

Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION



Lesson 1: Creating Conditions for Change

Pathophysiology





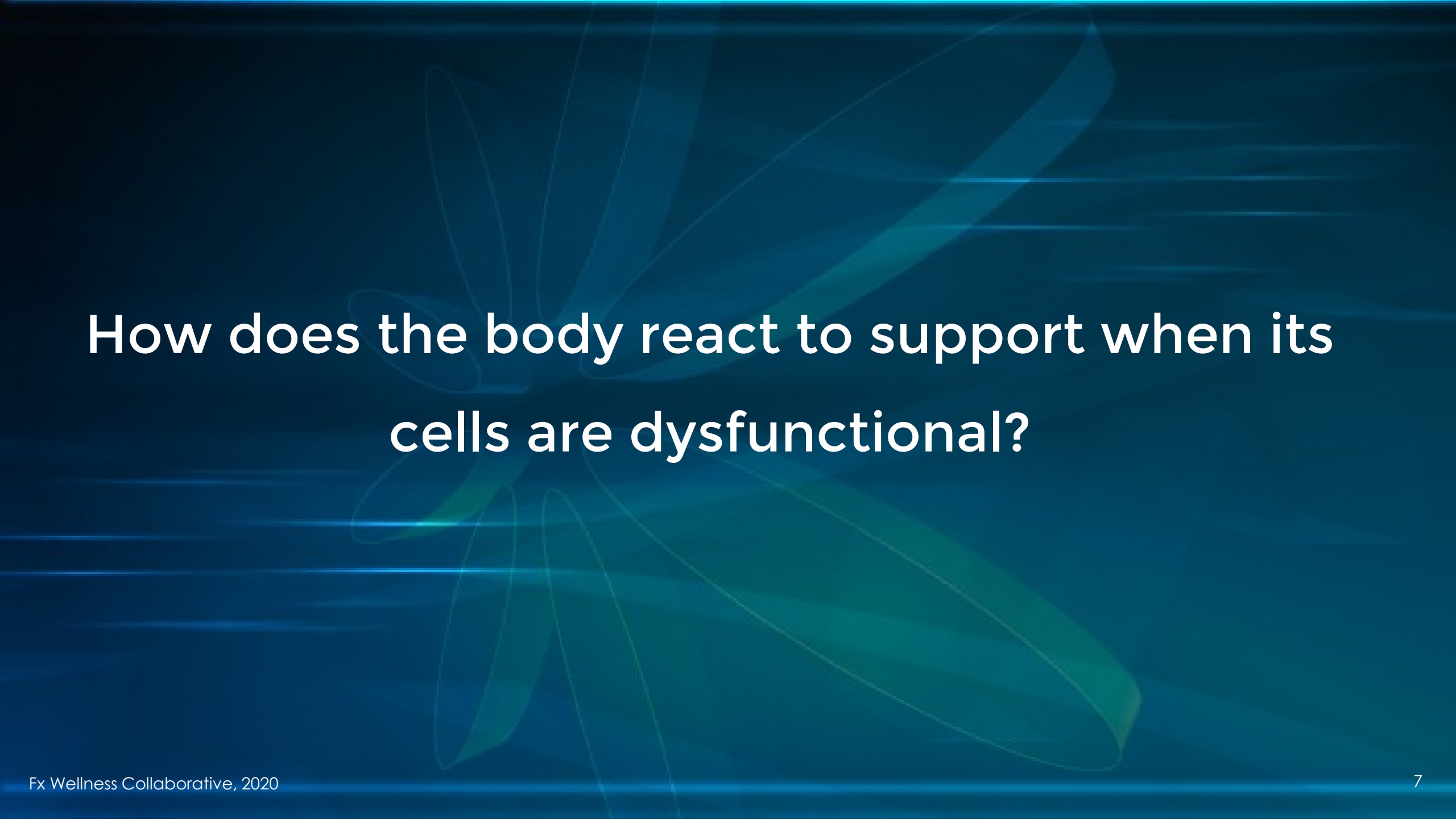
Convergence of pathology and physiology



**Defines functional changes associated with
and resulting from disease or injury**



What do cells need to function properly?



**How does the body react to support when its
cells are dysfunctional?**



Good health does not “just happen”.



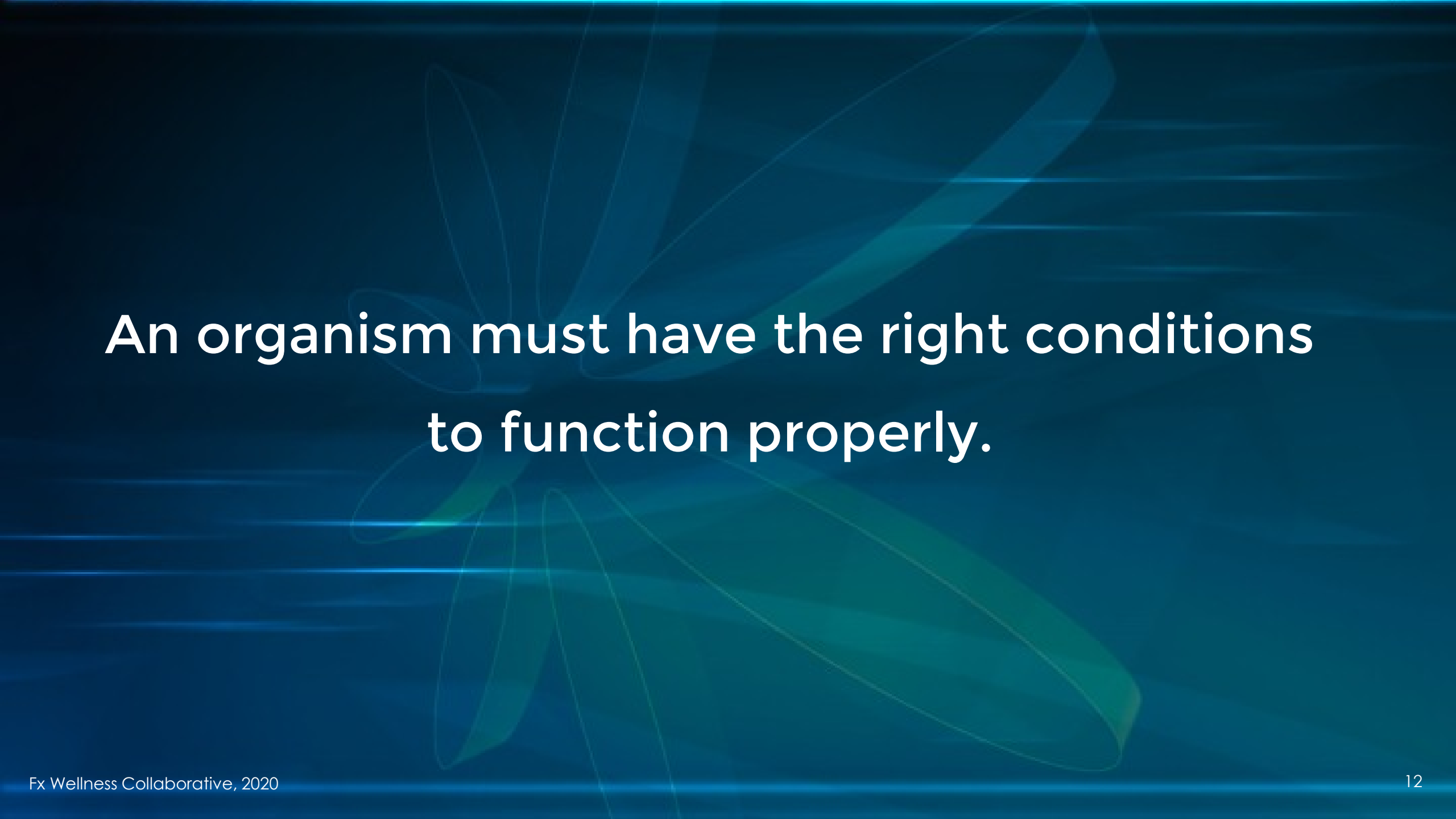
How do we create conditions for change?



**What are some areas of challenge in creating
good conditions for change?**



What can the symptoms reveal?



**An organism must have the right conditions
to function properly.**



**Dehydration can slow energy production in
the body by up to 40%.**

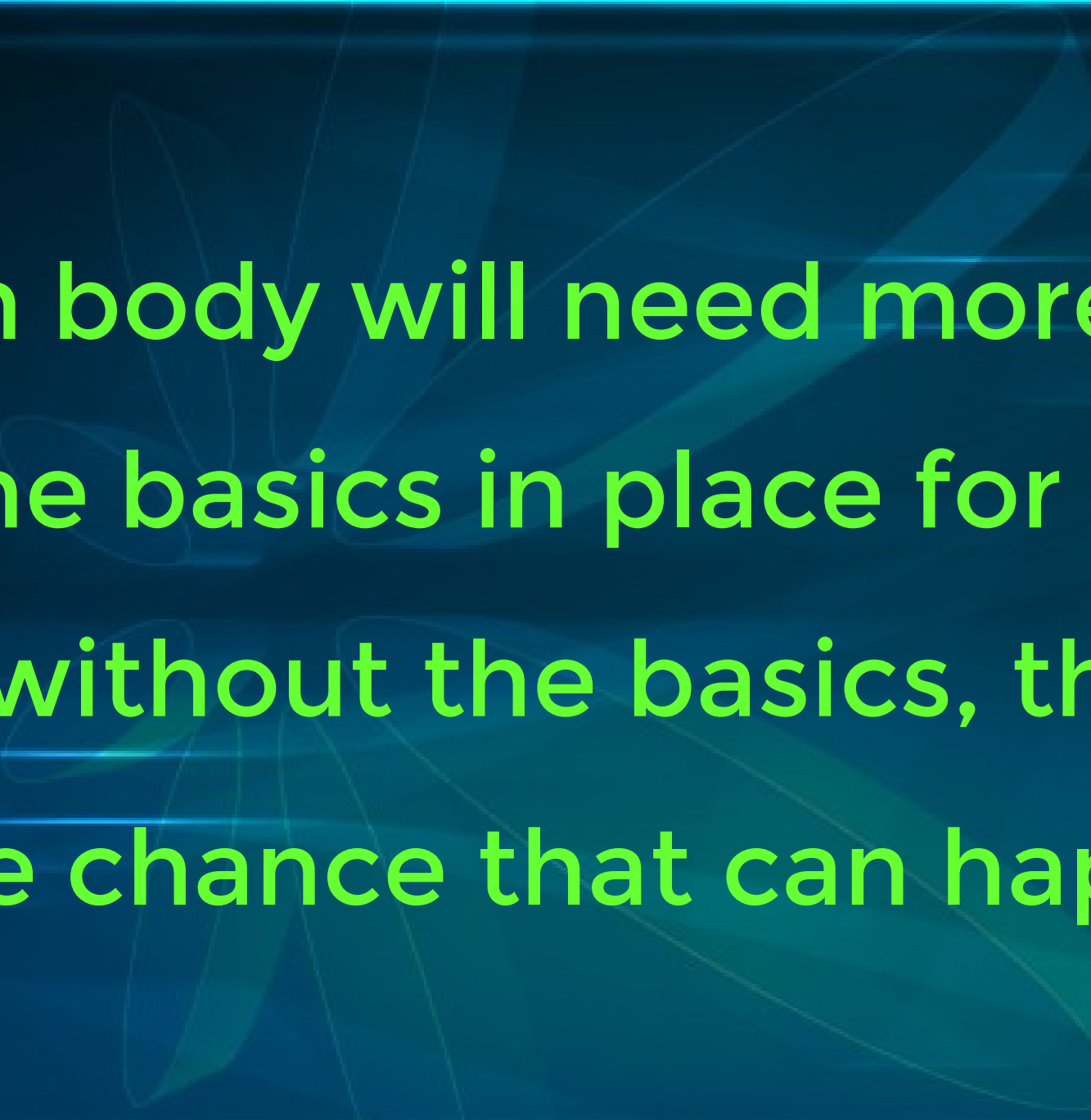


What Is Actually Happening When We Heal?

**Starting with the basic needs of the body can
eliminate the need for overuse of
supplementation!**



Find your place to begin.



**Each body will need more than
just the basics in place for healing
but without the basics, there is
little chance that can happen.**

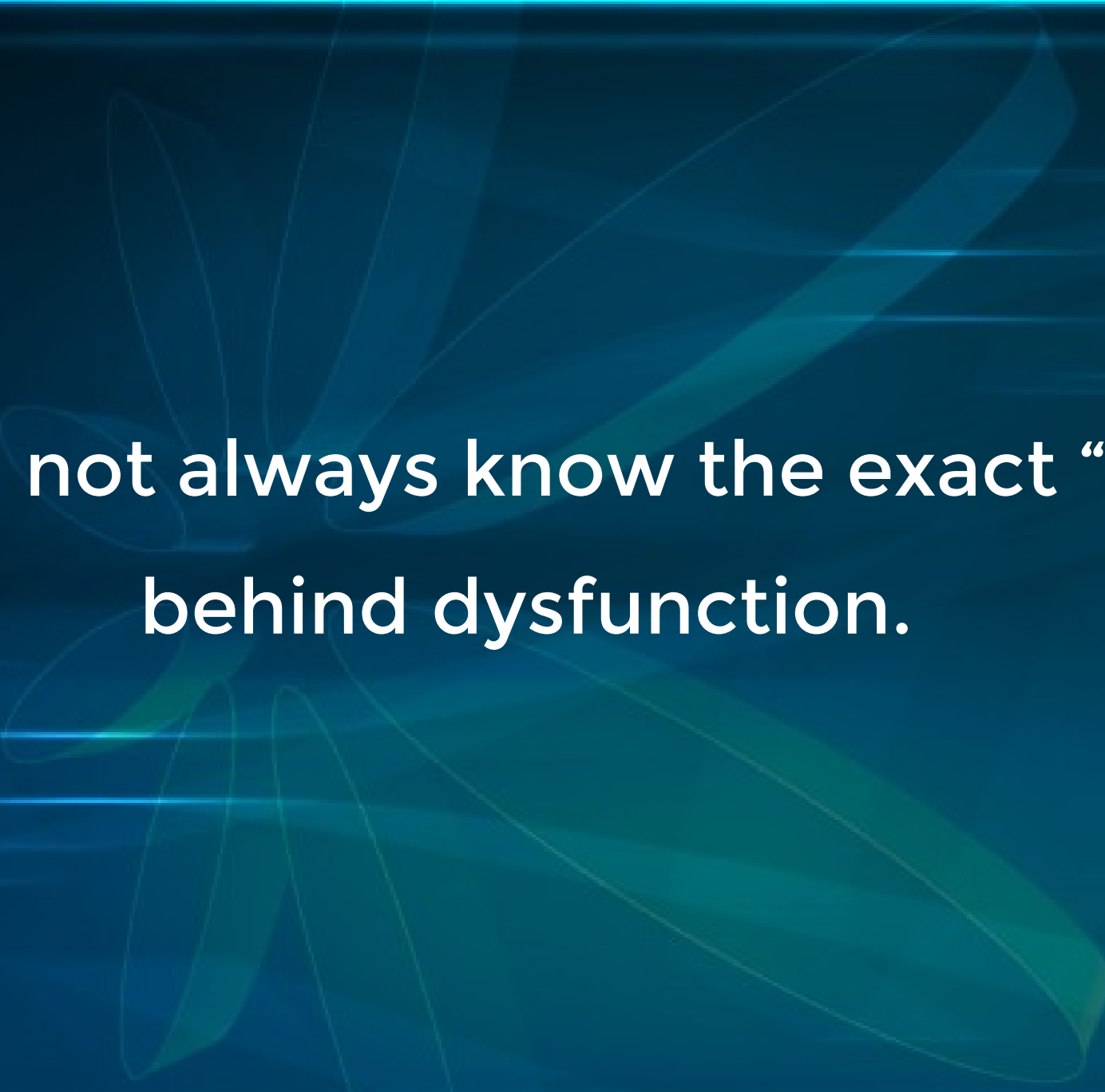


Heuristic

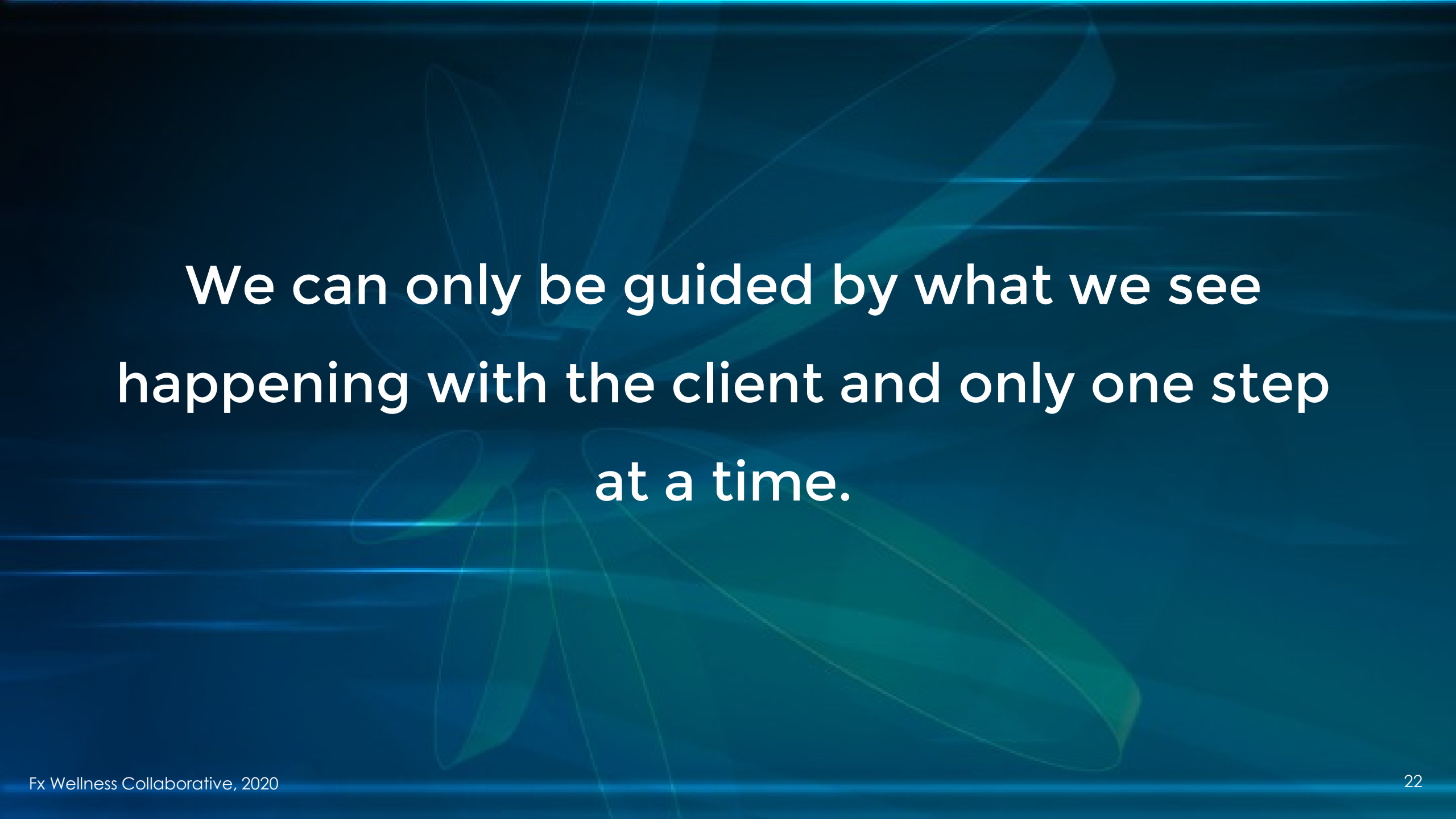


**Enabling a person to discover or
learn something for themselves**

We may never know the true depth of dysfunction, but we can group symptoms and arrive on a solution based on common sense.



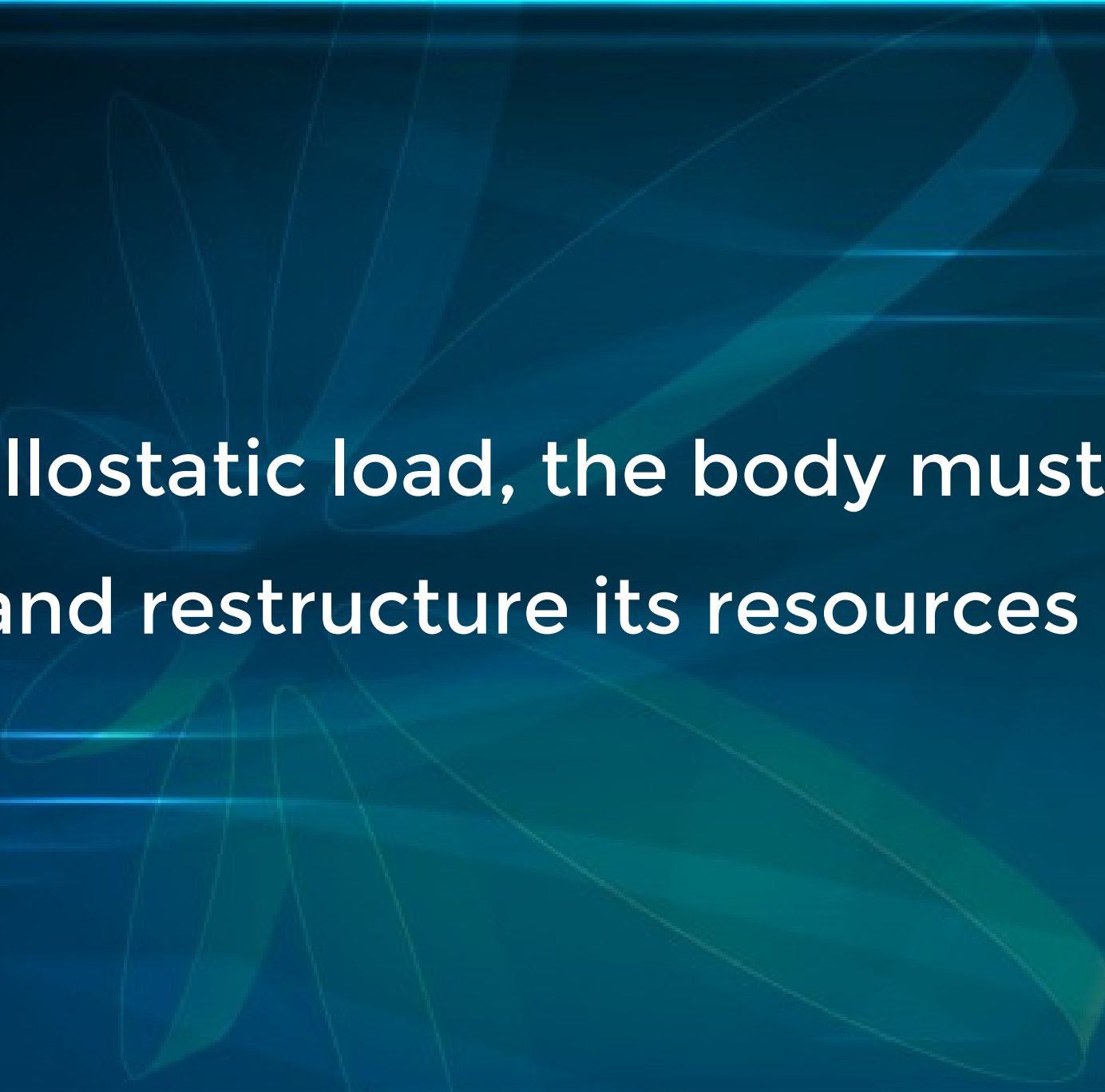
**We do not always know the exact “why”
behind dysfunction.**



**We can only be guided by what we see
happening with the client and only one step
at a time.**



Allostatic Load



**Under allostatic load, the body must divert
and restructure its resources**

Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION



Lesson 2: Training the Client to Understand Function

**The client doesn't need a full background in
all the sciences but they DO need to
understand function!**

A simple map of function helps the client understand the “why” behind what you are suggesting to them and why these suggestions can help get them into a healing environment.

Clients control these areas:

Diet

Digestion

Hydration

Elimination

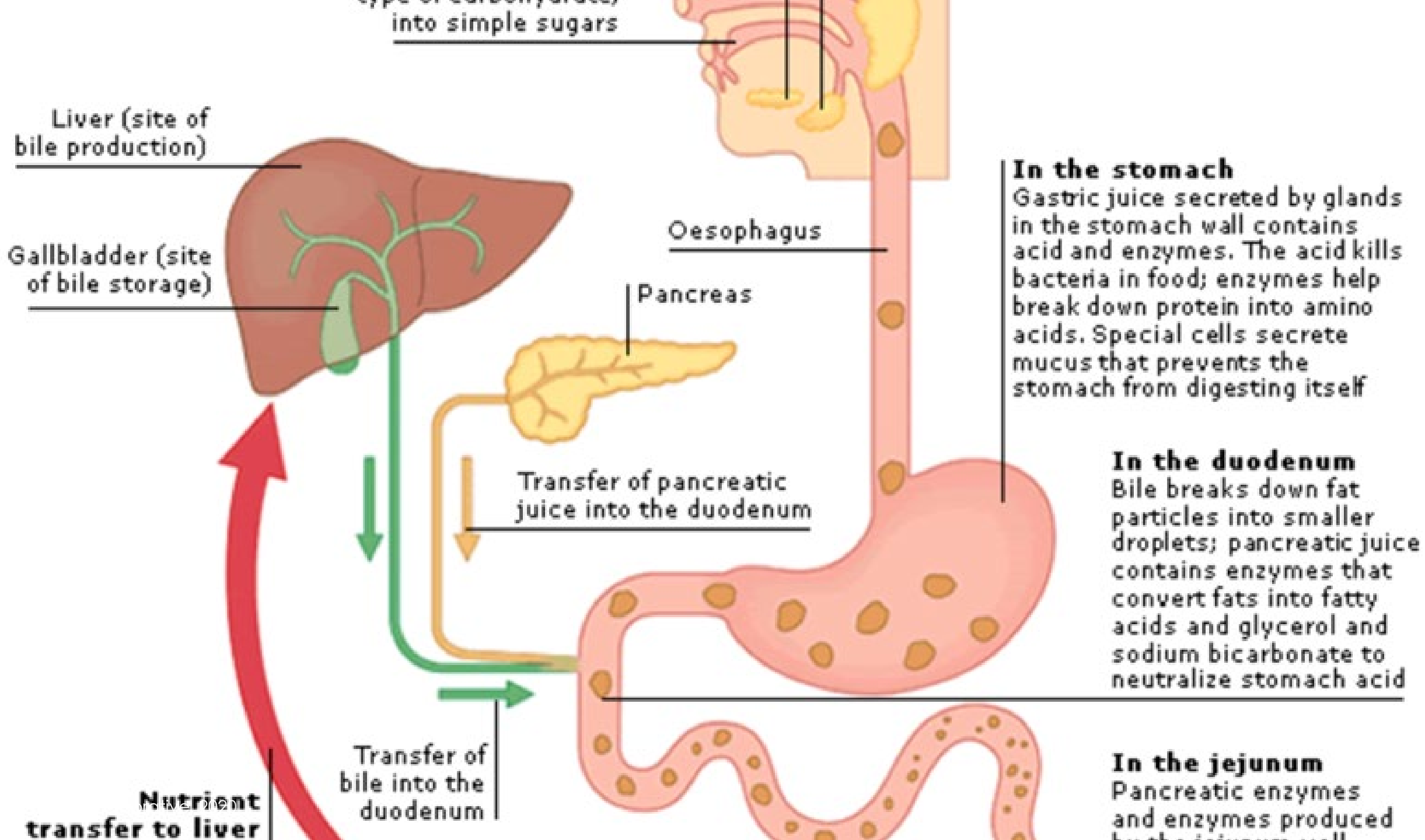


HOW THE BODY WORKS

UNDERSTANDING HOW FUNCTION IMPROVES HEALTH

Digestion

- Chewing and saliva – this is where digestion starts
 - Carb pre-digestion
 - Dehydration can reduce saliva and enzymes
 - Bacteria can overgrow in the mouth
- Stomach acid
 - Aids in protein digestion
 - Keeps our chyme acidic to signal other digestive processes to function
- Small intestine
 - Does not contain many bacteria
 - Has 3 parts, the duodenum, the jejunum, the ileum
 - After the work of the stomach is complete, food continues to be digested with the help of bile and pancreatic enzymes
 - The Migrating Motor Complex is what pushes our food along the digestive tract at a speed that supports nutrient absorption
 - Where are nutrients absorbed?
- Large intestine
 - Filled with beneficial bacteria
 - Works to remove toxins



type of carbonhydrate,
into simple sugars

Liver (site of
bile production)

Gallbladder (site
of bile storage)

Oesophagus

Pancreas

Transfer of pancreatic
juice into the duodenum

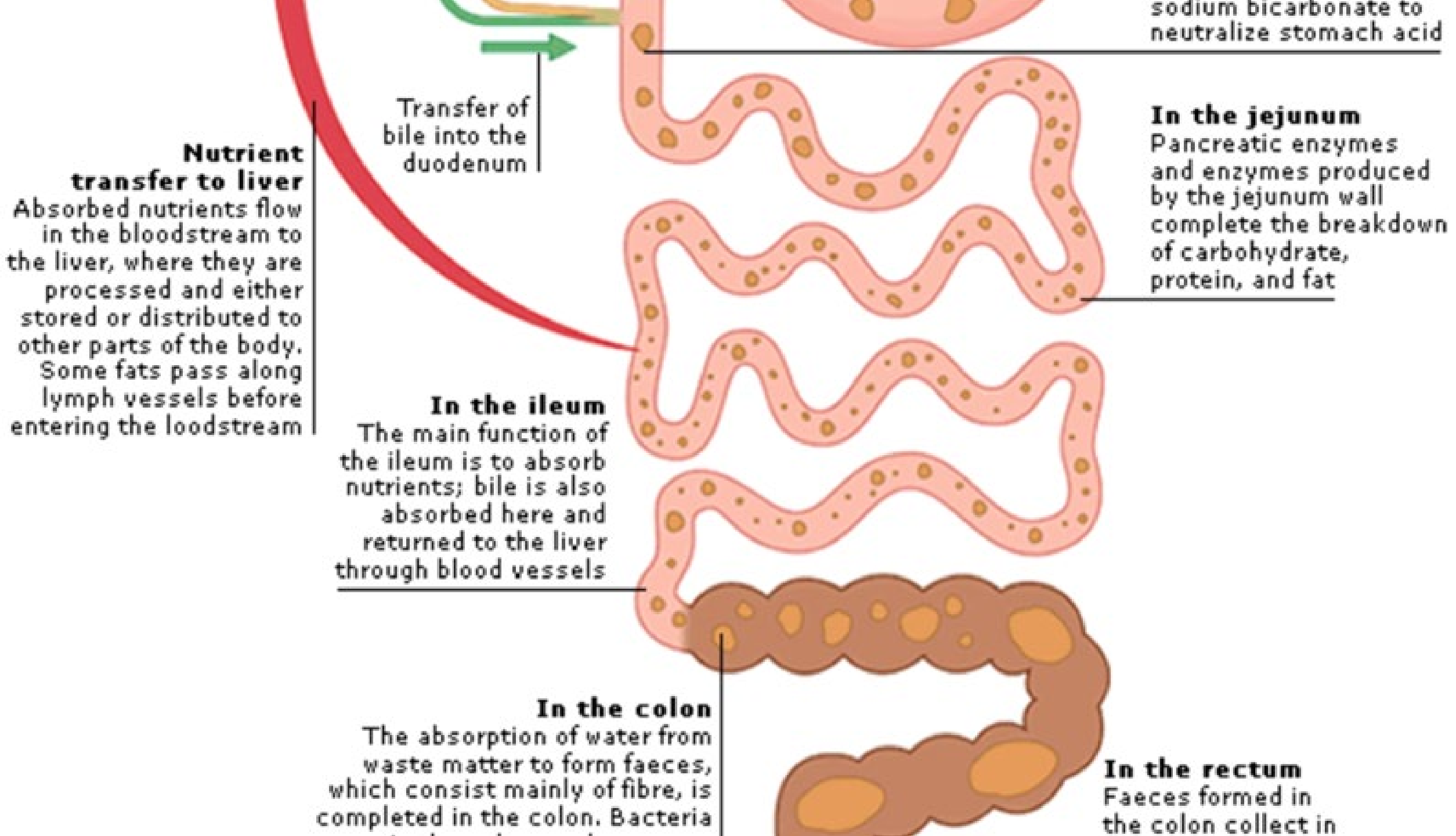
Transfer of
bile into the
duodenum

Nutrient
transfer to liver

In the stomach
Gastric juice secreted by glands
in the stomach wall contains
acid and enzymes. The acid kills
bacteria in food; enzymes help
break down protein into amino
acids. Special cells secrete
mucus that prevents the
stomach from digesting itself

In the duodenum
Bile breaks down fat
particles into smaller
droplets; pancreatic juice
contains enzymes that
convert fats into fatty
acids and glycerol and
sodium bicarbonate to
neutralize stomach acid

In the jejunum
Pancreatic enzymes
and enzymes produced
by the intestinal wall



sodium bicarbonate to neutralize stomach acid

Transfer of bile into the duodenum

Nutrient transfer to liver

Absorbed nutrients flow in the bloodstream to the liver, where they are processed and either stored or distributed to other parts of the body. Some fats pass along lymph vessels before entering the bloodstream

In the jejunum
Pancreatic enzymes and enzymes produced by the jejunum wall complete the breakdown of carbohydrate, protein, and fat

In the ileum
The main function of the ileum is to absorb nutrients; bile is also absorbed here and returned to the liver through blood vessels

In the colon
The absorption of water from waste matter to form faeces, which consist mainly of fibre, is completed in the colon. Bacteria

In the rectum
Faeces formed in the colon collect in

DUODENUM

30 cm or 1 foot

Niacin
Biotin
Folate
Vitamins A, D, E, K

Pantothenate
Biotin
Folate
Vitamin B6
Vitamin C
Vitamins A, D, E, K
Calcium
Phosphorus
Magnesium
Iron
Zinc
Chromium
Manganese
Molybdenum

JEJUNUM

244 cm or 8 foot

Lipids
Monosaccharides
Amino acids
Small peptides

Lipids
Monosaccharides
Amino acids
Small peptides

ILEUM

365 cm or 12 foot

Vitamin C
Folate
Vitamin B12
Vitamin D
Vitamin K
Magnesium
Others, depending
on transit time

Bile salts and acids

Water

LARGE

Sodium

Hydration

- **Key Facts:**

- ❖ The total amount of water in our body is found in three main locations: within our cells (two-thirds of the water), in the space between our cells and our blood (one-third of the water).
- ❖ The amount of water a body contains varies according to certain contexts: *The body of a newborn is composed of more water (75%) than that of an elderly person (50%).*
- ❖ The body holds on to water when you don't have enough or gets rid of it if you have too much. If your pee is very light yellow, you are well hydrated. When your pee is very dark yellow, it's probably time to drink up.
- ❖ Water act as a lubricant to organs, remove waste, regulate body temperature, and aid the body in nutrient absorption.
- ❖ Water is absorbed into cells via minerals such as sodium and glucose. The basic process is: water is absorbed into the small intestine where it is pumped to the cells and, via active transport, to the extracellular space(this is simplified, but works for what we need to know right now). The water, containing traces of sodium and enters the cell and adds to the cell's sodium levels. When the sodium enters the cell, it also brings in hundreds of water molecules (along with some glucose/sugar).

BRISTOL STOOL CHART



Type 1 Separate hard lumps

SEVERE CONSTIPATION



Type 2 Lumpy and sausage like

MILD CONSTIPATION



Type 3 A sausage shape with cracks in the surface

NORMAL



Type 4 Like a smooth, soft sausage or snake

NORMAL



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE



Type 6 Mushy consistency with ragged edges

MILD DIARRHEA



Type 7 Liquid consistency with no solid pieces

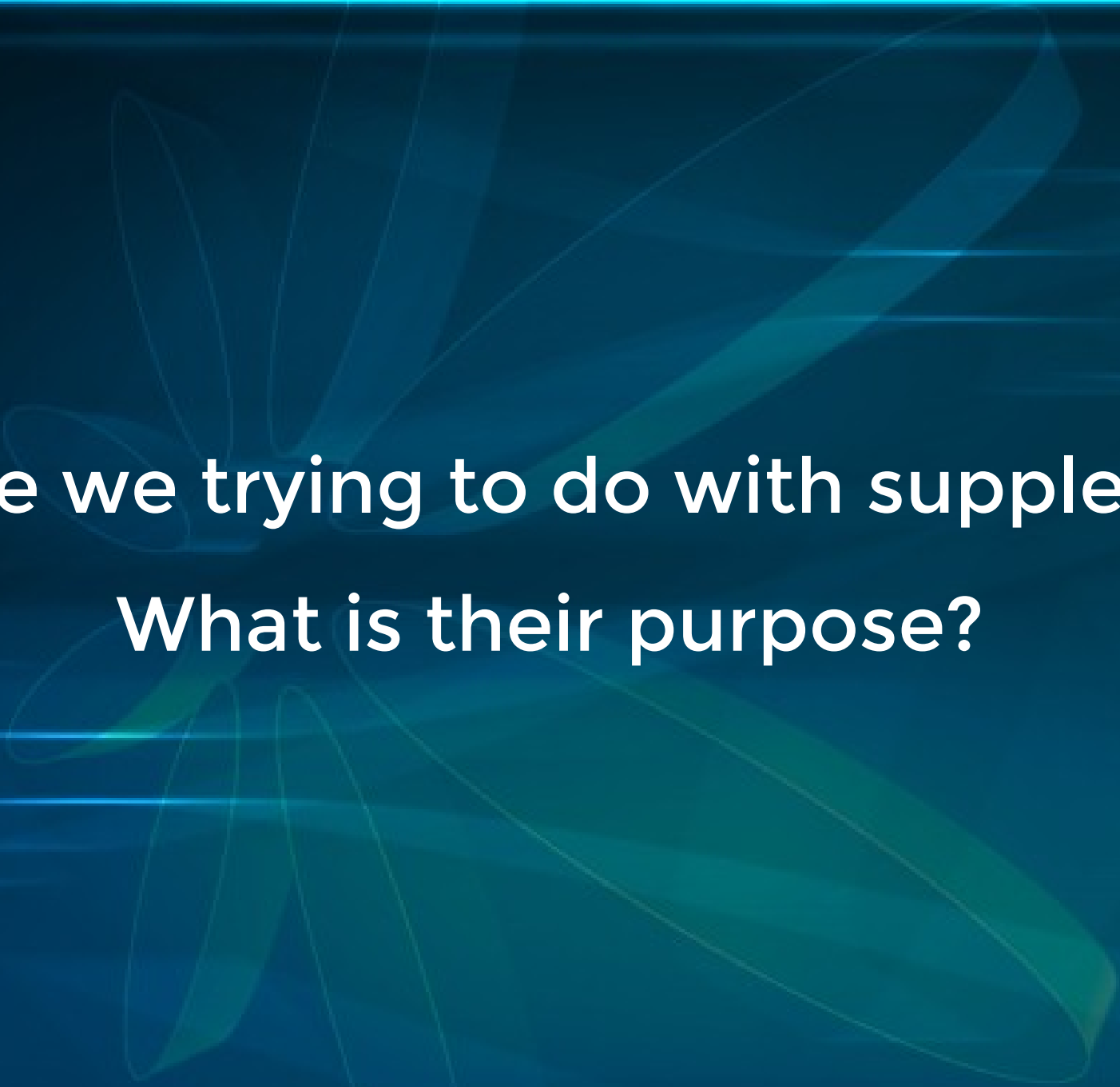
SEVERE DIARRHEA

Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION

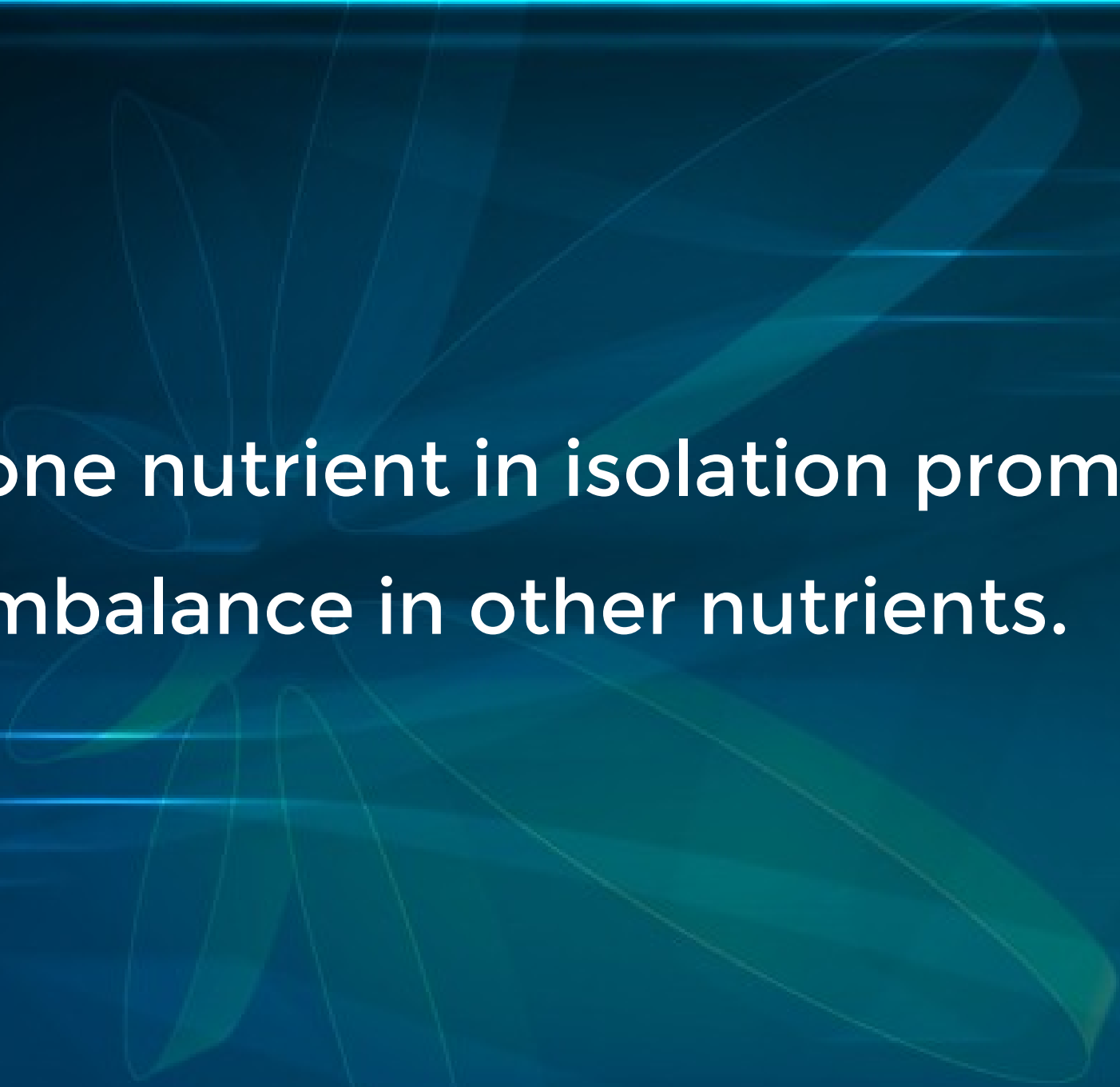


Lesson 3: Supplementation



**What are we trying to do with supplements?
What is their purpose?**

If the cells aren't working, elements are not moving in and out of the cell, so the cell membrane health must also be a priority.



**Using one nutrient in isolation promotes
imbalance in other nutrients.**



**How does the body react to support when its
cells are dysfunctional?**



Dietary Supplement

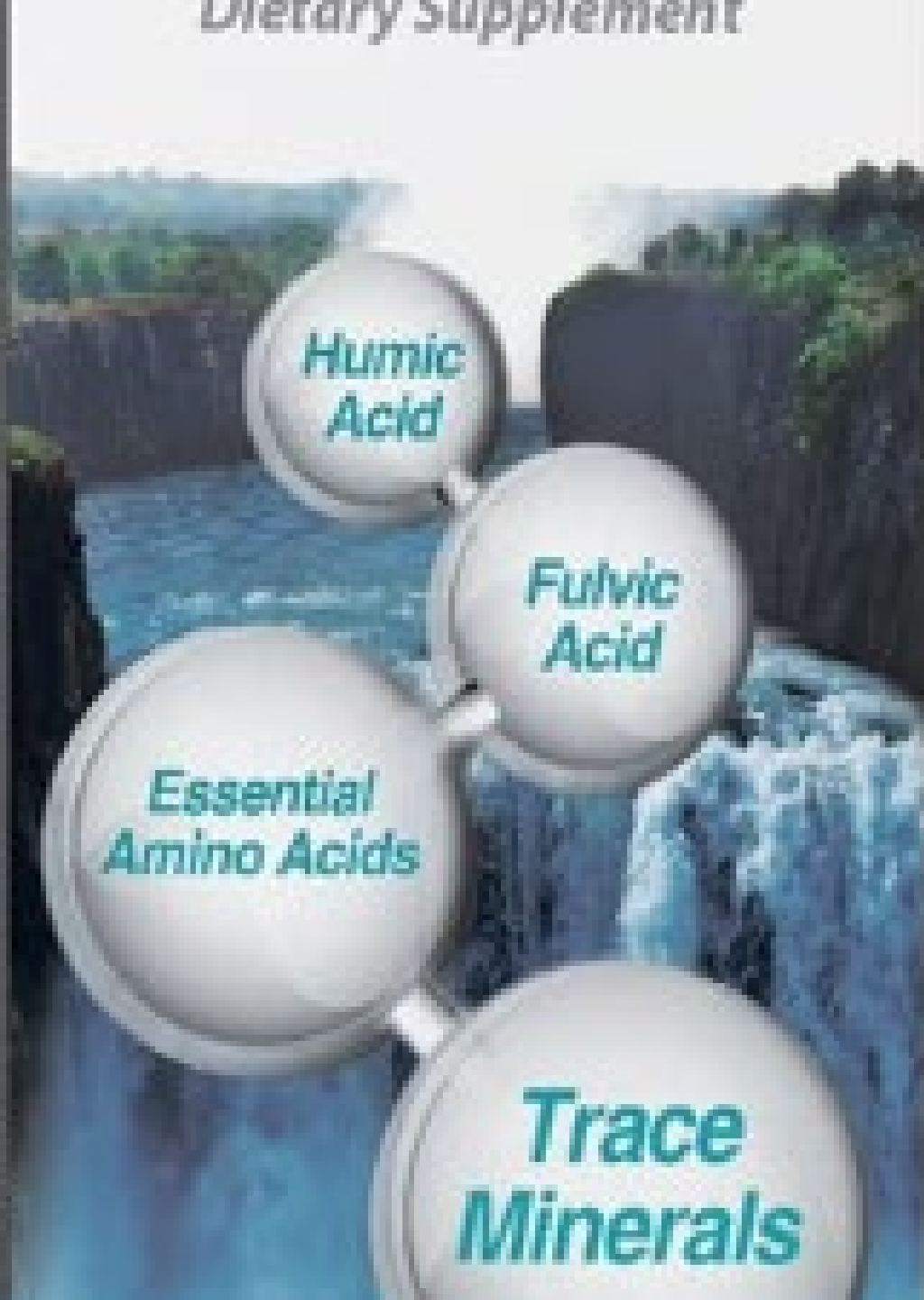


Over 77 Trace
Acids, and



FULVIC
IONIC MINERALS

oporative, 2020

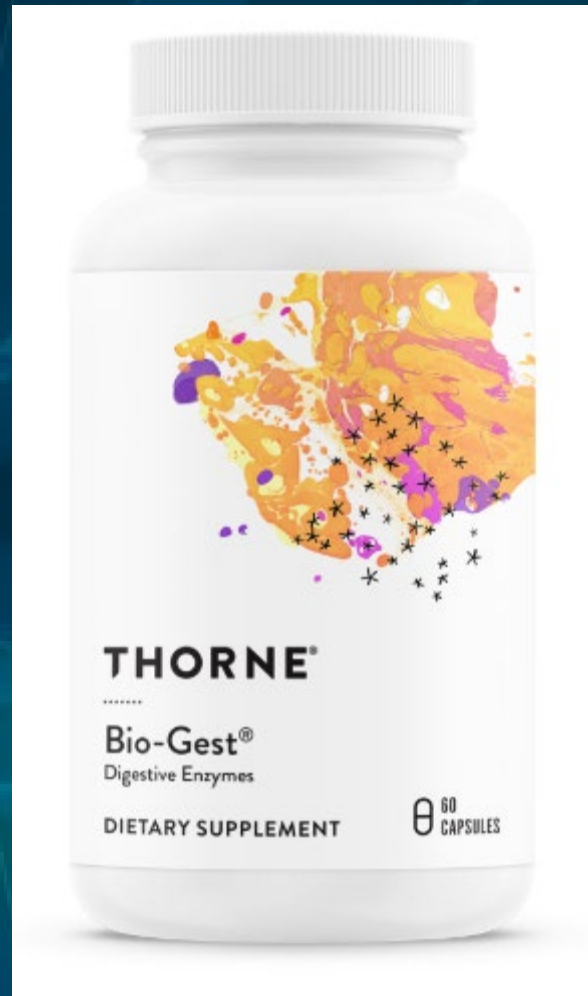


**Humic
Acid**

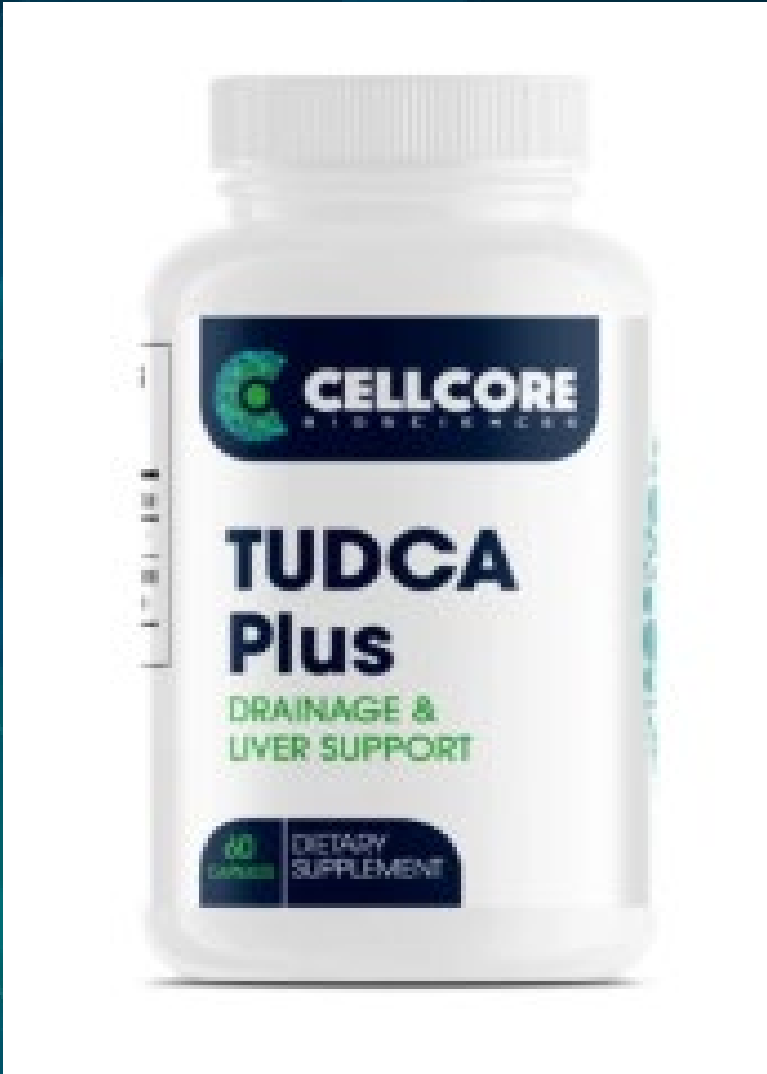
**Fulvic
Acid**

**Essential
Amino Acids**

**Trace
Minerals**













gaia
HERBS

NEW LOOK, SAME FORMULA

IMMUNE SUPPORT*

Olive Leaf

A concentrated liquid plant extract with
antioxidant properties*

120 VEGAN LIQUID PHYTO-CAPS*
HERBAL SUPPLEMENT

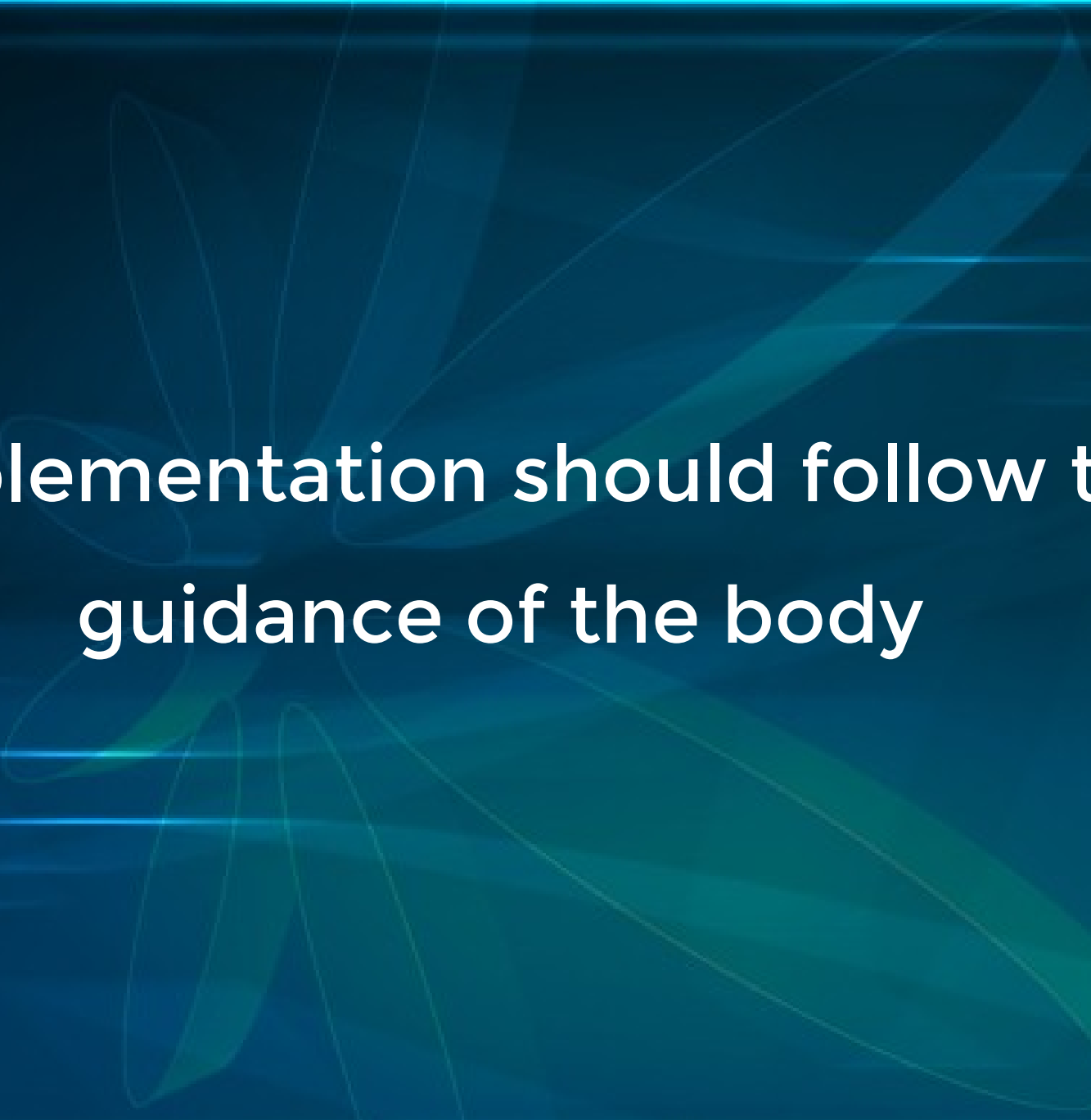


**Lifetime support using some
supplements to help us keep
optimum conditions and function.**

Sole Water
Electrolyte Powder
Vitamin C Powder
Zinc
Magnesium
CoQ10 in Organ Complex
TUDCA
Bitters



Sequence, Rotation and Pulsation



**Supplementation should follow the
guidance of the body**

Rotation



Pulsation