		
Time Eaten:	<input type="checkbox"/>	Feel full, satisfied	<input type="checkbox"/>	Stomach is full but having mouth hunger
	<input type="checkbox"/>	No strong, sweet cravings	<input type="checkbox"/>	Needing a sweet food to feel satisfied
<b>Breakfast:</b>	<input type="checkbox"/>	No desire for more food	<input type="checkbox"/>	Not satisfied with how the meal made you feel
	<input type="checkbox"/>	No hunger	<input type="checkbox"/>	Hungry soon after eating
	<input type="checkbox"/>	No need to snack	<input type="checkbox"/>	Needing a snack
	<input type="checkbox"/>	Energy is restored	<input type="checkbox"/>	Meal provided minimal or excess energy
	<input type="checkbox"/>	Energy feels balanced	<input type="checkbox"/>	Meal caused you to feel jittery or anxious
	<input type="checkbox"/>	Energy seems to last to the next meal	<input type="checkbox"/>	Feeling wired but generally tired inside
	<input type="checkbox"/>	More food needed for good energy	<input type="checkbox"/>	Feeling sleepy or tired soon after the meal
	<input type="checkbox"/>	Less food needed for good energy	<input type="checkbox"/>	Feeling that eating more would make you feel better
	<input type="checkbox"/>	Balanced well-being	<input type="checkbox"/>	Mind is slow
	<input type="checkbox"/>	Sense of feeling stable and renewed	<input type="checkbox"/>	Thinking is hard and feels spacey
	<input type="checkbox"/>	Feeling emotionally uplifted	<input type="checkbox"/>	Too many thoughts all at once
	<input type="checkbox"/>	Improved clarity and sharpness of mind	<input type="checkbox"/>	Poor focus or concentrate
	<input type="checkbox"/>	Thought processes functioning well	<input type="checkbox"/>	Negative feelings become apparent
Time Eaten:	<input type="checkbox"/>	Feel full, satisfied	<input type="checkbox"/>	Stomach is full but having mouth hunger
	<input type="checkbox"/>	No strong, sweet cravings	<input type="checkbox"/>	Needing a sweet food to feel satisfied
<b>Lunch:</b>	<input type="checkbox"/>	No desire for more food	<input type="checkbox"/>	Not satisfied with how the meal made you feel
	<input type="checkbox"/>	No hunger	<input type="checkbox"/>	Hungry soon after eating
	<input type="checkbox"/>	No need to snack	<input type="checkbox"/>	Needing a snack
	<input type="checkbox"/>	Energy is restored	<input type="checkbox"/>	Meal provided minimal or excess energy
	<input type="checkbox"/>	Energy feels balanced	<input type="checkbox"/>	Meal caused you to feel jittery or anxious
	<input type="checkbox"/>	Energy seems to last to the next meal	<input type="checkbox"/>	Feeling wired but generally tired inside
	<input type="checkbox"/>	More food needed for good energy	<input type="checkbox"/>	Feeling sleepy or tired soon after the meal
	<input type="checkbox"/>	Less food needed for good energy	<input type="checkbox"/>	Feeling that eating more would make you feel better
	<input type="checkbox"/>	Balanced well-being	<input type="checkbox"/>	Mind is slow



# The Timeline

## Timeline Form

Please use the form below to list any major life events or illnesses and any symptoms that you have experienced throughout the years. Do you see any correlations between these events and any of the symptoms you may have or had?

		Birth to 15 years	15 to 25 years	25 to 35 years	35 to 45 years	45 to 55 years	55 years to current
Life Events or Illness							
			Moved to a new state	New job			
		Fatigue in early teens	Engaged	2 Children	Very busy!		
		Chicken pox	First job out of college	Marriage	Loss of family member		
Symptoms		Fatigue	Heavy stress!	Stress	Not sleeping well		
		Many chest colds	Fatigue	Stomach upset	Fatigued		
				Gas/bloating	Constipation always		
					Gas and bloating		
					Queasy with some meals		

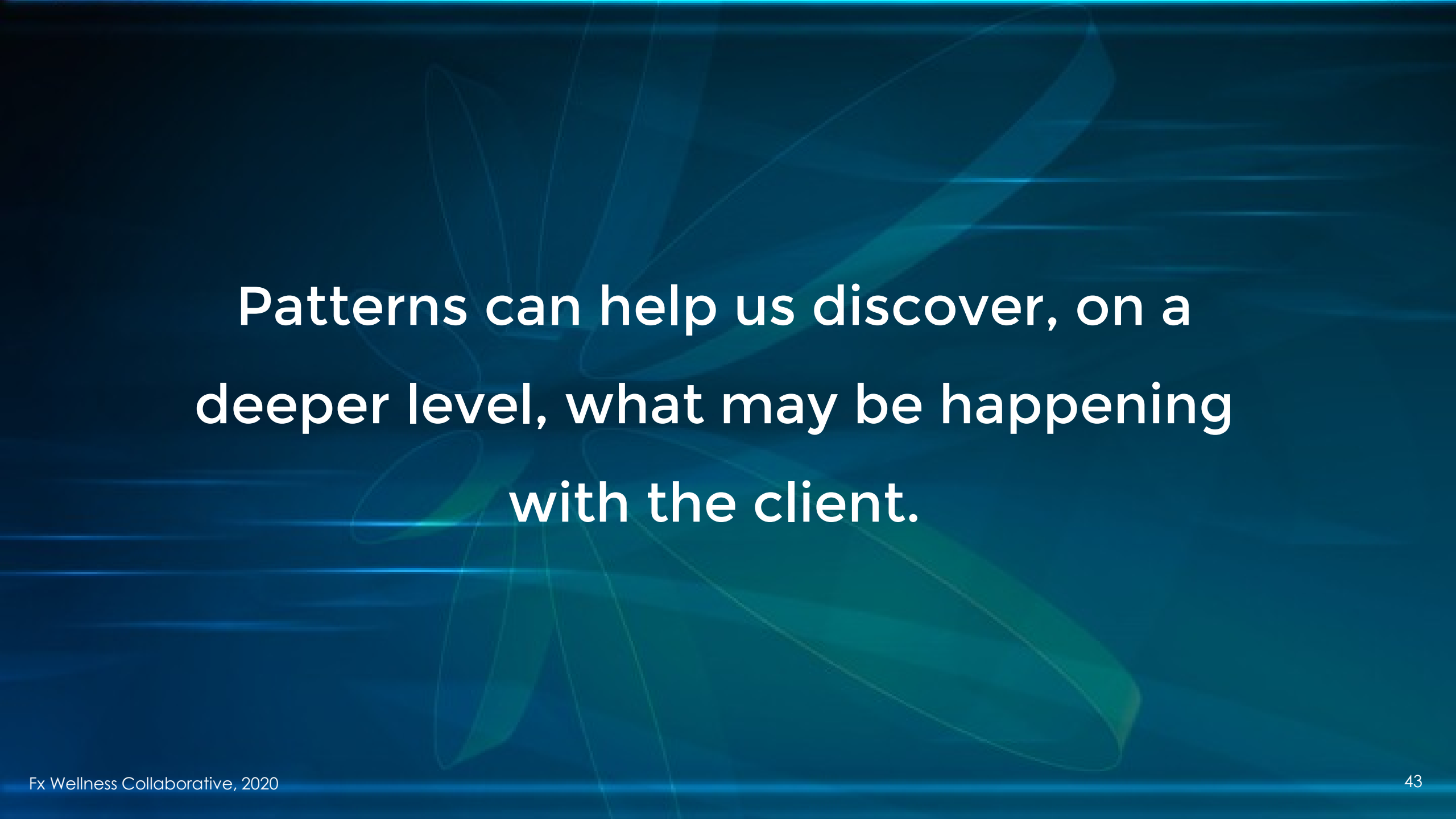




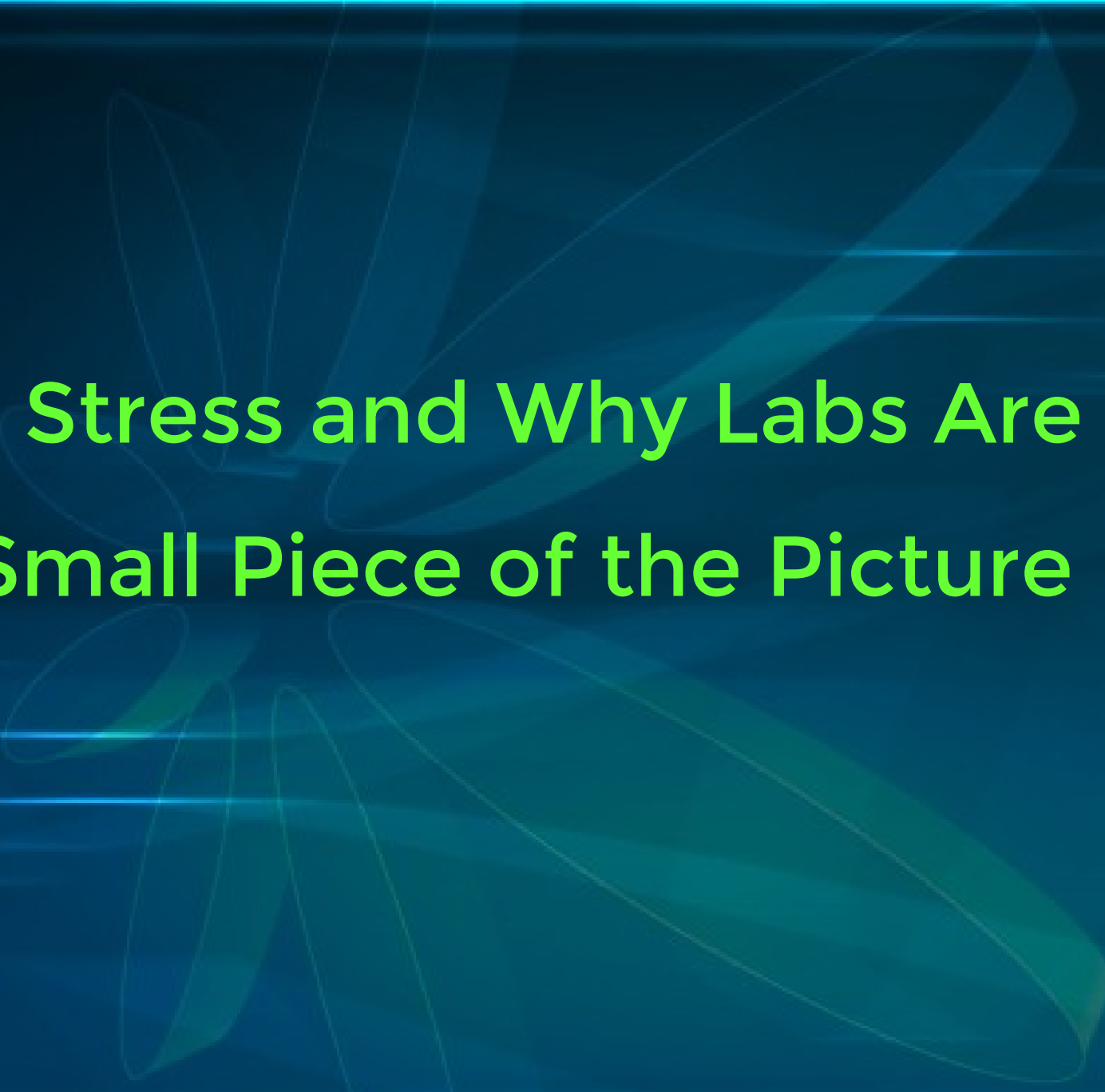
# The Labwork



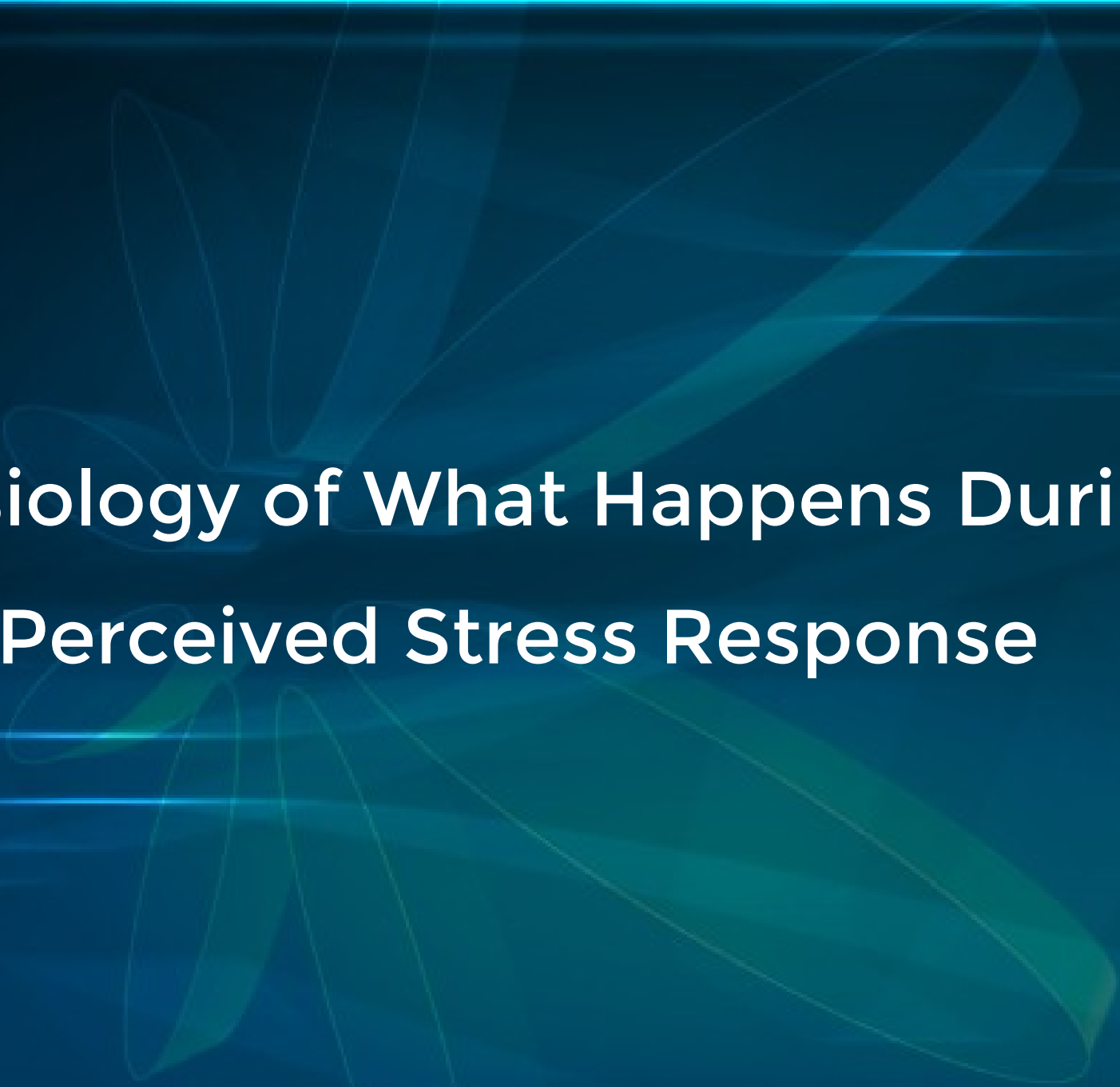
**Testing tells us what is going on in the  
body that we cannot see.**



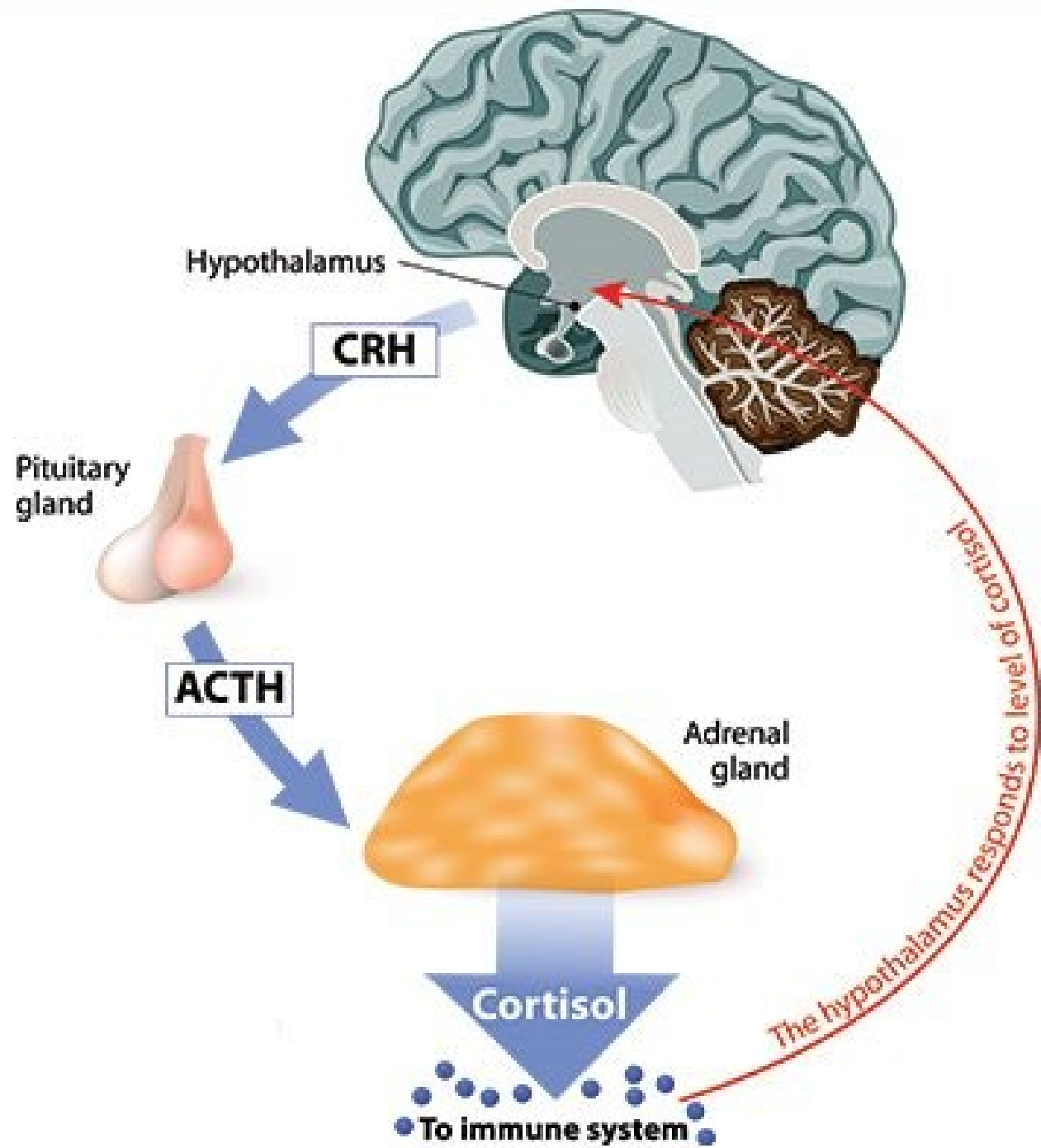
**Patterns can help us discover, on a deeper level, what may be happening with the client.**



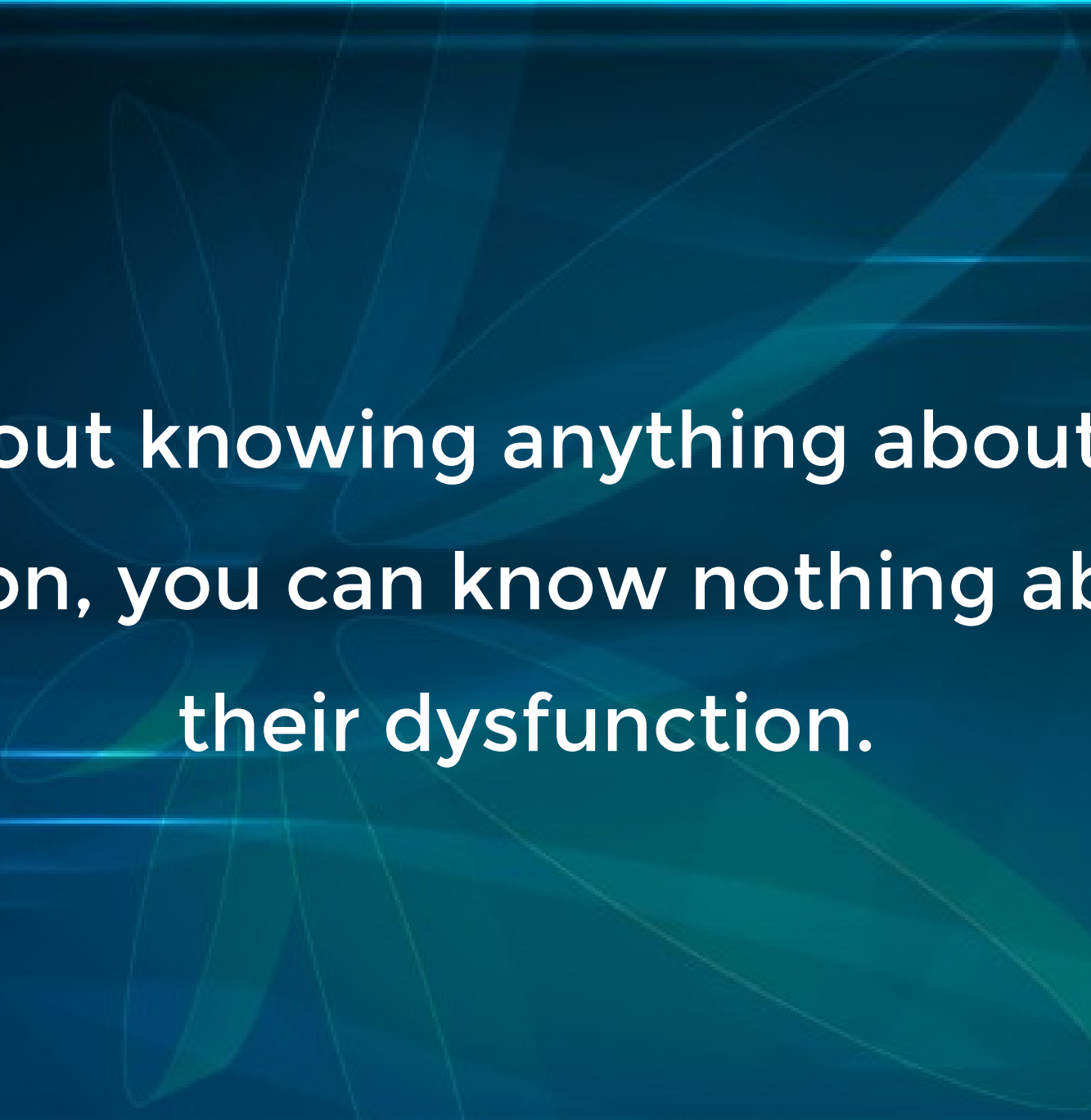
# Intro to Stress and Why Labs Are Just a Small Piece of the Picture



# Physiology of What Happens During Perceived Stress Response

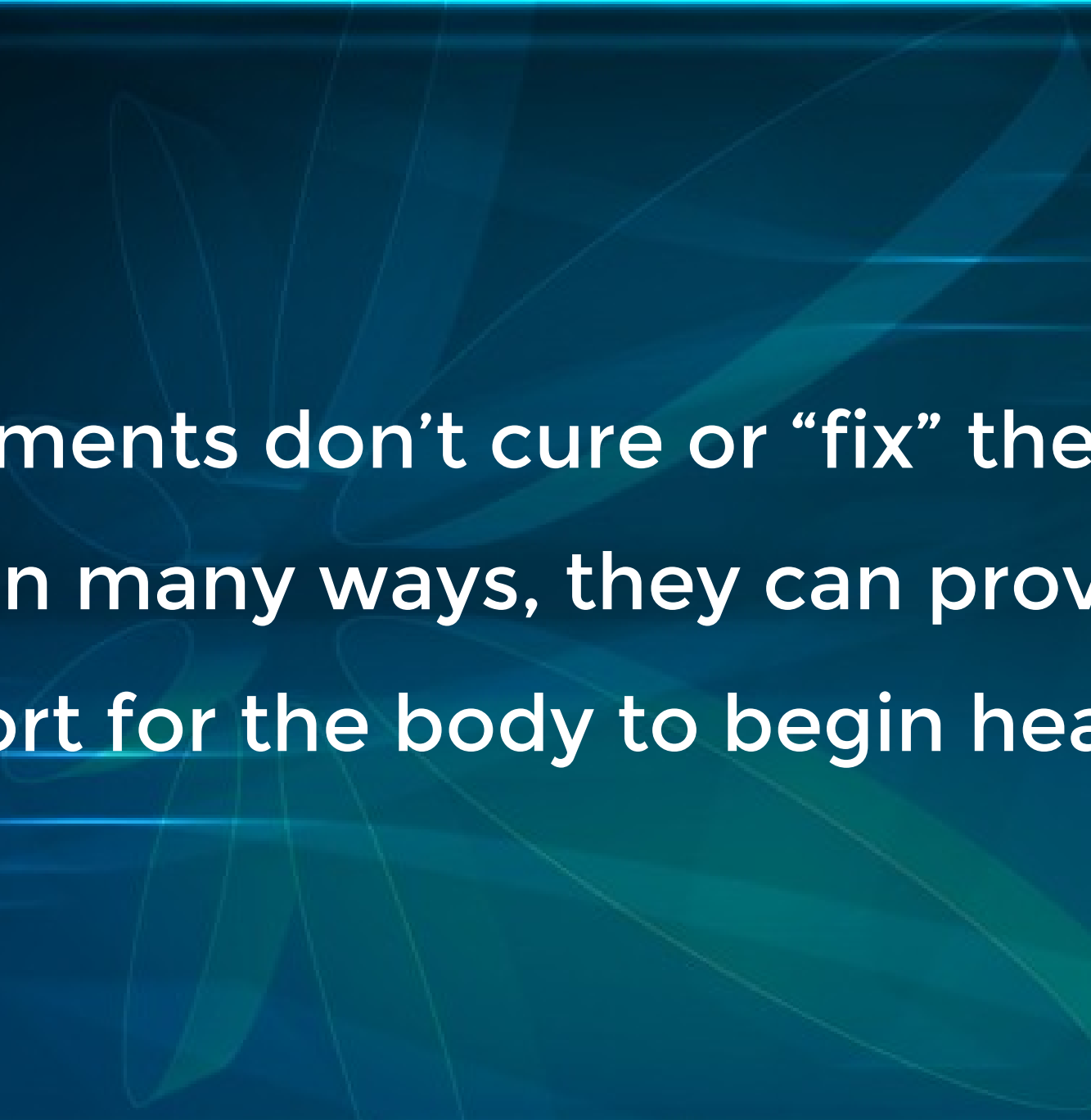


Glucose	69	mg/dL	65-99	MB
BUN	14	mg/dL	6-20	MB
Creatinine	0.71	mg/dL	0.57-1.00	MB
eGFR If NonAfricn Am	114	mL/min/1.73	>59	MB
eGFR If Africn Am	131	mL/min/1.73	>59	MB
BUN/Creatinine Ratio	20		9-23	MB
Sodium	136	mmol/L	134-144	MB
Potassium	4.4	mmol/L	3.5-5.2	MB
Chloride	101	mmol/L	96-106	MB
Carbon Dioxide, Total	20	mmol/L	20-29	MB
Calcium	9.3	mg/dL	8.7-10.2	MB
Protein, Total	7.5	g/dL	6.0-8.5	MB
Albumin	4.6	g/dL	3.5-5.5	MB
Globulin, Total	2.9	g/dL	1.5-4.5	MB
A/G Ratio	1.6		1.2-2.2	MB
Bilirubin, Total	0.7	mg/dL	0.0-1.2	MB
Alkaline Phosphatase	40	IU/L	39-117	MB
AST (SGOT)	17	IU/L	0-40	MB
ALT (SGPT)	15	IU/L	0-32	MB



**Without knowing anything about the person, you can know nothing about their dysfunction.**





**Supplements don't cure or "fix" the client  
but in many ways, they can provide  
support for the body to begin healing.**