
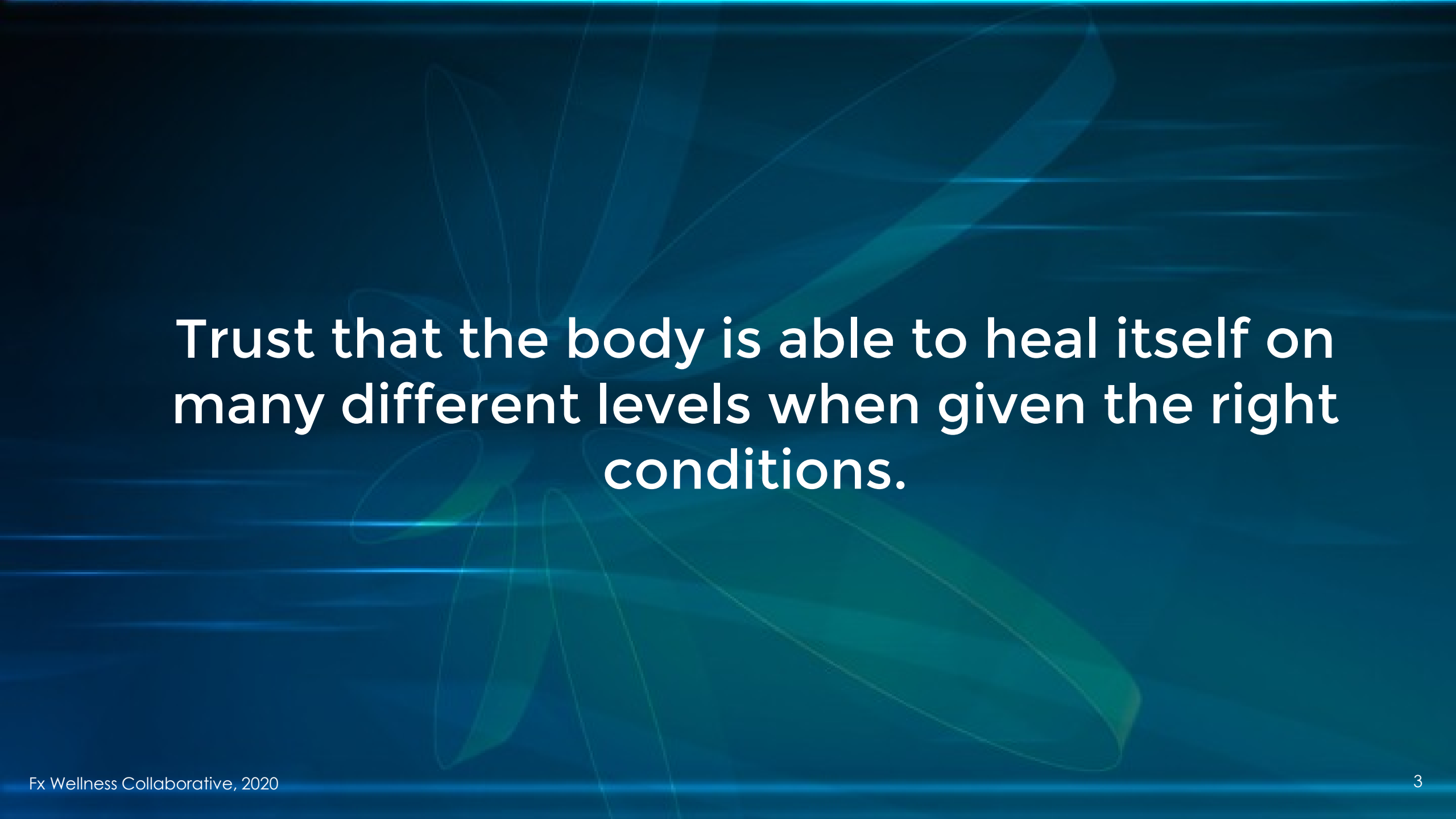


Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION



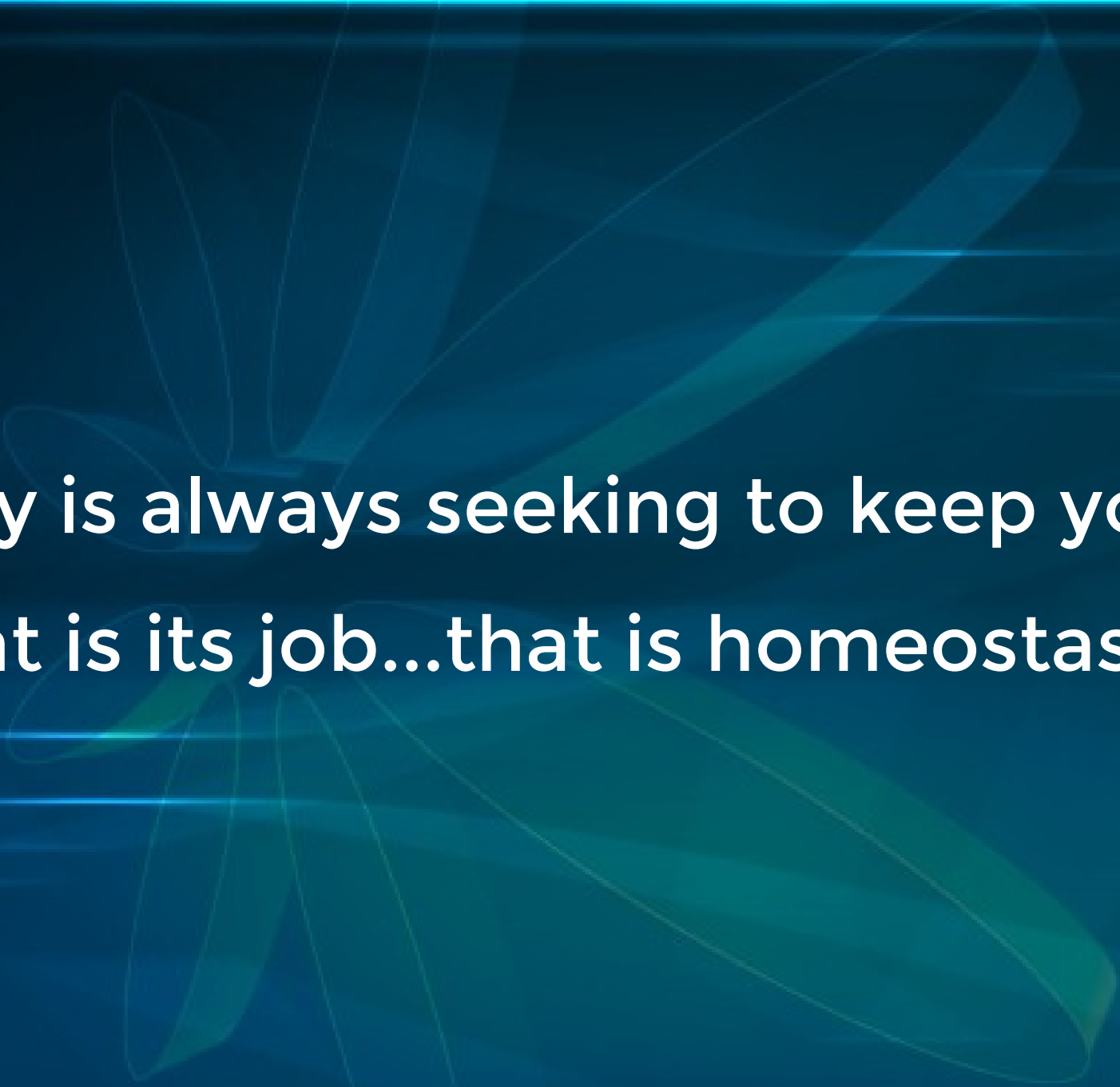
Tenet 3: The Healing Power of Nature



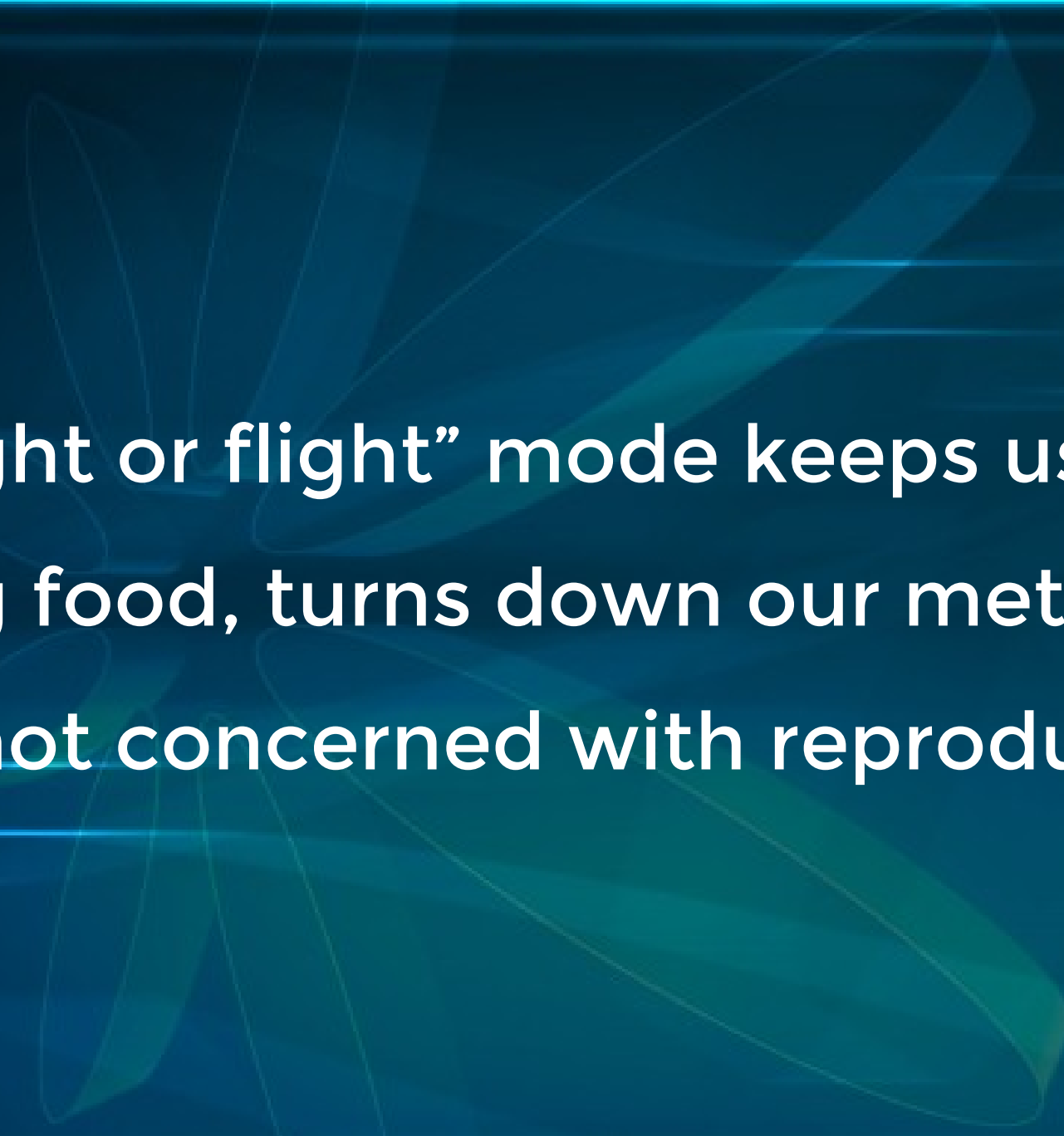
Trust that the body is able to heal itself on many different levels when given the right conditions.



Homeostasis



**The body is always seeking to keep you alive,
that is its job...that is homeostasis.**



The “fight or flight” mode keeps us from digesting food, turns down our metabolism and is not concerned with reproduction.



What Are the Priorities of the Body?



**Symptoms are clues that can be hidden if we
are just adding supplementation.**



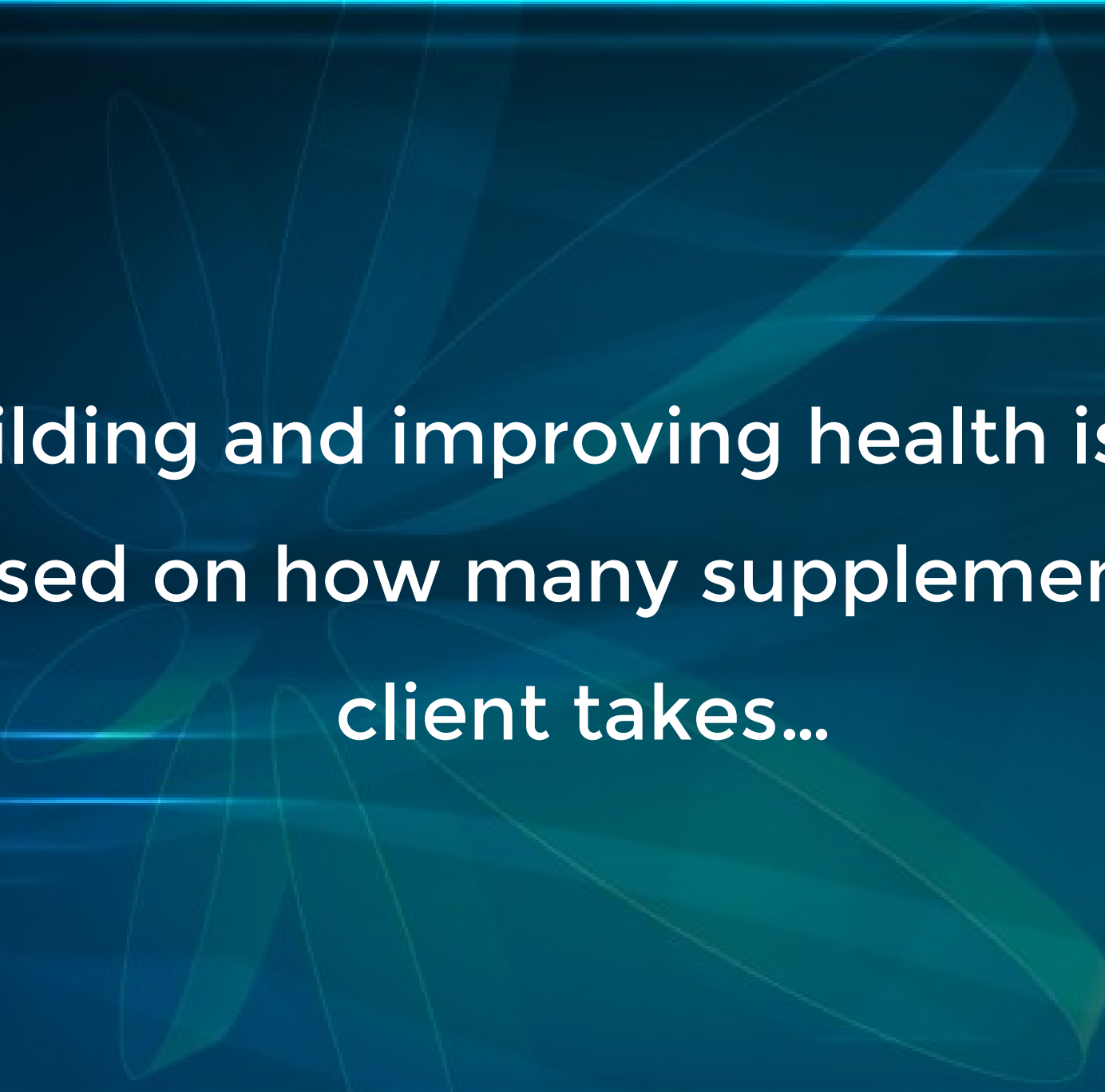
**What is that body telling you that it
needs for support?**



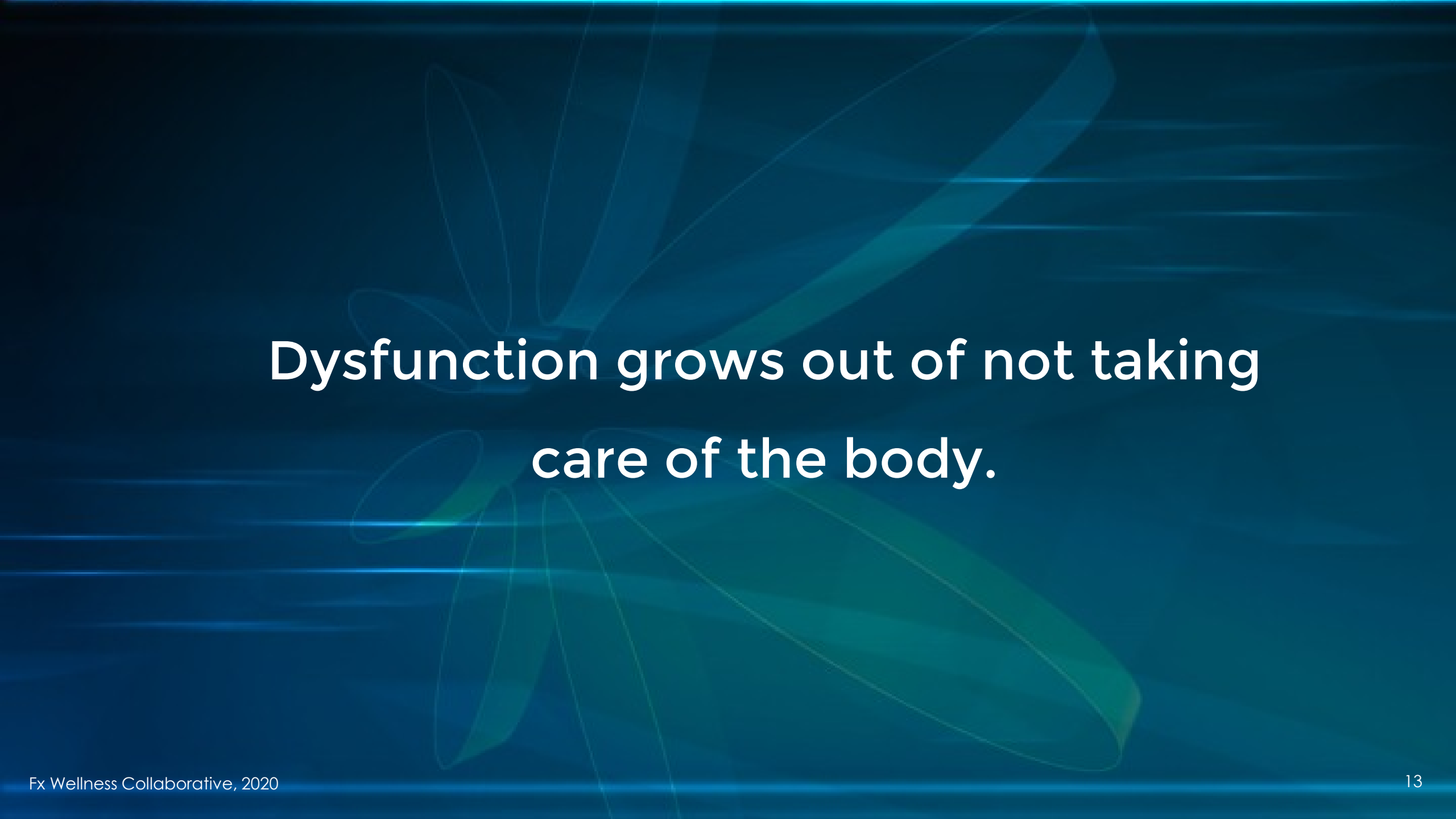
Trusting the Body...Or Not?



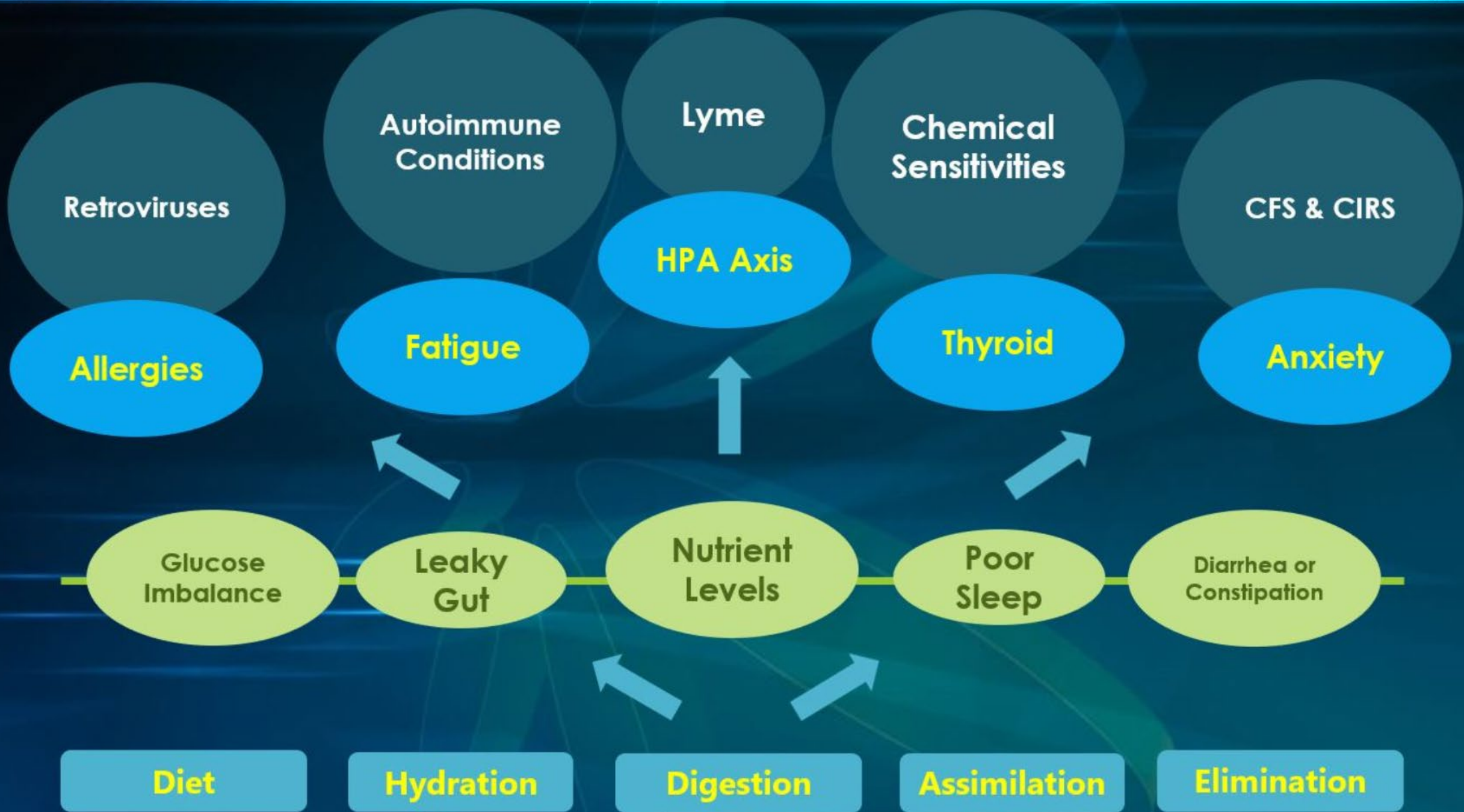
**We know small injuries heal...but what
about big dysfunctions?**

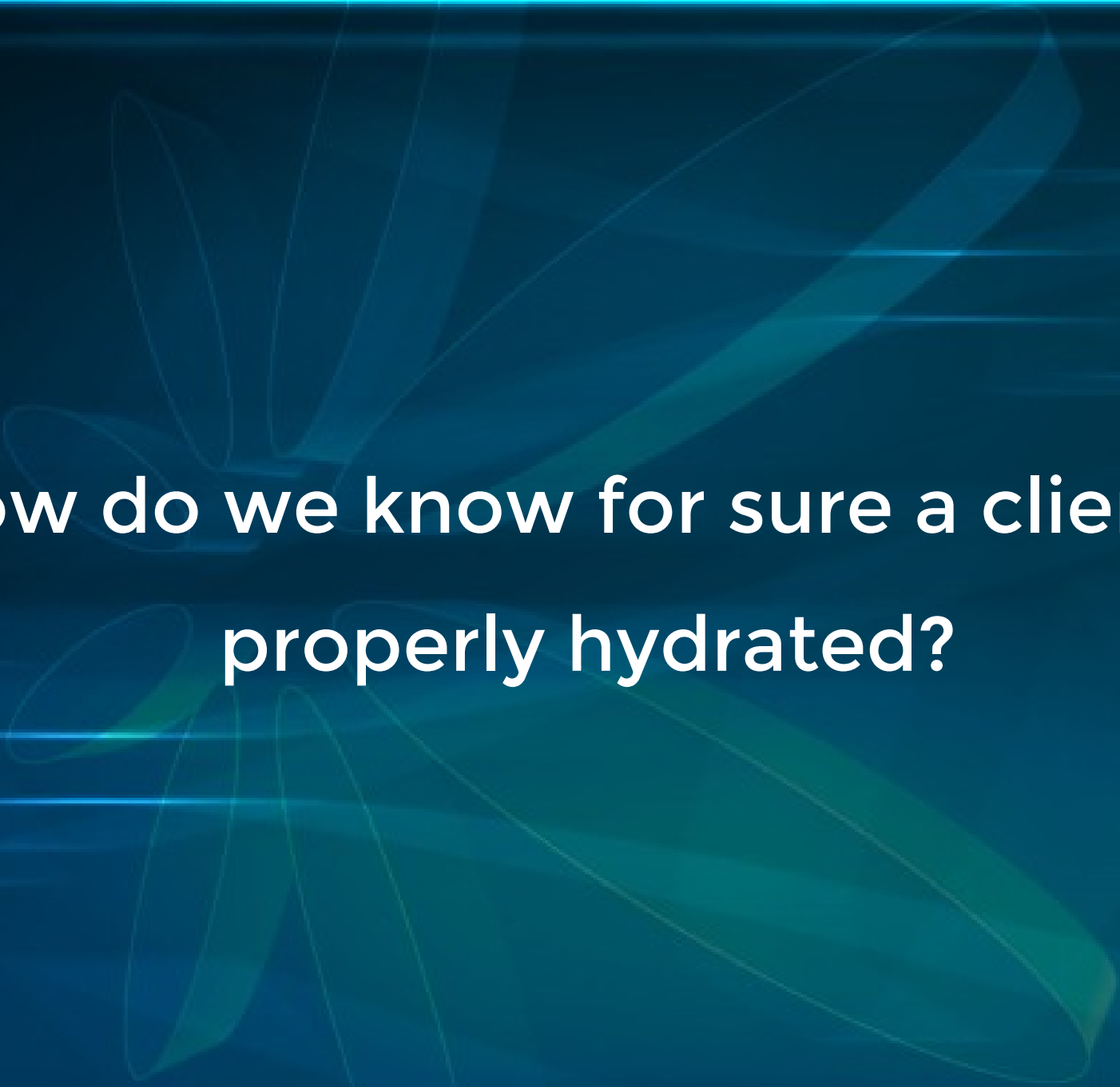


**Building and improving health is not
based on how many supplements a
client takes...**



**Dysfunction grows out of not taking
care of the body.**

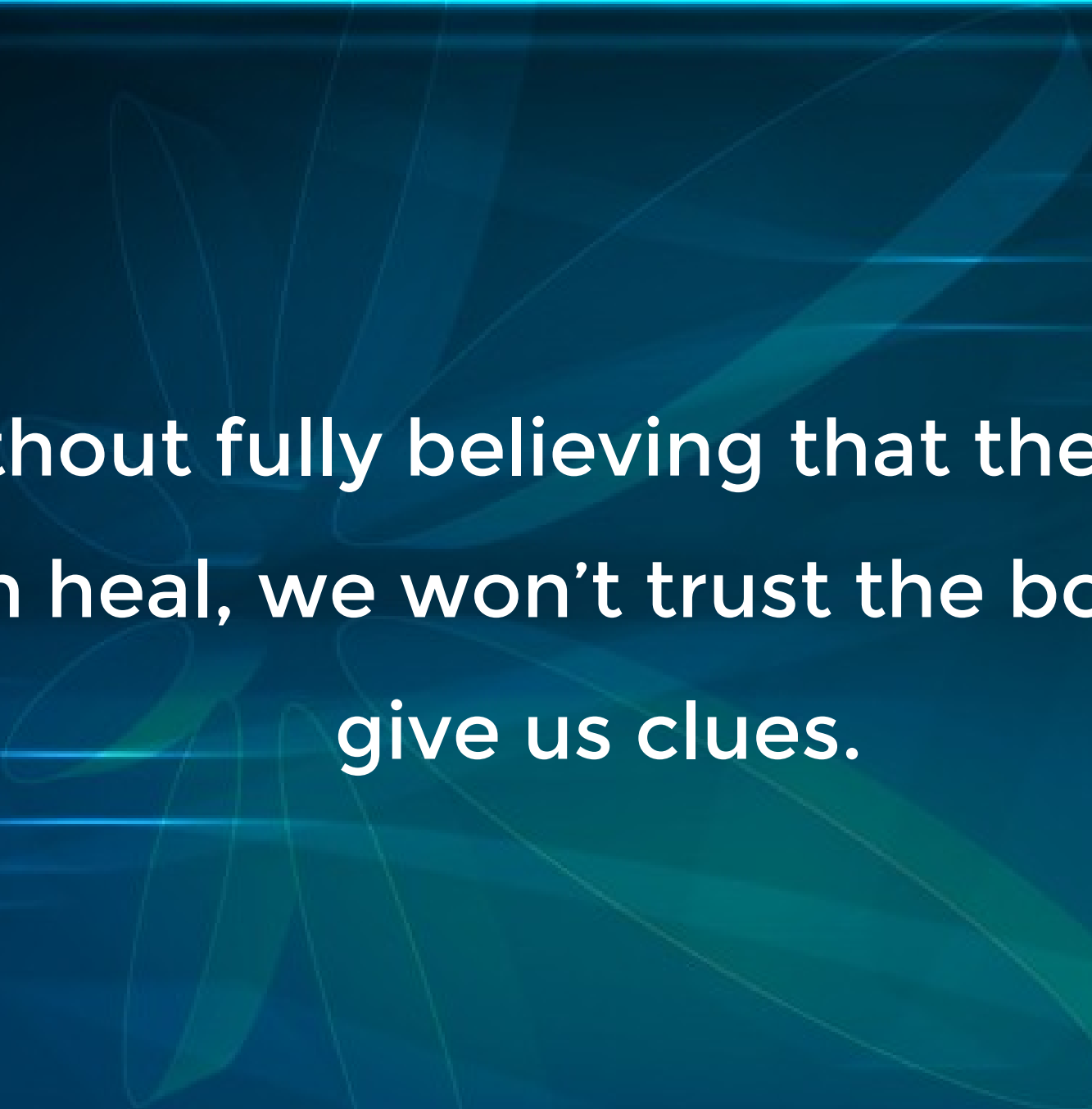




**How do we know for sure a client is
properly hydrated?**



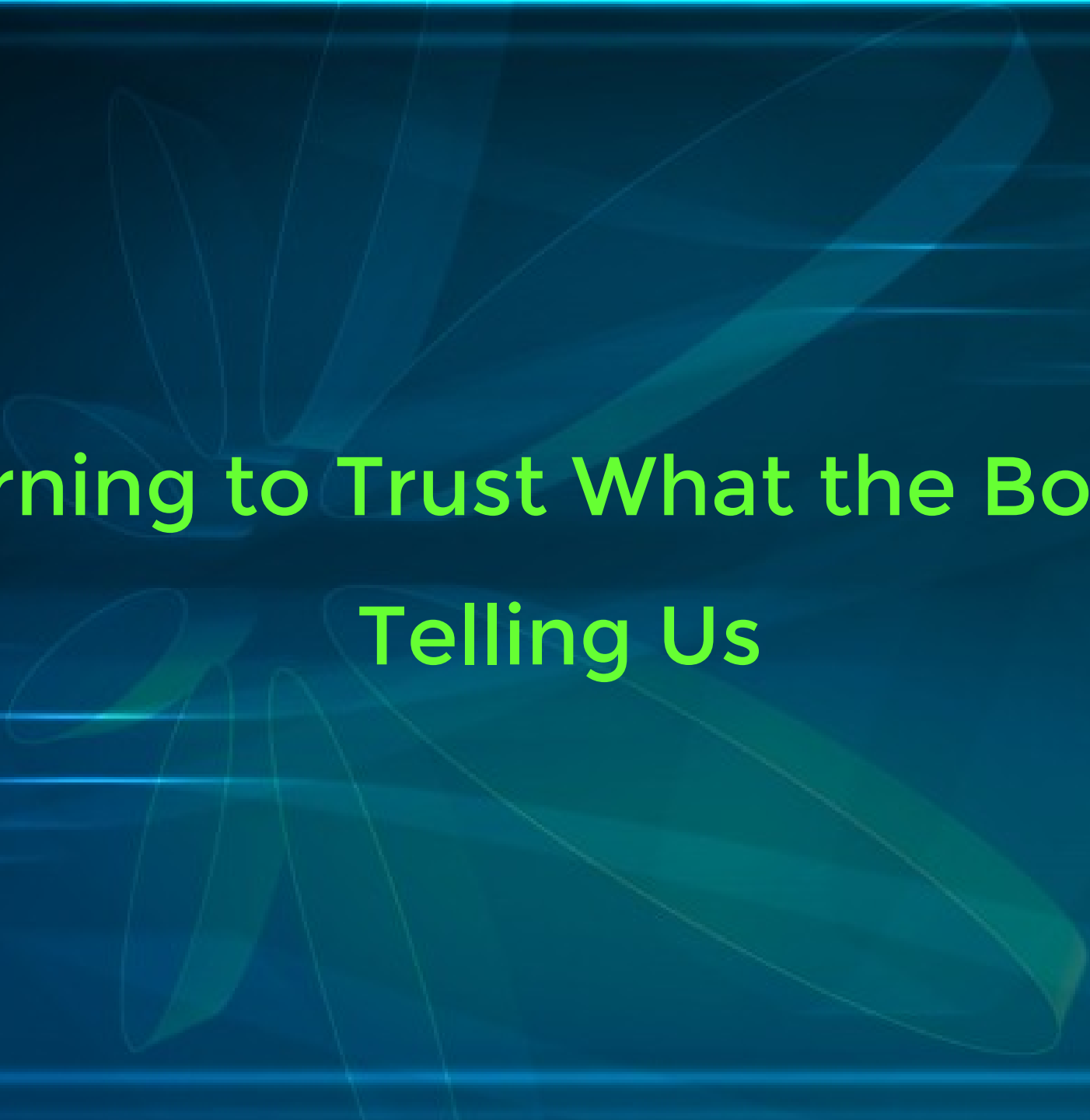
**Clients need instruction to find their
healing environment.**



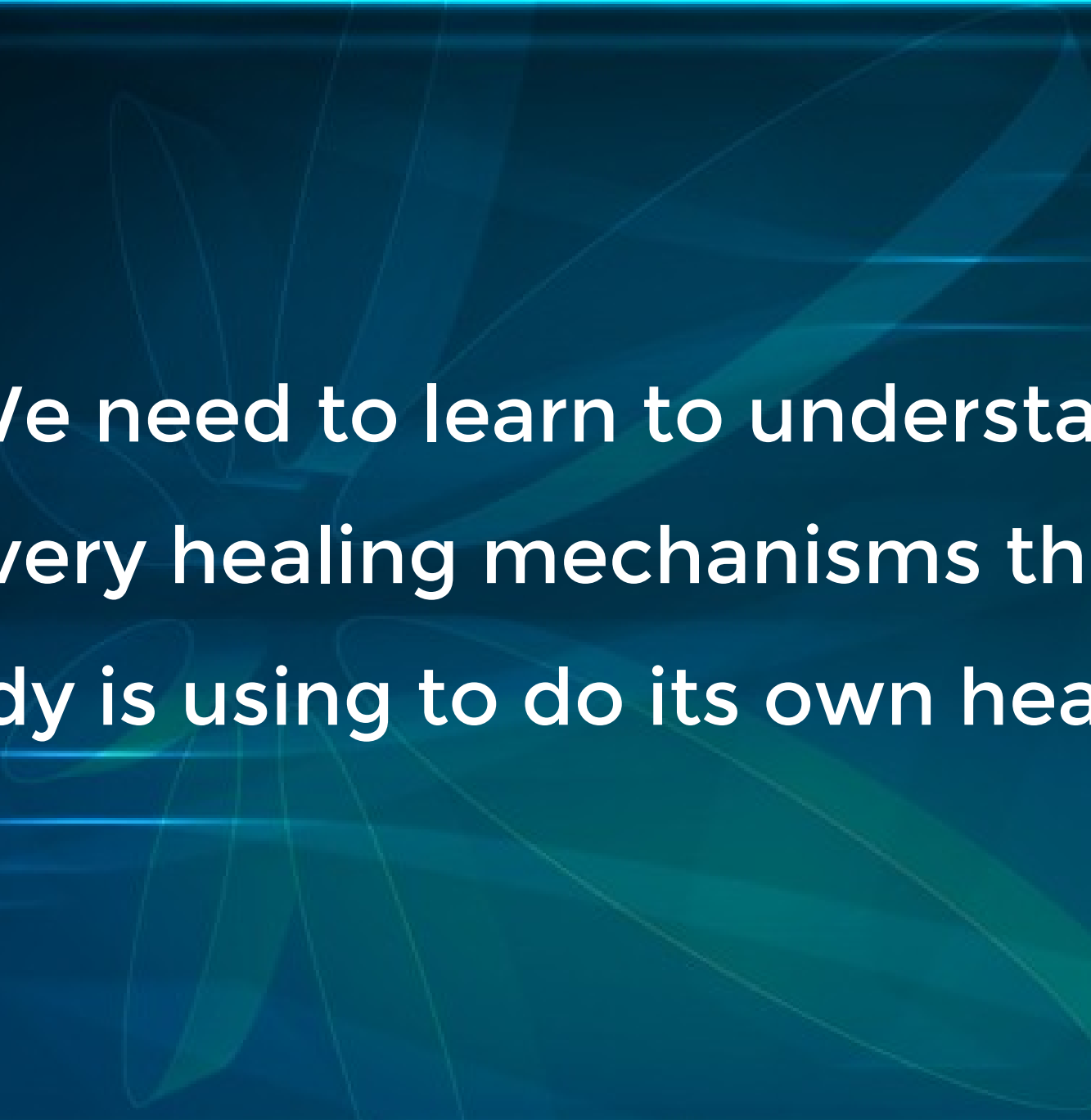
**Without fully believing that the body
can heal, we won't trust the body to
give us clues.**



Assignment 2 - Trusting the Body

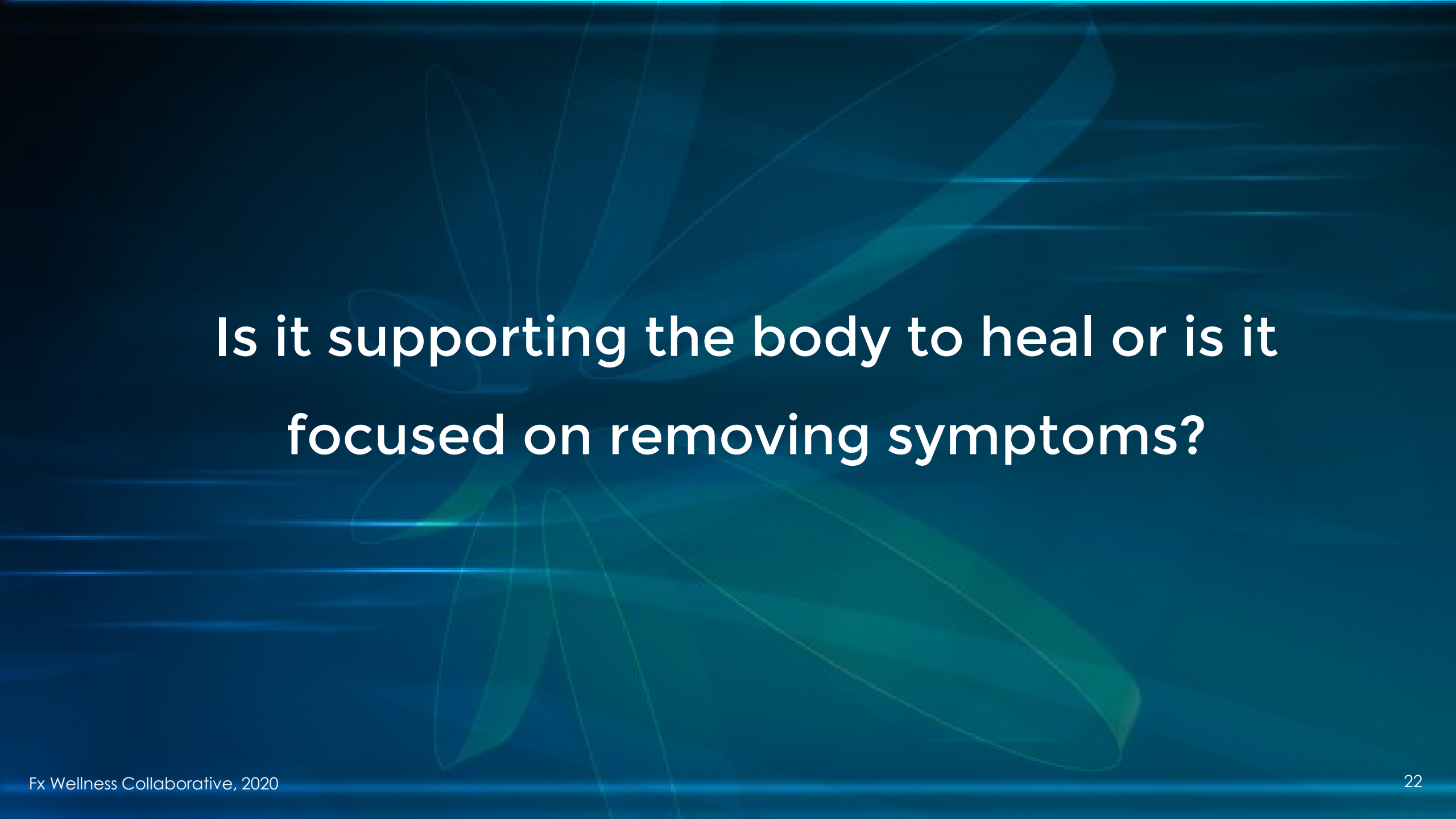


Learning to Trust What the Body is Telling Us



**We need to learn to understand
the very healing mechanisms that the
body is using to do its own healing.**

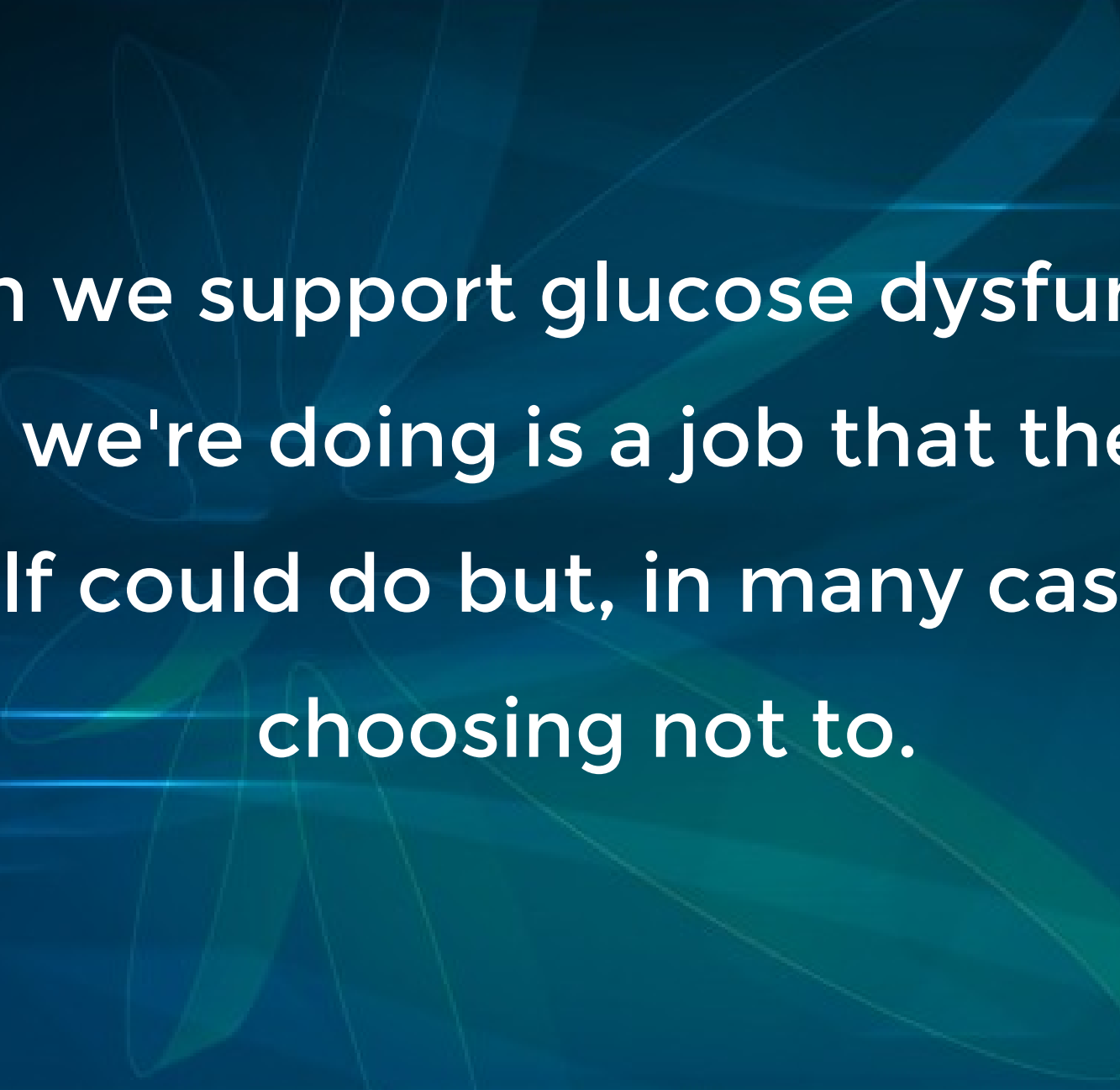
Using supplementation instead of medications to get rid of symptoms is still using the conventional model of medicine.



**Is it supporting the body to heal or is it
focused on removing symptoms?**



Example: Supporting Glucose Dysregulation



**When we support glucose dysfunction,
what we're doing is a job that the body
itself could do but, in many cases, is
choosing not to.**

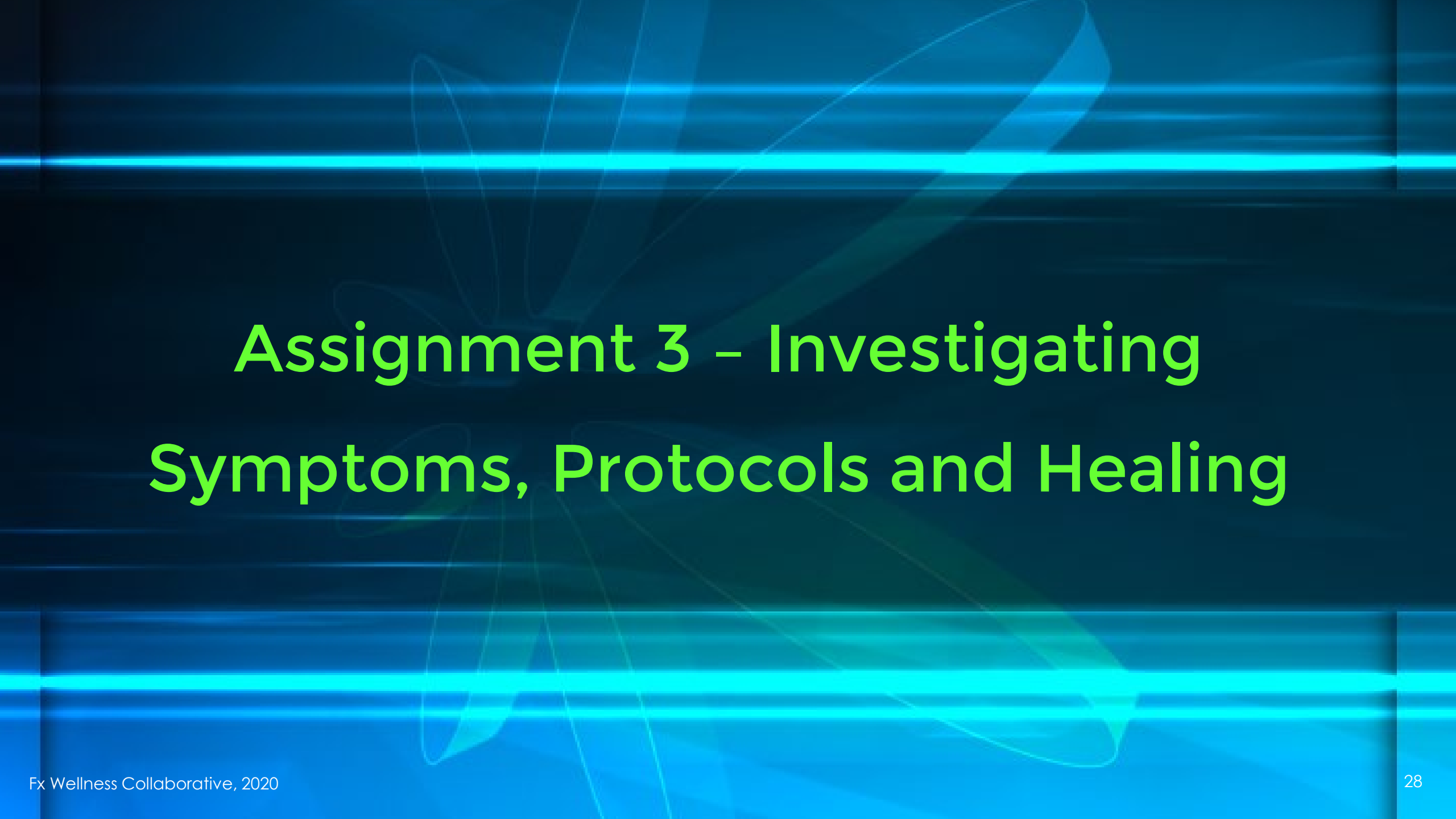
**We still may not know the cause of this
client's glucose dysregulation,
especially if we can see it is not food
related.**



Example: The Leaky Gut



**Basic work on health must already be
in place to use supplemental support.**



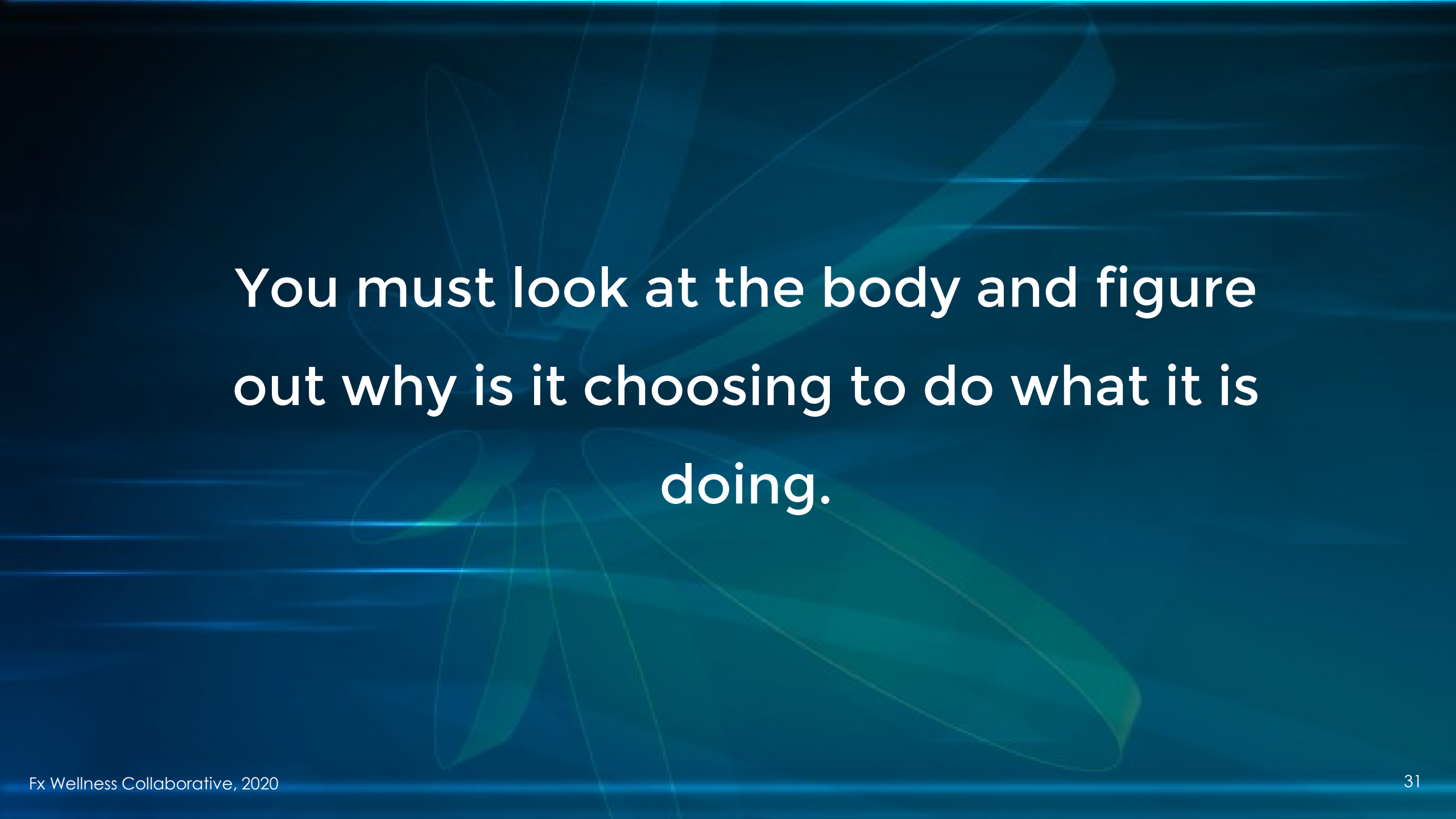
Assignment 3 – Investigating Symptoms, Protocols and Healing



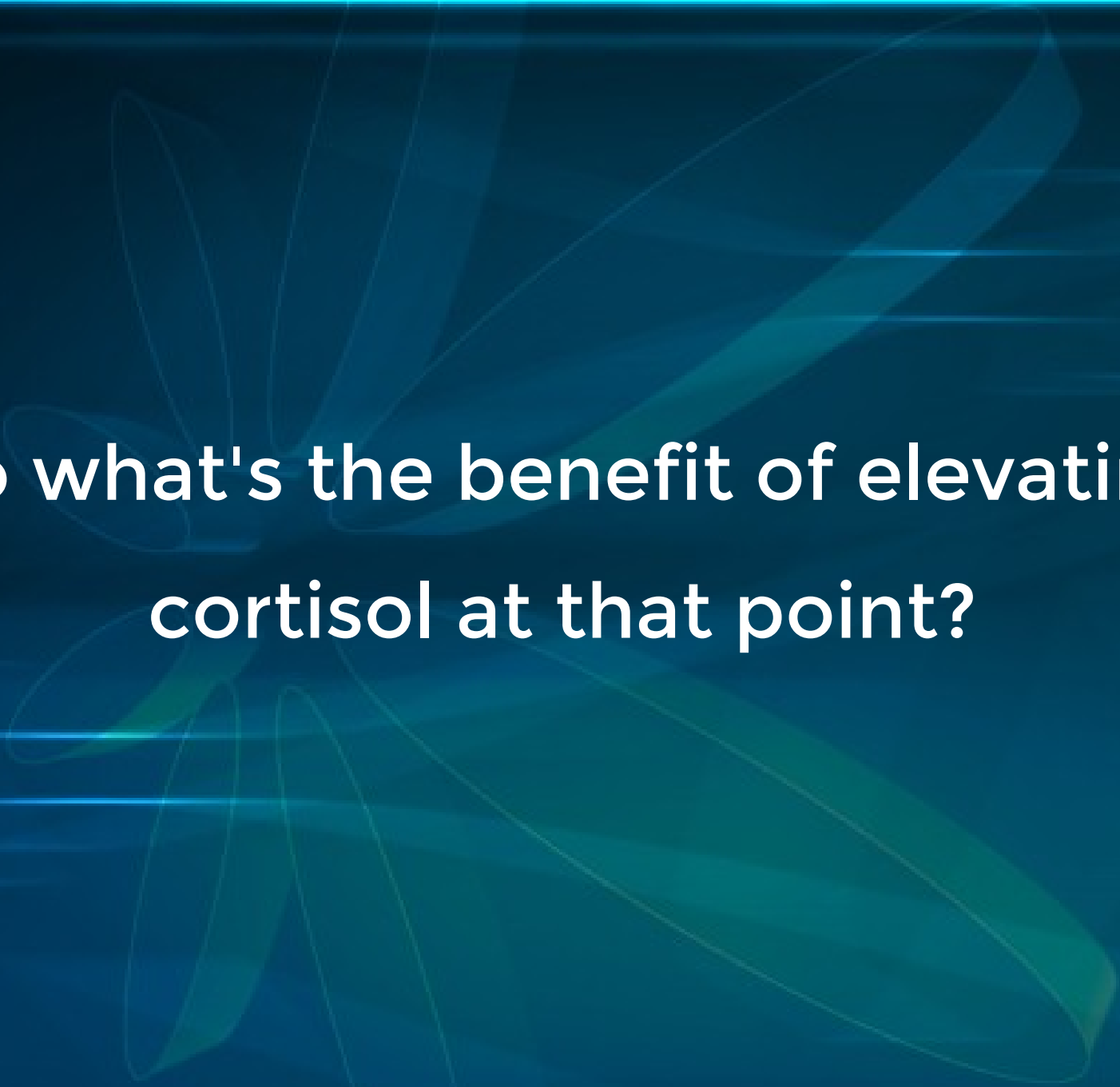
What Does a Symptom Tell Us?



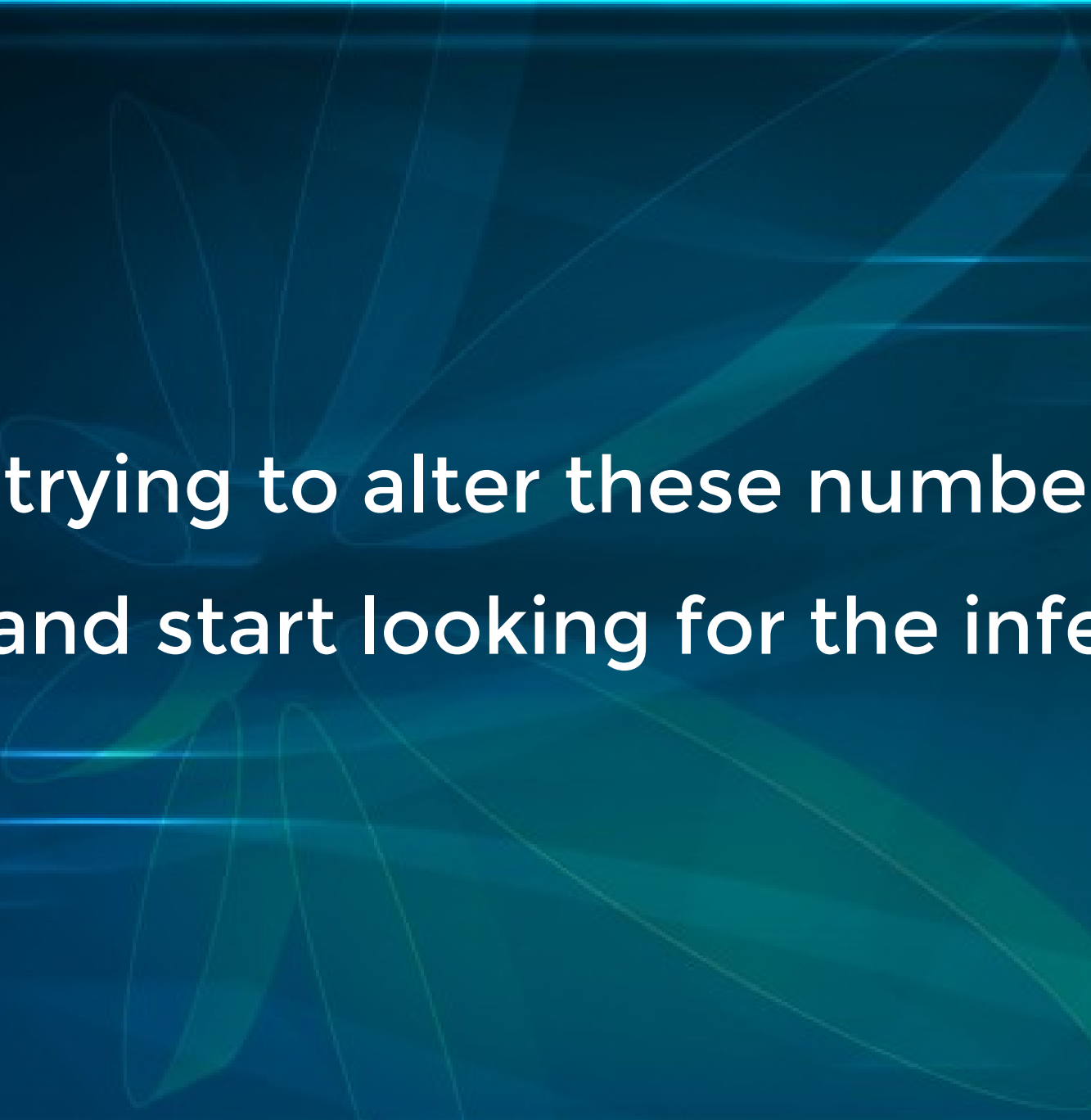
**“Symptoms are clues” does not always
mean that “symptoms are bad”.**



You must look at the body and figure out why is it choosing to do what it is doing.



**So what's the benefit of elevating
cortisol at that point?**



**Stop trying to alter these numbers on a
test and start looking for the infection.**

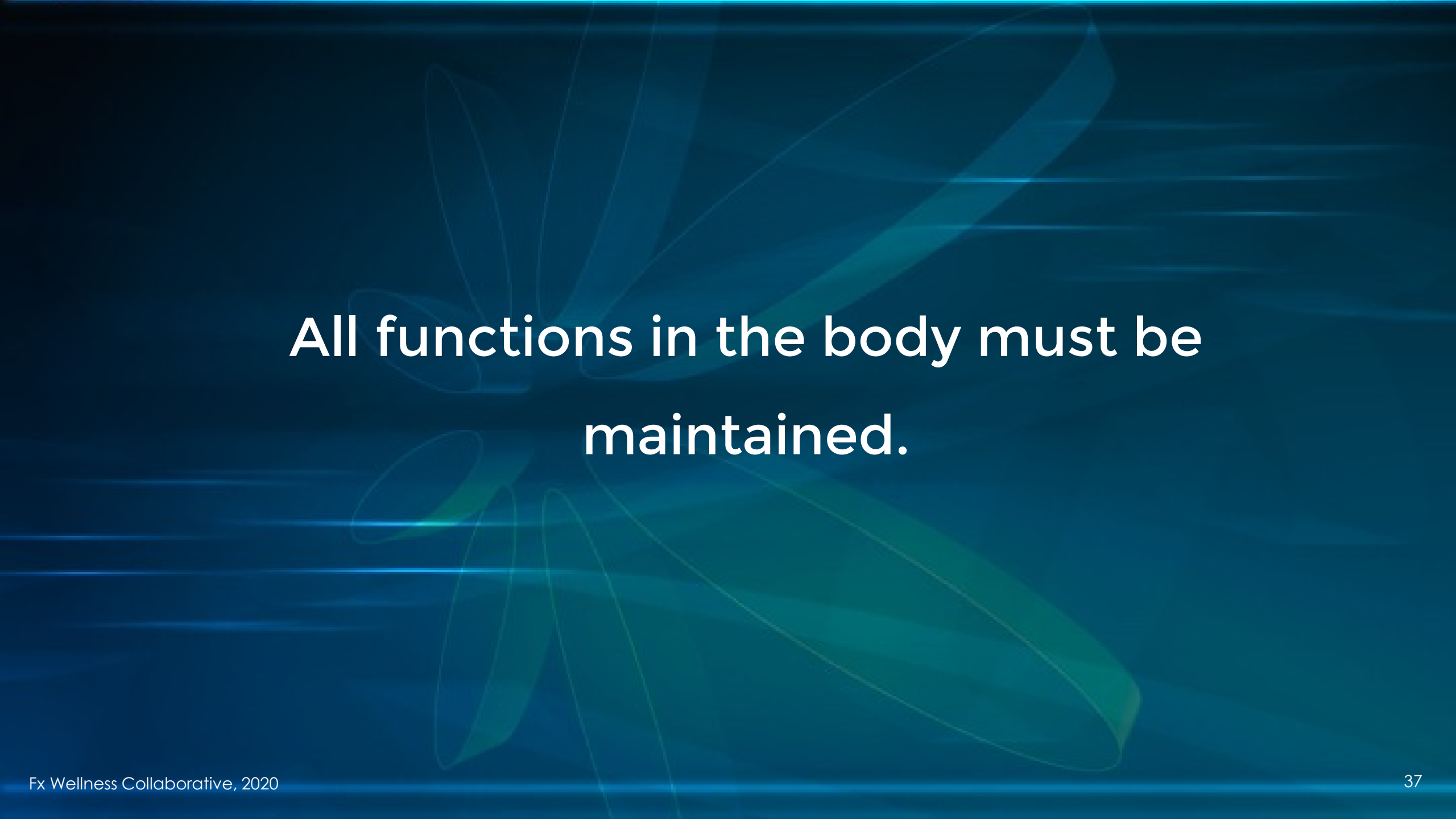


What the Person Needs for Healing

**If this is not a healing process, this may
be a reflection of the work that the
body is doing to circumvent
dysfunction.**



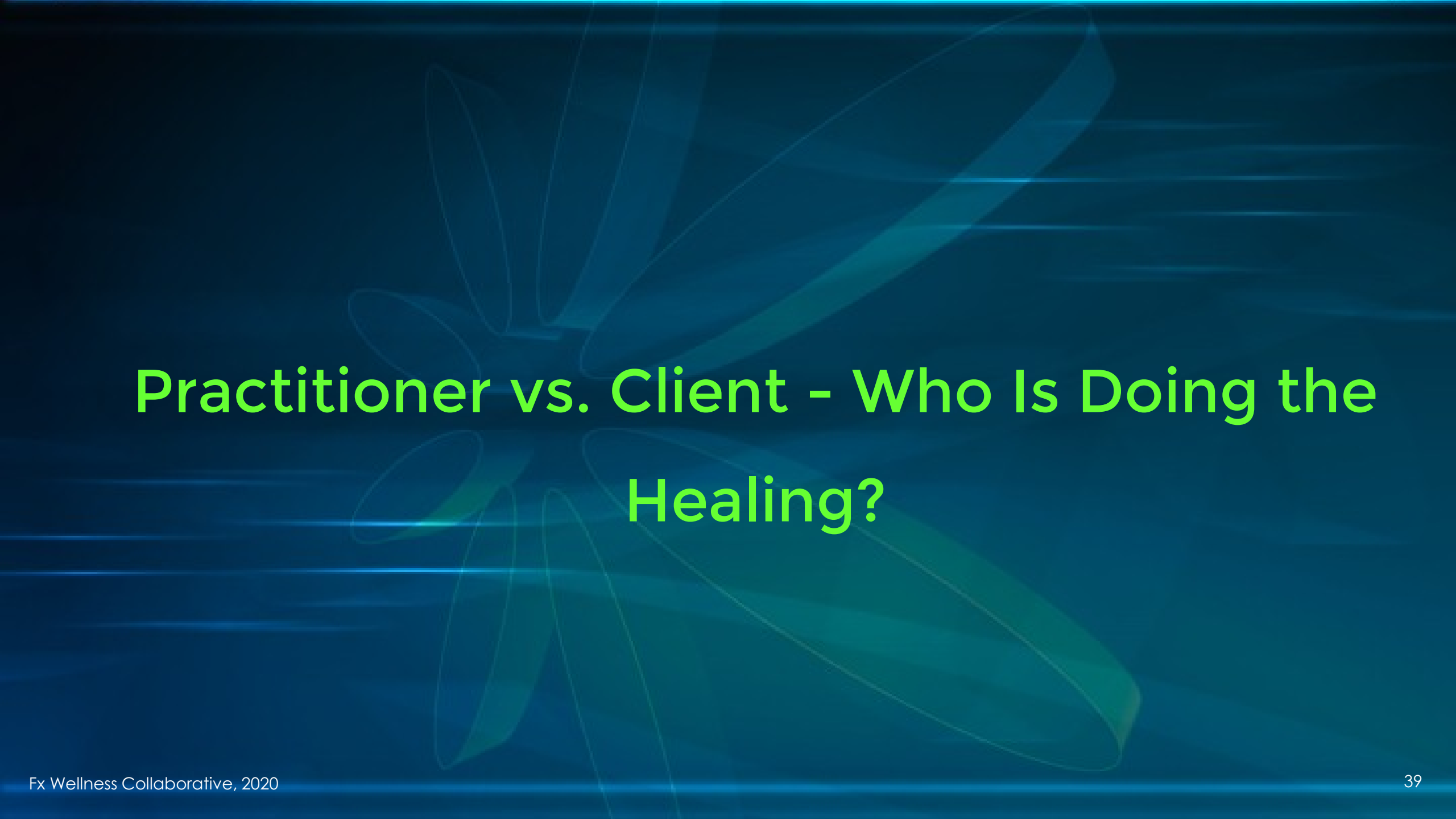
Every lab marker has a reason.



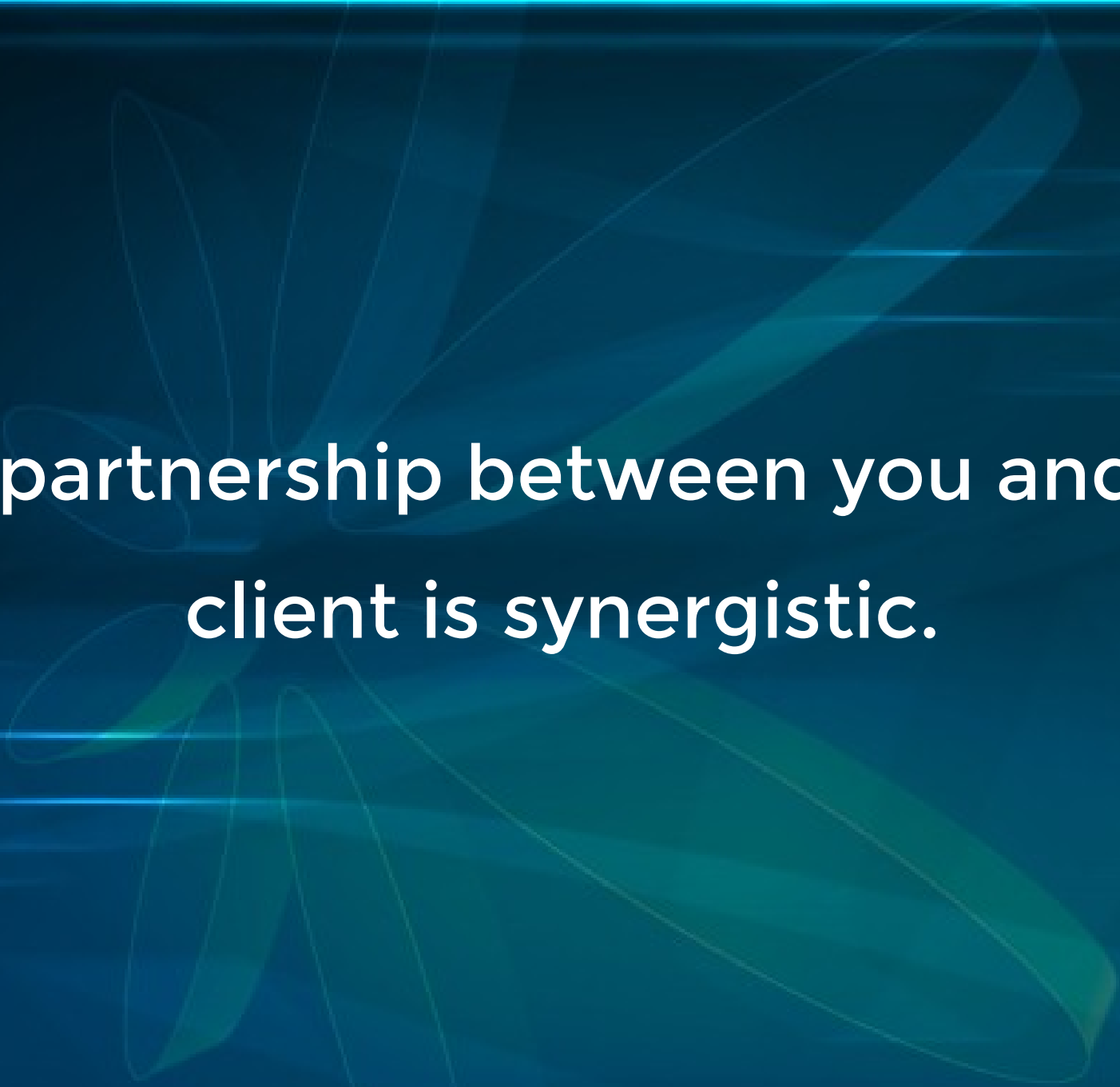
**All functions in the body must be
maintained.**



What is the place of relief care?



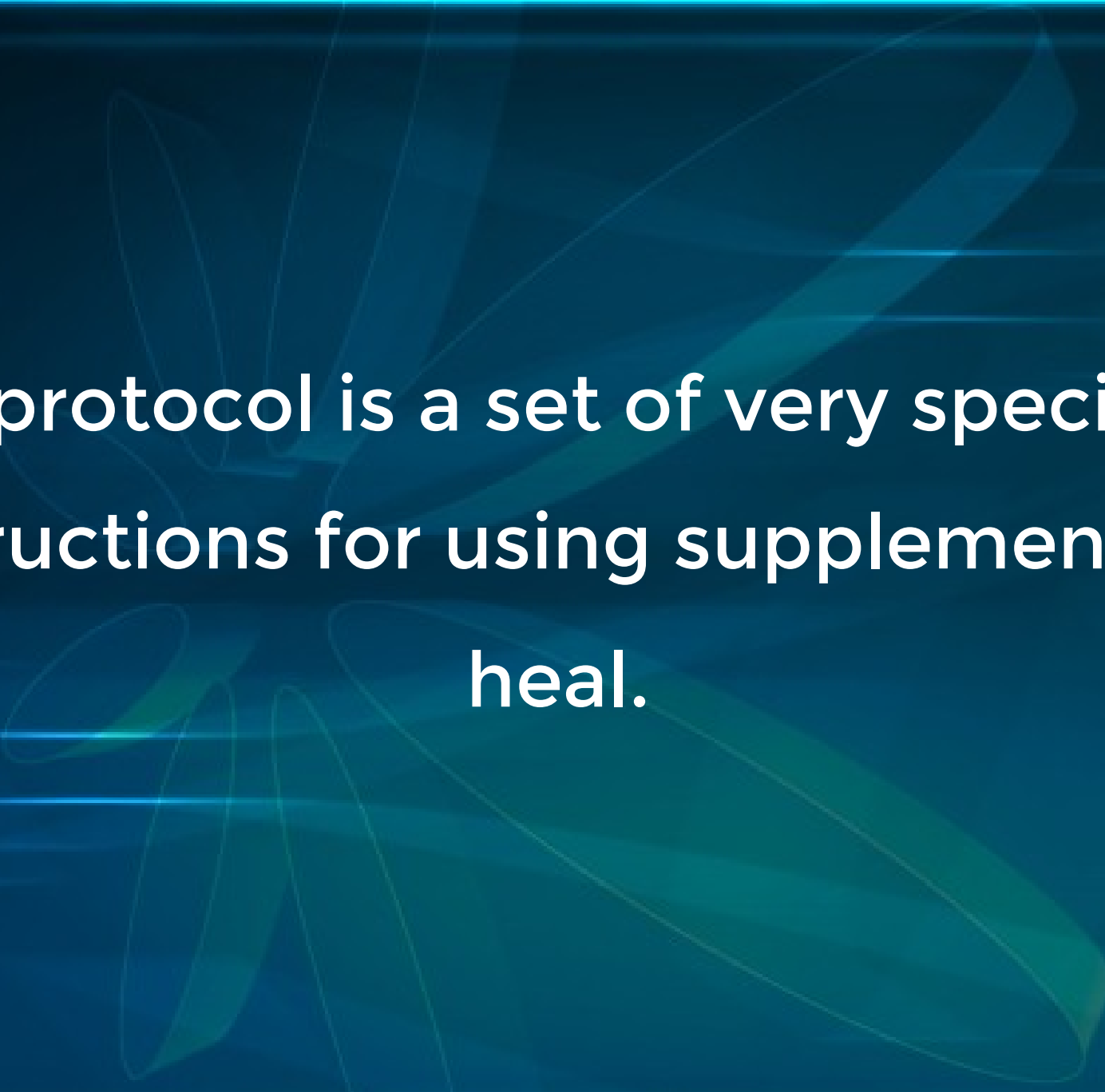
Practitioner vs. Client - Who Is Doing the Healing?



**The partnership between you and the
client is synergistic.**

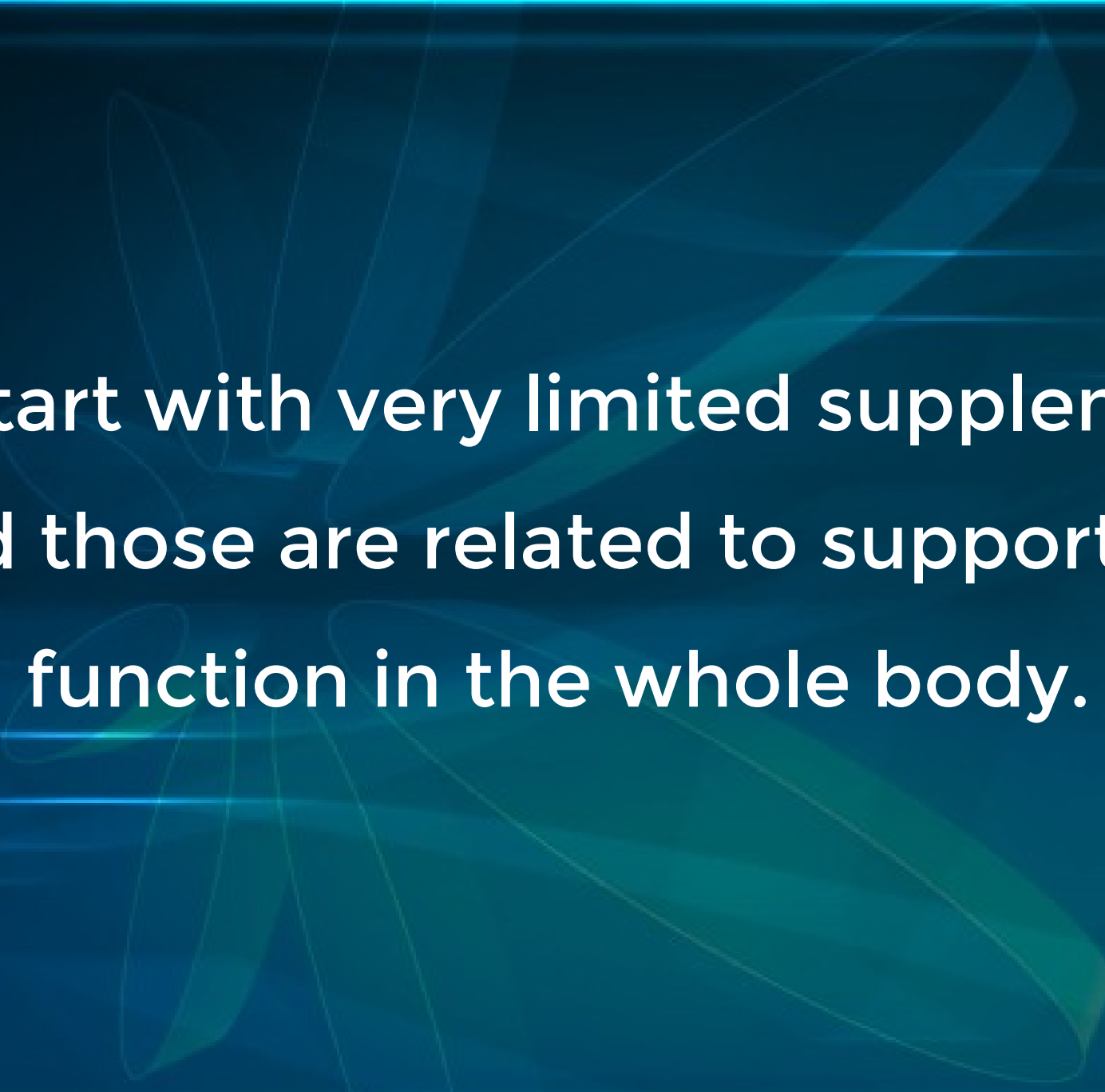


Protocols Anyone?



**A protocol is a set of very specific
instructions for using supplements to
heal.**

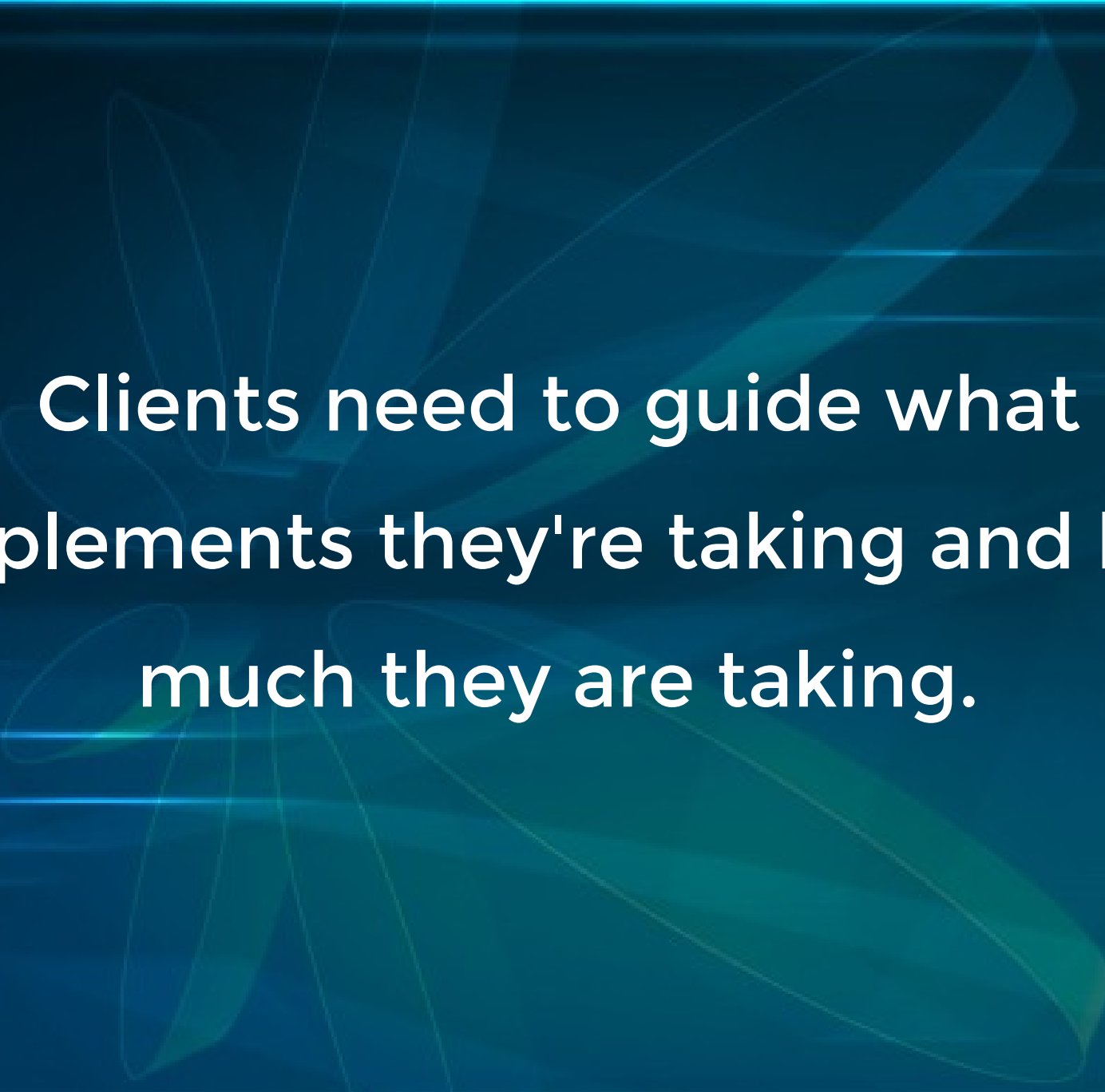
A protocol is typically given for a set amount of time there is an expected outcome.



**We start with very limited supplements
and those are related to supporting
function in the whole body.**



**Be very gentle with the use of
supplementation.**



**Clients need to guide what
supplements they're taking and how
much they are taking.**

You are suggesting things that may support function in this body and you need to provide education and research to that client so that they understand what you're suggesting.