

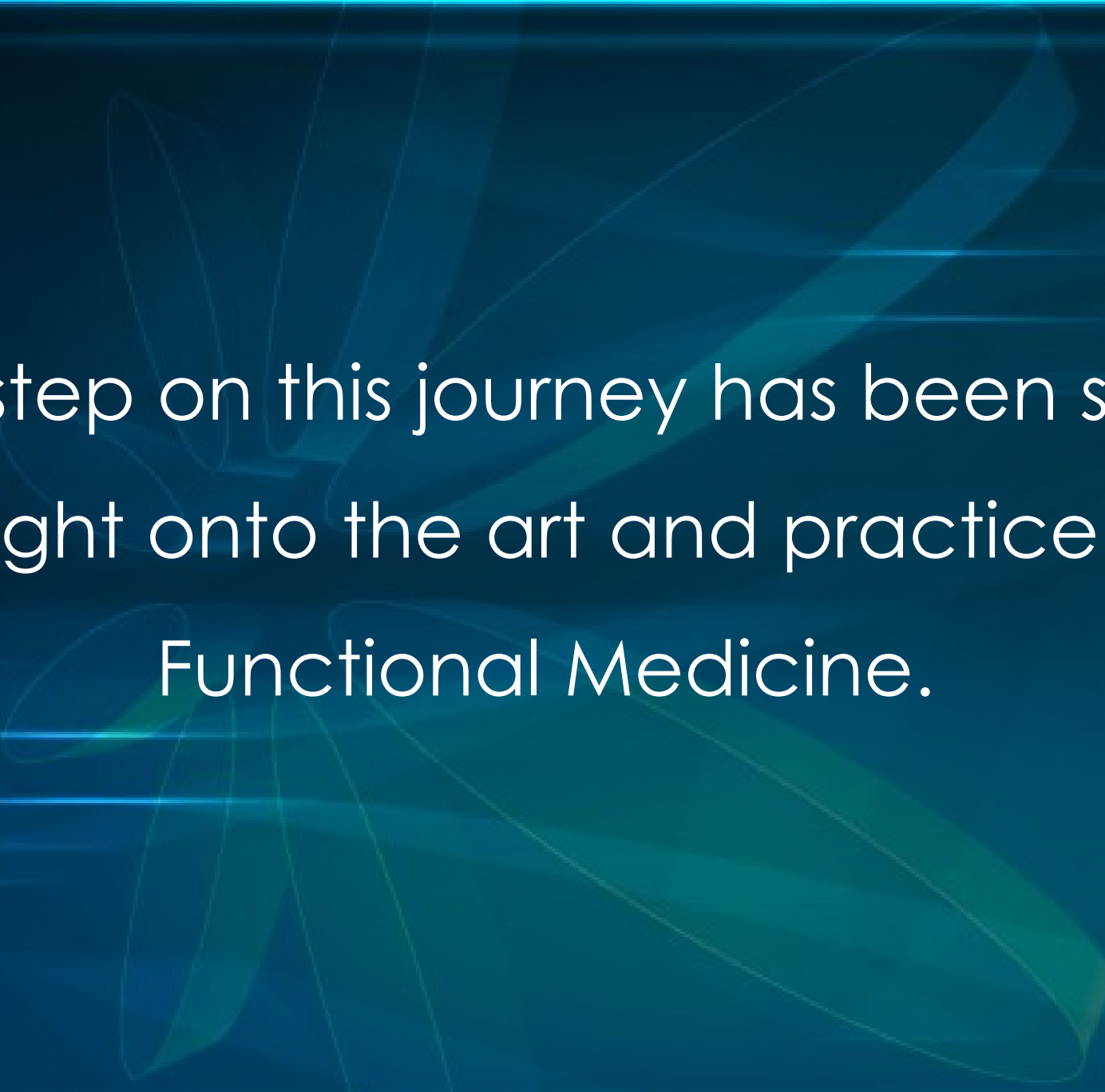
Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION



Lesson 1: Coming to Your Own Conclusions

The most important goal in this entire Mentorship is you developing the change in perspective to move from "treating" clients to a place where you can suss out what is needed to be a great practitioner and to help teach people themselves how to heal.



Every step on this journey has been shining
a light onto the art and practice of
Functional Medicine.




Let's Recap

What is functional medicine?

Functional Medicine is a concept, a method.

Functional medicine is not health care, it is life care.

It not seeking out disease, it is supporting the capability of healing that each body has available to it.



Module 1

Tenet 1 First, Do No Harm

- You must first get your own mind straight in how to be a practitioner in order to have consistent, successful clients.
- You must learn how to use the data you get.
- You must learn how the body works.
- The real answers to helping a client improve their health are in the body.
- Stop looking for answers in a lab test.
- Getting successful clients starts with you the practitioner.
- Choosing a client is you determining if that client will help themselves by not only being open to your suggestions but doing the actual hard work.



Module 2

Tenet 2 Address the Whole Person

- Our focus must be on the whole person.
- “It is more important to know what sort of person has a disease than to know what sort of disease a person has.” ~ *Hippocrates*
- You must learn how function in the body takes place.
- Supplements can become a hindrance instead of a help.
- Your boundaries and values matter when signing on clients.
- Achieving client success starts with the client story.
- The role of stress in physiological patterns is critical to know.



Module 3

Tenet 3 The Healing Power of Nature

- The body is always seeking methods, workarounds and adaptations to keep you alive.
- The body will choose what it needs to do in order to heal and we must support that.
- Dysfunction will grow out of not taking care of the basic needs of the body.
- Certain things, such as sleep and hydration, must be in place for the body to heal.
- Many use supplementation to go around the healing process of the body.
- Stop seeing the disease or condition and know the person, learn the "why" behind the dysfunction.
- We can see the biochemistry of the client in the lab work.



Module 4

Tenet 4 Fundamental Healing: Being Able to Seek and Identify the Cause

- To seek out information about our clients, to identify imbalance and find these fundamental causes of illness, we have to investigate...we have to ask questions.
- Should we ask, "how to address it" before we understand "why is it there"?
- What we call imbalance may not be wrong, it could just be the body making choices based on keeping you alive.
- Are your clients living in a way that is supportive of their actual healing environment?
- Symptoms are not a fundamental cause of illness.

- The question FM asks is, how do I offer support and balance to this person?
- Symptom repression is not health.
- So then the question becomes, is a symptom bad if this is the exact way that the body has had to adapt and protect itself?
- "My thought is that there are very few mistakes in body chemistry. Everything is happening for a reason, for cellular preservation. When we only look at highs and lows and try to even them out with medications or with supplements, the results are often disastrous for the overall health of the client." ~ *Michael McEvoy*



Module 5

Tenet 5 Teach the Principles of Healthy Living

- We do not "cure" the client...we educate them.
- This education must help them to understand their own health challenges and what they can do to find their own healing environment.
- The body is not sitting there waiting for us to save it...it is constantly seeking to survive and has made a plan of healing based on the adaptations it must make to current diet, lifestyle and environment.
- Supplements don't heal, they support.
- The body can heal when we impact the underlying cause of imbalance through change.
- Do not use tests with clients that you have not yet learned to interpret.
- There is a huge difference between you telling the client what to do and you guiding the client and educating them with your knowledge.

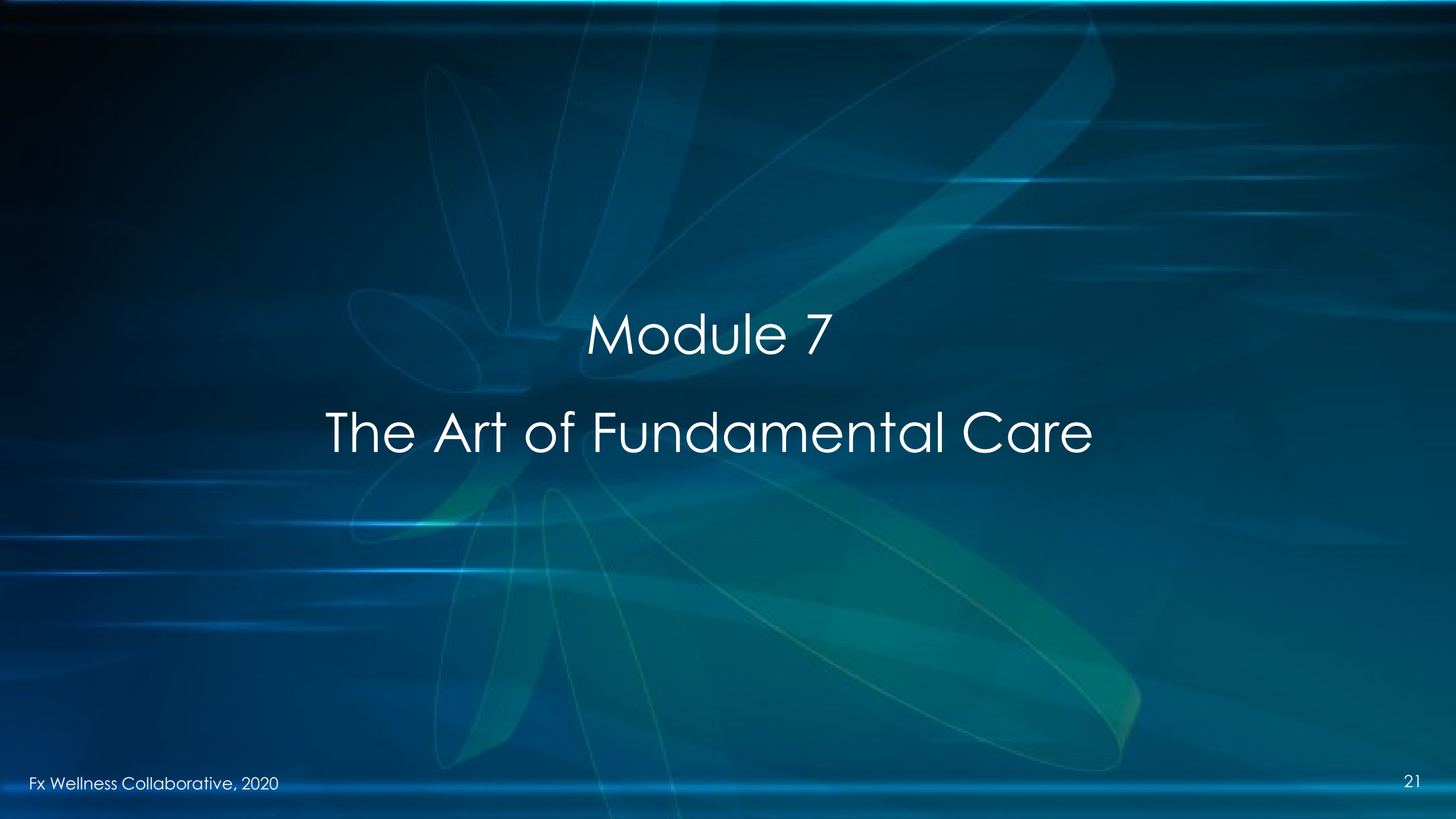


Module 6

The Art of Investigation and Research

- We do not have a crystal ball. While we can understand biochemistry, we can never truly see all that is biochemically happening within an individual body.
- The Critical Thinker:
 - Will raise questions to unknowns.
 - Will question any statement that may appear incomplete to determine additional details about the event that could change the outcome of or affect the decision to be made based on the statement.
 - Will gather and assess all the information and utilize abstract ideas to help come to well-reasoned conclusions while all the time testing these conclusions against the relevant data.
 - Will communicate effectively to allow answers to be forthcoming from the client and to inspire additional data to be remembered and given.

- Don't stop at the headlines...what is the rest of the story? "I don't have food sensitivities"...what have you stopped eating to relieve the symptoms?
- Connections happen along with how the body works and if we give credence to starting with the basics, we will not spend 14 hours learning general things about autoimmune conditions and instead, will apply our focus to the client case before us and the clues that we have drawn out from them directly.
- We can't look at the low marker and think, oh wow, that's low, it needs to be fixed...instead we think, okay, that represents the client's current biochemistry and what is happening in their life.
- Never assume anything about what a client means, as their meaning and your understanding of their meaning could be in two different places.




Module 7

The Art of Fundamental Care

- What does it mean to create the conditions for change? We need an optimum environment for change to happen. Without an environment that will allow change to happen, it just won't happen. Could this be why clients are not able to get better? What is it about their Diet, Lifestyle or Environment that could be holding them back?
- We must make sure that each need of the cell is fulfilled to allow healing to happen.
- Being hydrated, having solid nutrient levels and good elimination ON THEIR OWN are not going to bring such changes as to heal all dysfunction in the body. Without these in place, though, we have completely eliminated the capability of healing. This is called the Priority of Cellular Function where we remove, replace and rebalance.
- When a nutrient level is low, we can't just bridge the gap with a supplement, we must go back and understand "why"
- With poor diet or poor absorption of nutrients, we are usually not looking at one nutrient or mineral low in isolation.
- Supplementing with one nutrient will create an imbalance in the body and affect the performance of other nutrients.

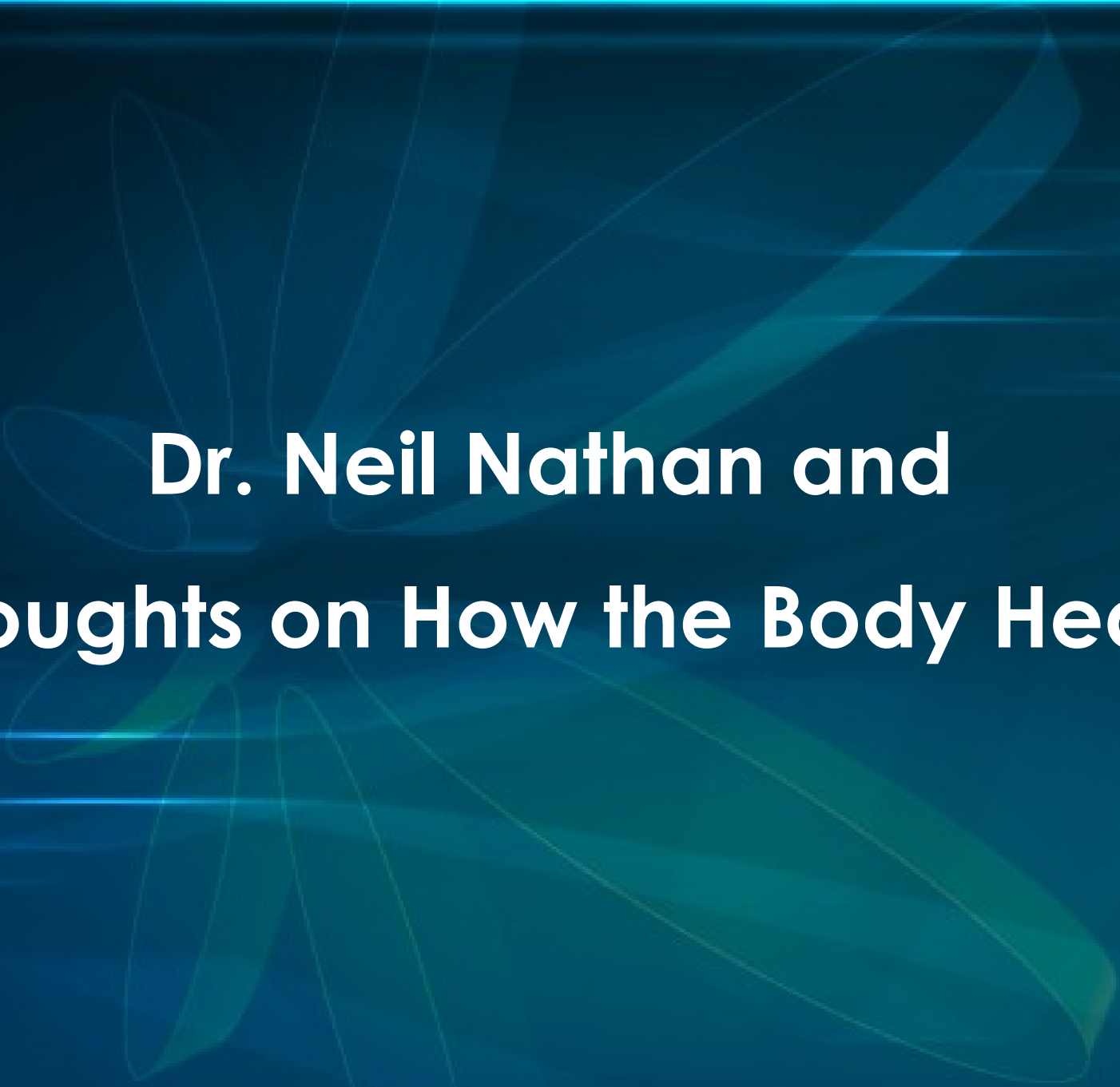
We give a supplement and expect it to do "something". If we can't qualify what it is, or is not, doing, then we are guessing and just taking a stab in the dark.



Lesson 2: Beliefs



**Dr. Bill Rawls and
Creating the Perfect Environment for
Healing**



Dr. Neil Nathan and Thoughts on How the Body Heals



Dr. Robert Naviaux and Thoughts on Cells and Healing



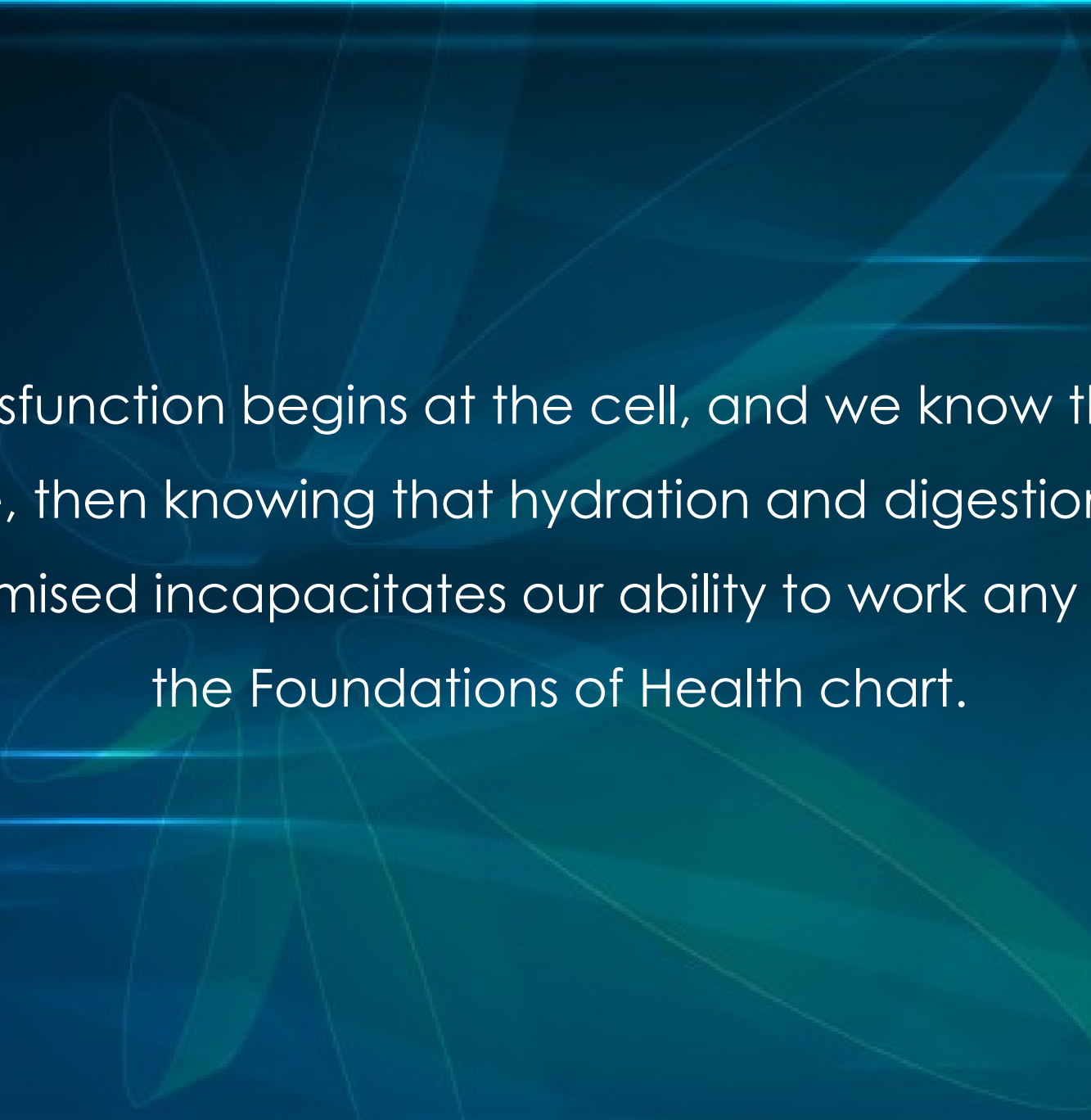
Annie Hopper on The Brain and Chronic Illness



Lesson 3: Where Do We Go Now?

That is a fair question when we consider how much we have learned about the foundational properties of healing because certainly,

this is not the end, but only the beginning, of a whole new world of discovery!



If all dysfunction begins at the cell, and we know this to be true, then knowing that hydration and digestion are compromised incapacitates our ability to work any higher on the Foundations of Health chart.

The client must be living in such a way that changes are able to, and allowed to, occur.

Despite any symptom, we know that hydration, digestion and nutrient supply is the next step before anything bigger can resolve.

So where do we go now?

We continue building up and growing our knowledge using the principles taught here in the Mentorship...

And the Journey continues...