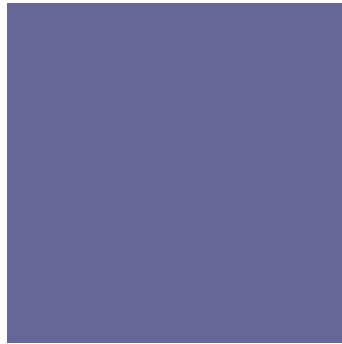
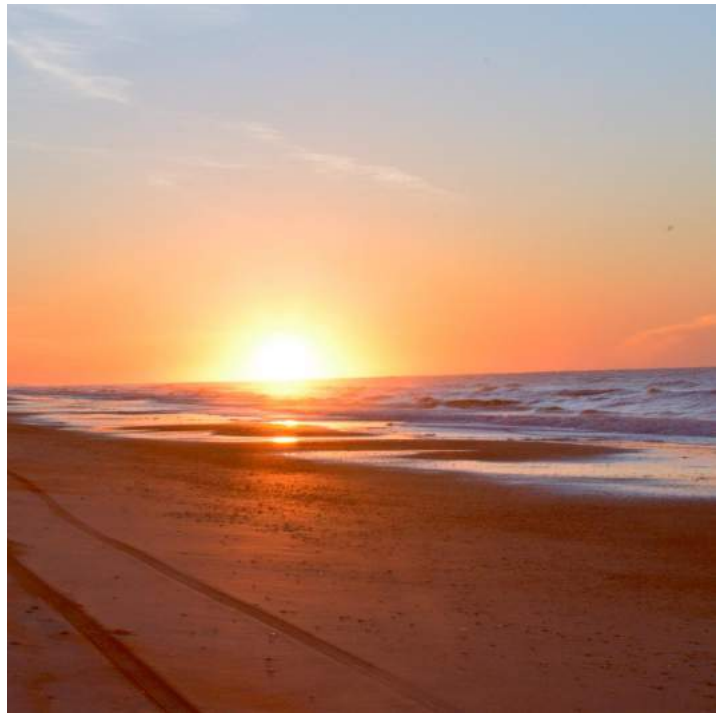
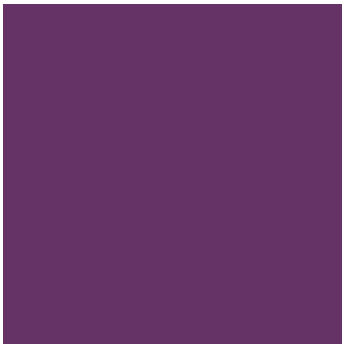


The Ultimate Functional & Integrative Medicine Education Resource



Are You Ready To Pursue
Your Functional Medical Education?
No Time? No Money?
Not Sure Where To Start?
No Worries
We Have You Covered



What, Free?

Why We Should Choose Mindfully

So let's be honest, we all like free things. Whether it's the free samples at Costco or the "complimentary" beverage during a cross-country flight, if we aren't directly seeing cash disappear from our pockets or swiping a card for the electronic cyberspace to process, we generally feel pretty good. Now, before we delve a little deeper into the actual purpose of this resource, let's get a couple things straight- Free isn't always actually FREE. Free as I have just described above is a PASSIVE and MINDLESS FREE.

You consume it because it's just there- perhaps some of you actively seek out Costco and its freebies, but we will just pretend that's not really a hobby or pastime. FREE as I am about to describe below is an ACTIVE and MINDFUL FREE. Effortful, but rewarding, the ACTIVE pursuit of a FREE experience or a FREE education can ultimately lead to the emergence of a calling, leading you to finally find the career you never thought you could have, the vitality you didn't think was possible, or the wonder that is our joyfully supportive and interconnected world.

To emphasize one last time, what we will be exploring here is the ACTIVE, MINDFUL and REWARDING FREE.

With this in mind, you are safe to drop your Southwest Airlines Diet Coke and pass on the sugar laden Costco trail mix, because it's time to realize your calling as a functional medicine practitioner, a healer, an informed student, an empowered and engaged patient and most importantly, a compassionate human being.

Discovering Your Greater Intention

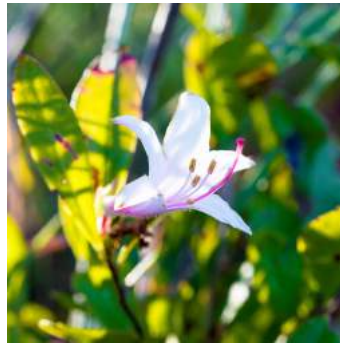
Last clarifier before we jump in- what follows below is a brief summary and guide derived from MY OWN PERSONAL EXPERIENCE. I am only 26 and do not profess to have the wisdom of a 70 year old clinician who started practicing functional medicine when it was considered beyond quackery- so please be gentle, understanding and gracious, I'm still a young buck, but with a heart wishing to give back and a desire to transform medical education for future clinicians and patients.

If you are reading this I'm guessing you have some inclination towards ancestral, integrative and functional medicine. Whether you are a clinician who has started to familiarize yourself with the major institutions/organizations supporting formal education such as the Institute for Functional Medicine and The Evolution of Medicine or even a patient discovering a new, empowered approach to wellness this is a wonderful place to start. BUT, before we go in mindlessly consuming what we think we need in order to be successful, functional clinicians or informed and accountable patients, we need to do some major self-reflection. For starters begin by asking yourself two questions:

1. What is my purpose and intention for pursuing this functional and integrative medical education?
2. What are my current and future goals (medical and non-medical) as I delve into the functional medicine therapeutic framework?

When you have taken sufficient time to address these fundamental questions, you can move on to two more practical questions:

3. How much time, energy and space do I have in my life to dedicate to this pursuit?
4. In what ways do I learn best?
Auditory? Kinesthetic? Text?
Working in Groups?
Multimedia Presentations?



Why Do These Questions Even Matter?

Know Thyself

While all 4 of these questions are critical as you begin and expand your education in functional medicine, I would argue that the second two may provide you with the most beneficial information. In my own case, as I began exploring the rabbit holes of detoxification and the principles of a Paleolithic dietary approach, I was just returning to medical school still in a cloud of uncertainty and my purpose and greater intention for pursuing functional medicine were by no means clear. Do not let this relative uncertainty stop you, for during the exploration and active learning, clarity is likely to arise, guiding you down a more definitive road to your newly discovered greater purpose. Paraphrasing Brian Johnson, may we all “passionately, persistently and purposefully pursue” what brings our life meaning, all in the service of something greater than ourselves. Now, let’s address some practical realities of this lifelong journey.

First, if functional medicine is not a priority or passion and you are already living on the margins with little time to breath, then attempting to cram your “education” into this crowded space will only bring suffering.

Second, if you only attend all of the available Institute for Functional Medicine Conferences, rely solely on written/electronic materials and only engage with material from a single individual or source, your education will ultimately be biased and incomplete. I encourage you to open as many windows and experience a variety of “education” so that you are informed enough to develop your own insights and reflections.

While you may need to experiment in your “consumption” to find what works best for you, know at least that there is no ONE RIGHT way and content exists to support any approach. LOTS and LOTS of content. We are here to help you sort through the LOTS so you can, instead, dance in the essence you really desire.

Armed with your purpose and preferred learning/cognitive style you can make a formulated and targeted leap into functional medicine education.

How Are We Going to Break This Down?

This could easily become a laundry list with little direction, instead, what you will find below is a **CONCISE** and **COMPREHENSIVE** guide to the most viable and valuable resources for your functional medicine journey. I have attempted to weed through fancy marketing and less rigorous research to give you the most reliable and nourishing information.

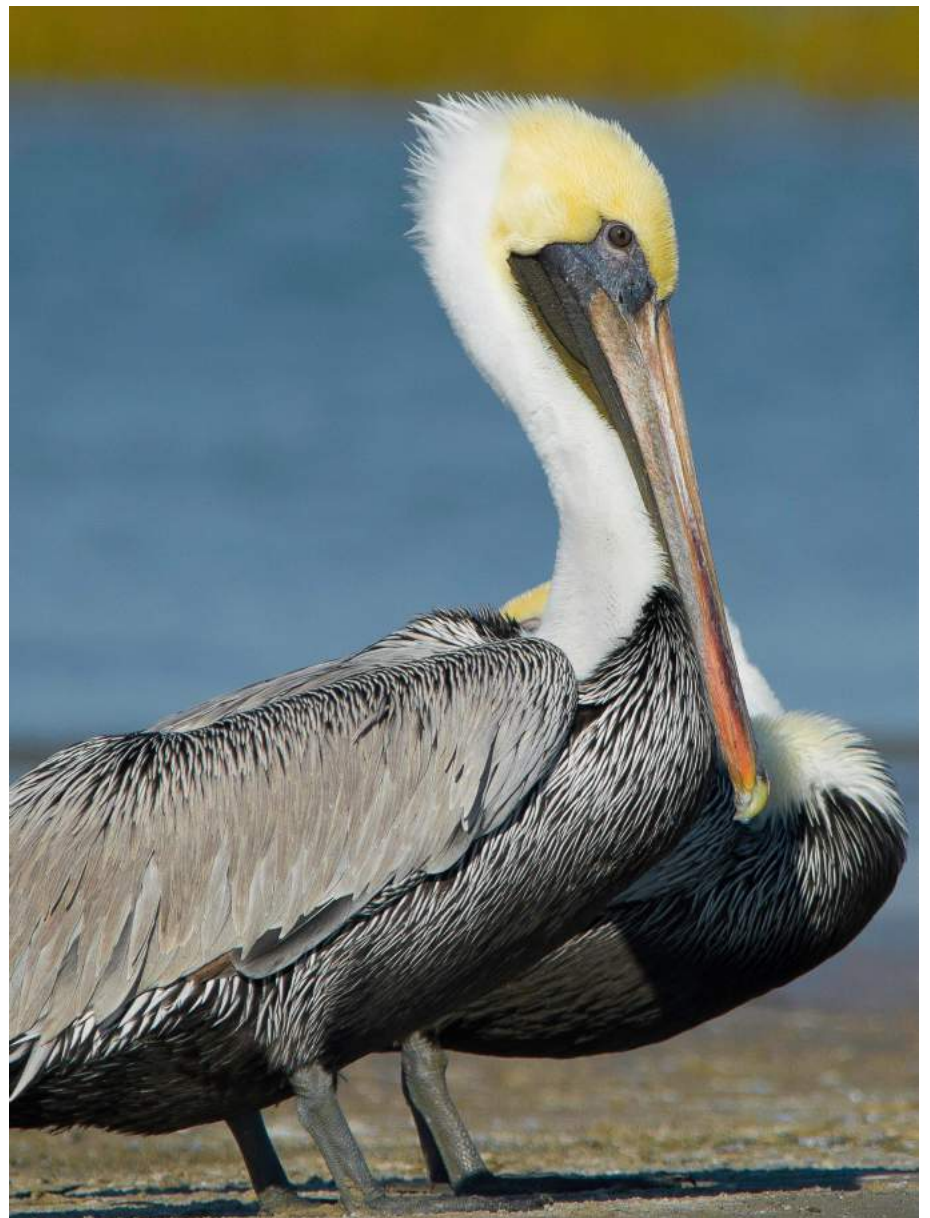
In conjunction with the earlier description of learning styles, the content is broken down into these categories:

1. Video Presentations

2. Text Resources Blogs, E-Books, Books

3. Podcasts

4. Formal Trainings & Conferences



+ Video Presentations

Combining the best of both the auditory and visual worlds, you will find some incredible talks, discussions and interviews from the video resources below. A great place to start for those more weary of text/reading material.

Quick Recommendations:

1. Start with The Evolution of Medicine's Functional Forum (you will see below). This will be by far your greatest value in terms of time and clinical relevance. The episodes are jam packed with panels, talks and group discussions. I have provided a Top 5 list of talks to start with to get your feet wet.
2. Continue to follow the Functional Forum with their monthly meet-ups, even consider attending or starting your own. The current 2017 series focuses on clinically relevant content from each speciality field. (Ex. The Evolution of Functional Psychiatry or Functional Cardiology).
3. In pursuing the other resources listed, we strongly encourage you to use them with a direct topic or question in mind- do not simply go to the respective YouTube page and attempt to watch all 151 talks. Have a question or questions you would like to have answered and find a talk that appears to meet your needs. Once again, simple reminder, if you don't like the talk, you don't have to finish it- yes, we are talking to you closet perfectionists.

What is the Functional Forum?

WE EVOLVE

HUMANITY BEYOND CHRONIC DISEASE

RELATIONSHIPS THROUGH CELEBRATION & COOPERATION

OTHERS BY EMPOWERING COMMUNITY

LEADERS THROUGH DECENTRALIZED DECISION MAKING

STRATEGY THROUGH ROOT CAUSE RESOLUTION

SYSTEMS FOR RADICAL PRODUCTIVITY

TEAMWORK WITH GRATITUDE, TRANSPARENCY & CANDOR

IMPACT WITH MISSION DRIVEN PARTNERSHIPS

CUTTING EDGE STRATEGIES USING TECHNOLOGY

OURSELVES THROUGH LIFELONG LEARNING

ACCELERATING THE
EVOLUTION
OF MEDICINE

The Functional Forum is the world's largest integrative medicine conference. On the first Monday of every month, this new concept in practitioner education, "medutainment", brings together the latest health news, functional medicine research, practice development and health technology in an upbeat, entertaining way.

We curate the industry's leading innovators in a mixed-media format that combines interviews, TED-style talks, videos, audience interaction, and music, all archived for free forever on our [Youtube Channel](#). We scale our influence through empowering community in every corner of the globe, encouraging and [facilitating meetups](#) around this monthly content. Our live meetup is held at different amazing locations each month.

The Essence:

Co-Founder James Maskell frequently quotes Thich Nhat Hanh who stated "Community is the guru of the future." Embrace the power of this dynamic movement and you will find others like you sharing a similar vision in your community. The Functional Forum exists to provide free, enduring content that is accessible at any time, and constantly evolving to meet your needs.

Top 5 Functional Forum Videos



Grab your friends, neighbors, and significant others; whoever you can find and snuggle up to these delectable talks. Starting with the original airing in April 2014, we have 5 of the most popular talks for your viewing pleasure below. I encourage you to continue to follow the movement going forward, regularly "attending" and watching the live shows and catching up on past episodes from the YouTube channel described previously.

1. Kelly Brogan, MD - April 2014: The Evolution of Psychiatry

functionalforum.com/kelly-brogan

Following the recent second edition of the Evolution of Psychiatry in February 2017, we offer this talk as a "Ground Zero" of sorts where pioneer Kelly Brogan delivers a powerhouse introduction into an alternative, empowered approach to psychiatry.

2. Rangan Chatterjee, MD - December 2016: Doctor of the Future

functionalforum.com/rangan-chatterjee

The title nearly says it all- from the British physician moving mountains across the Pond, Chatterjee offers an enticing picture of what the "doctor" will (should) be providing patients in this "new age" of empowered, individualized, patient centered medicine.

3. Vincent Pedre, MD - November 2015: The Unexpected Hormone Triad: Gut-Adrenals-Thyroid

functionalforum.com/vincent-pedre

Our first real deep plunge into the intricacies of the human hormone system, specifically the HPA axis and its relation to the health of the gut.

4. Terry Wahls, MD - September 2016: Introducing Functional Medicine 2.0

functionalforum.com/terry-wahls

Describing her revolutionary work treating patients with Multiple Sclerosis and veterans (in the VA system) using an integrative and functional approach, Wahls gives her insightful vision for how we can practically provide this type of care to the underserved and patients of all backgrounds.

5. Jeffery Bland, MD - March 2016: A Leap Forward in Medicine

functionalforum.com/jeff-bland

From the founding father of functional medicine, this talk speaks to the origins of this root-cause resolution approach and how it will practically and swiftly replace the quickly crumbling framework of chronic disease management.

Bonus: Chris Kresser, L.Ac - Adrenal Fatigue?

<https://www.youtube.com/watch?v=AeDo3plo5vs>

Video Presentations



1. **Ancestral Health Symposium Talks (AHS):** Starting in 2011, this yearly conference has brought together some of the most innovative minds in the ancestral and functional medicine world. With hundreds of talks going back to the first conference, you will find a nourishing home (perhaps some bone broth, too) with the content, passion and pure joy in these talks.

<https://www.youtube.com/user/AncestryFoundation>



2. **PaleoFx Videos:** While the full content of many of the talks at these Paleolithic conferences is not available for free, there are still plenty of nourishing quick hits here for you to enjoy all things Paleo and for a low monthly price you can get the full experience- ancestral overload!

<https://www.paleofx.com/watch/>

3. **Florida Institute for Human and Machine Cognition:** Before you judge this by its title, just check out this page, there are some truly AMAZING talks, from Robb Wolf and Rhonda Patrick to lesser know but equally engaging Esther Gokhale and Dominic D'Agostino there are some treasure mine talks here to be enjoyed.

https://www.ihmc.us/life/evening_lectures/pensacola-lecture-series/



4. **Chris Masterjohn Videos:** As you will see, Chris Masterjohn is a frequent flyer in this resource. Short, jam-packed education, constantly updated. He will indeed become your best friend. Follow him on Facebook and YouTube to enjoy his weekly videos.

<https://www.youtube.com/user/chrimasterjohn>

<https://www.facebook.com/chrimasterjohn/>

<https://chrismasterjohnphd.com/2017/01/16/introducing-masterclass-with-masterjohn/>

Lab and Diagnostic Education

Many of the most commonly used lab companies have short, in-depth modules and videos to help explain some of the in's and out's of their various tests. Definitely worth a look.

A. Genova Diagnostics

<https://www.gdx.net/clinicians/medical-education/learn.gdx>

B. Precision Analytical - DUTCH Test

<https://dutchtest.com/videos/hormone-tutorials/>

C. Cyrex Labs

<https://www.cyrexlabs.com>

+ Text Resources

This list could be endless so I have kept to the resources I have found to be the most relevant. I have provided a dedicated list of books at the end of this section realizing that this list is not necessarily a source of continuous/ “new” education, but a helpful starting place for those interested in text/written material. In coming from a traditional medical background, I want to reiterate again that I have purposely listed individuals and content that I feel contain the most scientific rigor and value, but this is simply my personal, subjective opinion.



1. Chris Kresser’s Revolutionary Health Blog, E-Books and Practitioner Series

Perhaps the leader in functional medicine education. Chris Kresser provides an array of free content that is accessible to clinicians at any level. Additionally his content is arguably the most relevant and specifically designed for patients looking to learn more about the functional approach.

A. *Blog*- Constantly updated articles with numerous scientific references/links for further reading embedded in each piece

<https://chriskresser.com>

B. *Free Downloadable E-Books*- Numerous topics including heart disease/cholesterol, hypertension, diabetes and obesity, for clinicians and patients

<https://chriskresser.com/browse/>

C. *Practitioner Success Series*- Designed for clinicians, these are evidence based, clinical approaches to the most common diseases. You can pay for expanded content including case studies, lab evaluations and treatment protocols

<https://kresserinstitute.com>

We will see Chris again but that’s a good start for now in terms of his written content.

2. Dr. Michael Ruscio’s Blog, Weekly Digest and Practitioner Reports Series

Providing some of the most practical, balanced clinical resources for a gut focused functional medicine approach, Dr. Ruscio is regularly adding accessible and relevant content with a focus on up-to-date reviews of the scientific literature for you PubMed junkies. Investing time in his work will certainly pay dividends as you learn to streamline your own clinical approach. I highly recommend making this one of your foundational and top sources for functional medicine education.

<http://drruscio.com>

A. *Wednesday Podcast, Weekly Article/Tip or Patient Video* related to a specific topic/condition, short, relevant and enjoyable

<https://drruscio.com/hypothyroid-menopause-success/>

B. *Friday- Dr. Ruscio’s Wrap-Up*- A wealth of links to relevant research, a weekly review of his weekly podcast and clinical article/tip as well as yummy recipes and even some happiness homework. You definitely want this streaming into your inbox every Friday!

<https://drruscio.com/dr-ruscios-wrap-80/>

C. *The Future of Functional Medicine Practitioner Report*- A new subscription resource with the precise tools you need to become a more effective functional medicine practitioner. With monthly editions containing in-depth case reports and relevant research reviews, this is a gold mine bargain for only \$25 a month. You can also check out one of the first issues for FREE.

<https://drruscio.com/Review/>

Overall my favorite source for clinically relevant and accessible content. We will have a second appearance from Dr. Ruscio in our podcast section as well.



Text Resources

3. Dr. Chris Masterjohn PhD

If you want a deep, and I mean deep dive into clinically relevant and actionable nutritional biochemistry and have a strange obsession with minerals and fat-soluble vitamins this is the place to be. On a slightly more serious note, the content here is perhaps the most unique and relevant to the world of nutrition and biochemistry.



<http://chrismasterjohnphd.com>

A. *Blog*: You will not be disappointed- Dig into the recent Vitamin K2 Resource- simply breathtaking! His recent updates and searchable content make this one of the easiest pages to navigate!

<http://chrismasterjohnphd.com/blog/>

4. Dr. Stephan Guyenet: Whole Health Source: Nutrition & Health Science

The equally deep and brilliant twin to Chris Masterjohn, Stephan's blog contains a treasure trove of accessible articles synthesizing the latest research on all things nutrition, obesity, and insulin resistance. A great place for patients who want concise and readable analyses of the scientific literature.



A. *Blog*: Stay up to date with his posts- you will not be sorry and much smarter for it. A nice variety of scientific inquiry with reflective personal commentary.

<http://wholehealthsource.blogspot.com>

Note: Stephan has recently moved his content to a new page following the release of his new book: *The Hungry Brain- Outsmarting The Instincts That Make Us Overeat*

Check out the new page here: <http://www.stephanguyenet.com>

5. Mark Sisson and Mark's Daily Apple

An exploration into evolutionary and Paleolithic nutrition, fitness and everything else Grok would not be complete without the wonderful resources from Mark Sisson and Co.

<http://www.marksdailyapple.com>



A. *Blog*: The regular articles on a variety of nutrition and health topics and the comprehensive reviews regarding major dietary/lifestyle concerns entitled "The Definitive Guide To..." are solid starting places amidst the plethora of other content. Check out their podcast if you like listening to the articles on the go instead!

<http://www.marksdailyapple.com/blog/>

B. *Weekend Link Love*- Great weekly post with a smattering of insightful articles, scientific research and recipes to keep your belly happy.

<http://www.marksdailyapple.com/weekend-link-love-429/>

Text Resources

6. Robb Wolf and the Paleo Solution

Of course we can't leave out the fearless founder and leader of the Paleo movement: Robb Wolf. Sorted by topics from Auto-Immunity to Sleep and Fitness this blog is a great place to gain a fundamental understanding of an ancestral approach to health. Robb's story is one of true passion and grit and you will see his joyful heart in all of his work. Also a great way to stay connected with new movements in sustainable and progressive agriculture.

<http://robbwolf.com>

A. *Blog*: Autoimmunity Posts

<http://robbwolf.com/category/autoimmunity/>

7. Sayer Ji and Green Med Info

In struggling to find the right place to list this encyclopedia of nutraceutical awesomeness I have simply added it to the list of text resources. Newly updated with more scientific resources related to all things natural than you thought possible, this is a valuable resource when you are looking for supportive research behind any natural herb or compound.

<http://www.greenmedinfo.com>

A. *Blog*: A collection of articles from Sayer Ji and other supporting contributors. Simply start here if you feel a little overwhelmed in the Research Portal.

<http://www.greenmedinfo.com/gmi-blogs>

B. *Research Portal*: Just check it out- trust me

<http://www.greenmedinfo.com/research-dashboard>

There is a lot here, so be patient and directed in your search. There are options for paid subscriptions that will increase your access to the database and provide you with more helpful guides/resources to obtain relevant studies without the long hours of data mining.



8. Dr. Kelly Brogan: Own Your Body: Free Your Mind

In my opinion the most elegant writer in the integrative, functional medicine space. Speaking with intuition and language that plunges straight to the heart, you might find yourself forgetting you are reading something with more relevant scientific links than your average Up-To-Date page. Make sure you have tissues on hand, Kelly's beautiful soul and equally touching writing might bring you to tears, just warning you. Her content is accessible to clinicians and patients, with numerous empowering case reviews/testimonials. She provides many resources to deepen your spiritual practice and writes quite poetically about her own journey.

<http://kellybroganmd.com/start-here/>

A. *Blog*: Please make this a regular stop in your functional and ancestral review, you will definitely want to stay wet with Kelly's work.

<http://kellybroganmd.com>

Functional
Medicine
Education
Resource

Text Resources – Quick Hits

We have marked resources below that are specifically helpful for patients and provide excellent supportive, educational material.

PATIENT EDUCATION DESIGNATION (*)

1. **Dr. Emily Deans:** *Evolutionary Psychiatry* *

<https://www.psychologytoday.com/blog/evolutionary-psychiatry>

2. **Dr. Amy Myers:** Autoimmune Functional Medicine *

<http://www.amymyersmd.com/myblog/>

3. **Dr. Sarah Ballantyne:** *Paleo Mom* * Autoimmune Paleo

<https://www.thepaleomom.com/start-here/>

4. **Dr. Jill Carnahan:** Functional Medicine *

<http://www.jillcarnahan.com>

5. **Dr. Mark Hyman:** Functional Medicine

<http://drhyman.com>

6. **Dr. Akil Palanisamy:** Functional and Ayurvedic Medicine

<http://doctorakil.com/blog/>

7. **Zen Habits: Leo Babauta** * If you want to make a change (or want one for your patients)

<https://zenhabits.net>

8. **Autoimmune Wellness: Mickey Trescott and Angie Alt** * Autoimmune Paleo made easy from two authentic, gentle and kind souls

<http://autoimmunewellness.com>

9. **Bravo for Paleo: Monica Bravo** * You won't ever go hungry again

<http://bravoforpaleo.com>

10. **Thrive: Lauryn Lax** * A new face on the scene that is making waves with her fresh and nourishing content.

<https://thrivewithlauryn.com>

11. **Nom Nom Paleo: Michelle Tam** * The title speaks for itself. Enjoy!

<http://nomnompaleo.com/paleo101>

12. **Whole30: Melissa Hartwig and Co.** * Your 30 Day Reset made easy!

<http://whole30.com>



Some Books For Your Shelves

Certainly not a complete list by any means, but hopefully something to get you and your patients started.



1. The Evolution of Medicine- James Maskell
2. The Paleo Cure- Chris Kresser
3. The Primal Blueprint- Mark Sisson
4. A Mind of Your Own- Kelly Brogan
5. The Autoimmune Solution- Amy Myers
6. The Paleoveydic Diet- Akil Palanisamy
7. The Paleo Diet- Loren Cordain
8. The Disease Delusion- Jeffrey Bland
9. The Anatomy of a Calling- Lissa Rankin
10. Mark Hyman- Eat Fat, Get Thin
11. The Paleo Solution- Robb Wolf
12. Move Your DNA- Katy Bowman
13. The Hungry Brain- Outsmarting The Instincts That Make Us Overeat- Stephan Guyenet
14. Wired to Eat- Robb Wolf
15. The Autoimmune Wellness Handbook- Mickey Trescott and Angie Alt

Quick Start Recommendation

1. Pick 2-4 of the resources above to follow on a regular basis. For those who like things coming to you on an expected schedule- I recommend Dr. Ruscio's Weekly Wrap-Up, Chris Kresser's Weekly Review, Mark Sisson's Weekend Link Love and Chris Masterjohn's Newsletter- Lots of things packed into these regularly recurring posts.

2. Bookmark a few of the additional resources to have on a quick hits tab- say your Health Blogs tab. Use Evernote to organize the readings you follow, saving pertinent articles into dedicated notebooks for each resource. You can also make an "Interesting- Read Later" notebook where you save precisely those things you can't read fully at that time- no need to keep 500 windows open on your computer!

Functional
Medicine
Education
Resource

+ Podcasts (Auditory Resources)

This list could also be endless with so many nourishing places to turn for engaging conversations, but please be cautious about subscribing to too many podcasts and having your phone or electronic device explode.

Quick Recommendations: Pick 2-4 to follow. If you start an episode and don't like it, you don't have to finish it. If you fall behind and have a lot of unplayed episodes in your cue, go through and delete those you won't listen to. Explore the podcast pages for transcripts you can read or share if you aren't able to listen in!



1. **The Evolution of Medicine Podcast:** From James Maskell and the Evolution of Medicine crew, this is a must for anyone looking to start, build or continue a career in functional, holistic medicine.

<http://functionalforum.com/category/podcast/>

2. **Chris Kresser's Revolutionary Health Radio:** Functional ancestral medicine at its finest. Start here and you won't be disappointed or wanting for thoughtful episodes and engaging interviews.

<https://chriskresser.com/podcasts/>

3. **Dr. Ruscio Radio:** A great variety of interviews and practical clinical content. Weekly down to earth episodes that will certainly broaden your knowledge of functional medicine.

<https://drruscio.com/podcasts/>

4. **Chris Masterjohn's Mastering Nutrition:**

If you thought you knew nutritional biochemistry think again. For those of you who like 2 hour rabbit hole rambles this is a wonderful place to start. But seriously, listen to this man talk, he is an incredible teacher and his content is currently exploding.

<https://chrismasterjohnphd.com/podcast/>

5. **Ben Greenfield's Fitness Podcast:** Perhaps the most prolific podcaster on all things nutrition, fitness and alternative medicine. A must for athletes!

<https://bengreenfieldfitness.com/podcasts/>

6. **Robb Wolf: The Paleo Solution Podcast:** No description necessary, just listen, you will learn you will laugh and you might begin to see how warped this world really is.

<http://robbwolf.com/podcast/>

7. **Dr. Rhonda Patrick: Found My Fitness Podcast:** In a fellowship with Chris Masterjohn and Stephan Guyenet as the nerdiest kids on the functional medicine playground.

<https://www.foundmyfitness.com>

8. **The Sean Croxton Sessions:** The newest dive from one of the most passionate souls in holistic medicine: you thought Larry King and Bruce Lipton had a monopoly on interviews!

<http://seancroxton.com/sessions/>

9. **Optimize with Brian Johnson:** Perhaps a new one for you, I cannot encourage you enough to listen to these nuggets of wisdom. Check him out for deeper content far beyond that presented in his bite-sized podcasts. Optimizer Email: Get It!

<https://www.optimize.me>

10. **3030 Strong: Guillermo Ruiz:** The up and coming stud Guillermo Ruiz offers up a joyful and rigorous look into all things ancestral and functional medicine. His passion may make your mind explode, be careful!

<http://www.3030strong.com/3030-health-podcast-1/>

Podcasts – A Few More For Your Ears

For the Academics Among Us

1. **JAMA:** The Editor's Summaries and Clinical Reviews are good places to start

<http://sites.jamanetwork.com/audio/>

2. **Annals of Internal Medicine:** Issue Summaries

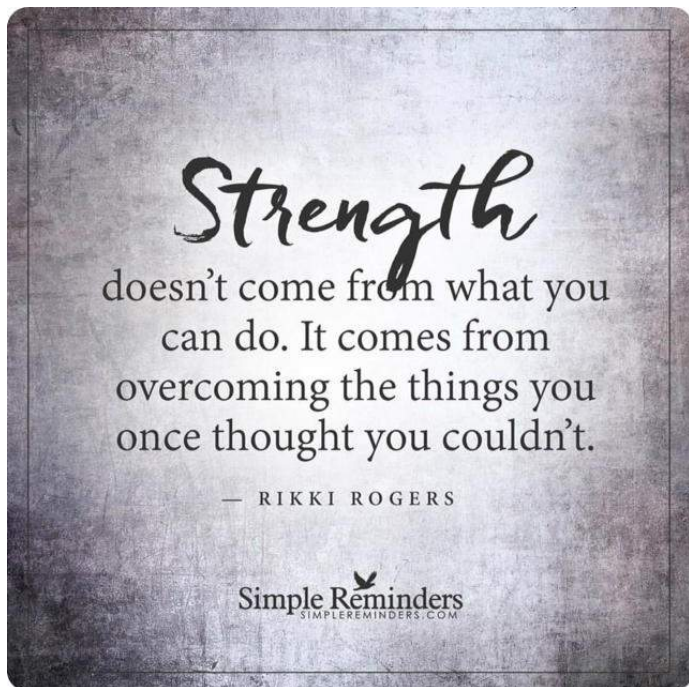
<http://podbay.fm/show/259716343>

3. **John's Hopkins Medicine Podcast:** Great weekly reviews of relevant research: Short and Accessible to all

<http://podcasts.hopkinsmedicine.org>

4. **New England Journal of Medicine Podcast:** Weekly Audio Summaries

<http://www.nejm.org/action/showPodcastsFeeds>



A Few More Quick Hits

1. **Fat-Burning Man Show- Abel James:** You will be burning more than fat after you listen to this podcast!

<http://www.fatburningman.com/tag/podcast/>

2. **Balanced Bites Podcast- Diane Sanfilippo**

<http://balancedbites.com/category/podcast-episodes>

3. **On-Being with Krista Tippett:** Your spiritual journey will not be complete without regular listens to these masterpieces of the soul.

<http://onbeing.org>

4. **High Intensity Health- Mike Mutzel**

<http://highintensityhealth.com/listen-high-intensity-health-podcast/>

5. **The People's Pharmacy- Joe and Terry Graedon:** Bringing you the essence of integrative and holistic healing- over 1000 episodes strong!

<https://www.peoplespharmacy.com/get-the-podcast/>

So far so good into our exploration of the many Functional Medicine Resources available to you and your patients. Let's take some time to reflect on the journey so far and remember why we are even here in the first place!

Affirmation for Healing

May I rest with the hurt

So that I may be fully

For its relief

Functional
Medicine
Education
Resource

+ Formal Trainings

I saved these for last, not necessarily because they are the best, but because they are not actually FREE. Please take your time in deciding which of these trainings may be right for you. Whether you are looking into health coaching, are pursuing formal training as an MD or ND, or are involved with a dietetics, nutrition, PT or OT program, it is important to identify what you wish to provide the world, how you practically hope to make a living from this pursuit and who/what program can best get you there. For current patients or those just beginning to consider a career in holistic medicine, be gentle, be curious and take your time in this space.

1. Kresser Institute: ADAPT Clinician Training: I can speak most directly regarding this program as I am currently an active participant. It is in my opinion the most comprehensive training for anyone looking into the entrepreneurial world or starting and building a functional medicine practice. Blending business and practice management content with practical functional medicine diagnostics/treatment, this year long program is the real deal and most certainly worth the investment if you can afford it. I won't waste any more words trying to convince you of its merit and will simply leave that to Chris and his staff.

Note: Chris and his team are expanding scholarship opportunities for future trainings!

<https://kresserinstitute.com>

2. Dan Kalish: Kalish Institute: With a variety of modules to fit your time and needs. Dan Kalish offers a wealth of practitioner training programs. While not integrated into one program like Kresser's there is flexibility in the multitude of options, some focused more on functional medicine diagnostics and treatment and others on practice management. Also, Kalish offers a more accessible price point for those not able or willing to take the year-long deep dive with the Kresser Institute.

<http://kalishinstitute.com>

3. Functional Medicine University: Another leader in providing functional medicine education, Functional Medicine University offers in-depth modules with much of the science behind functional medicine. They are beginning to expand their marketing and business platforms as part of their training as well.

Note: You can get access to any certification program with a 30 day trial- satisfaction guaranteed. Also you can download free research articles and get a free clinical case series just by providing your email.

<http://www.functionalmedicineuniversity.com/public/enrollment.cfm>

4. Seeking Health Institute: From methylation extraordinaire Ben Lynch, Seeking Health Institute offers numerous webinars and trainings on topics far beyond just methylation. New offerings including StrataGene and the yearly SHEICON conference are also wonderful places to expand your nutritional biochemistry and genetic knowledge base.

Note: There are significant discounts available to medical students for the yearly membership, additional trainings and resources. Ben wants to provide this content to all and has a very reasonable price point for students. Take advantage if you can!

<https://seekinghealth.org/learning-center/>

5. Ornish Lifestyle Medicine: Combining the incredible healing powers of stress management, nourishing nutrition, fitness and movement with the elixir that is love and connection, Dr. Dean Ornish has recently partnered with Healthways in order to train more multidisciplinary teams in his unique lifestyle approach. You will need your friends and colleagues for this one, as it does involve multiple team members attending the training, but this program, indeed, has the power to change the lives of thousands.

https://www.ornish.com/site-certification/#section_training-certification

+ Formal Trainings

6. Functional Medicine Coaching Academy: As the name implies, this is the one stop shop for the next generation of functional medicine health coaches. I cannot say enough how much we need passionate souls dedicated to the nitty gritty of habit change who are also fluent in the “language” of functional medicine.

<https://www.functionalmedicinecoaching.org>

7. Holistic Nutrition Lab: Andrea Nakayama: Nearly indescribable, Andrea provides an empathetic nutrition curriculum that makes learning how to count calories look simply arcane. Check her out here!

<http://holisticnutritionlab.com>

8. Integrative and Functional Nutrition Academy (IFN Academy): For you aspiring dietitians and nutritionists another must on your dive into all things functional nutrition. I get hungry just visiting their website. Bacon and butter allowed.

<https://www.ifnacademy.com>

9. The American Academy for Anti-Aging Medicine (A4M): With a long list of available certifications from Weight Management and Cardiovascular Health to Endocrine and Lifestyle Coaching there are ample opportunities to expand your education in lifestyle and integrative medicine. Additionally there are numerous fellowship programs (accessible online) including Metabolic and Nutritional Medicine as well as Integrative Cancer Therapies that incorporate multiple certifications into a single core training.

<http://www.a4m.com/anti-aging-certifications.html>

<http://www.mmimedicine.com/online-programs.html>

10. Institute for Functional Medicine (IFM) Training: Okay, perhaps we did save the best for last. The premier organization and training for anyone seeking a comprehensive education in functional medicine. Beginning with the AFMCP and continuing into multiple modules including the Gastrointestinal System and Detoxification to name a few, this training is extensive and expensive. An investment for sure, you must consider your time and capacity even beyond your financial resources. With the expansion of the conferences into an online streaming platform, IFM is increasing the availability of its premier education.

<https://www.functionalmedicine.org/conference.aspx?id=3092&cid=35§ion=t761>

Free Introductory Courses

Intro to Functional Medicine

<https://www.functionalmedicine.org/conference.aspx?id=2919&cid=111>

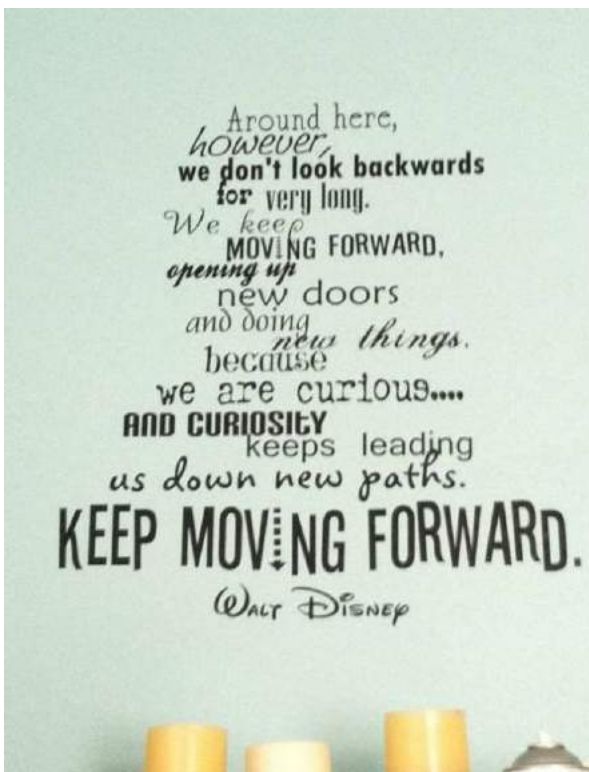
Intro to Functional Nutrition

<https://www.functionalmedicine.org/conference.aspx?id=2963&cid=111>

AND Scholarships!!!

Please check out the email link below to inquire about academic scholarships. Passionate students, residents and fellows wanted!!!

Email here acmed@fxmed.com



Your Next Steps

So there you have it, one student's guide to discovering and exploring functional, ancestral medicine. I strongly believe that life is a continuous cycle of awareness, action and reflection, all walked in faith. Hopefully this resource has begun to spark an awareness of what is possible for you when it comes to building your understanding of a holistic approach to health. As you look to spring into action, here are some helpful tips:

1. For Practitioners: In addition to your own dedicated research and following of a handful of the above resources, consider giving this to your patients in print or in the E-Book version, highlighting specific resources you recommend for them. While some of us are born to create unique and flourishing educational content, we all do not need to re-invent the wheel- so provide your patients with the best evidence-based educational material (giving credit to the creator) and remain in alignment with your own beliefs.
2. For Students: Understand that your current education, whether MD, ND, DO, NP, PA-C, DC, L.Ac., etc, is only part of the story, and unfortunately it is a story often portrayed as whole. Right or wrong you must make an effort to engage with material outside of your standard curriculum in order to learn more about nutrition, functional root-cause approaches to health, and practical ways to engage and support patients. You have no time and those answers won't come falling in your lap, so I give you this knowing the challenges you have and will face.
3. For Patients: Keep your windows open and your hearts even more so. Gently begin to explore some of the material presented here. It is difficult and potentially dangerous to follow some of the stricter dietary approaches and protocols that you may uncover alone, so I strongly encourage you to work directly with an educated, holistic clinician as part of your healing journey.

You are FREE to use this material as you wish, I have no copyright, I only ask that you share it whole and in good faith giving credit where it is due. In the end we are just one collective consciousness, thinking, breathing, being as ONE.



Who We Are

Rob Abbott is a fourth year medical student at the University of Virginia (U.Va.) in Charlottesville, Virginia. I graduated from the College of William and Mary with a B.S. in Chemistry in 2012. I approach medicine from an evolutionary and functional perspective and see mindfulness and unified spirituality as my way of being. I am a founding member of the U.Va. organization Compassionate Awareness and Living Mindfully (CALM), which seeks to promote self care and resilience in health science students through the practices of mindfulness, yoga, compassion and spirituality. I will be starting a family medicine residency in June 2017 where I will work towards relieving the world of its surplus of suffering. I am currently working with holistic providers at Downtown Family Health Care in Charlottesville, Virginia.

My Space for Healing:

A Medicinal Mind

amedicinalmind.com

My Newsletter: *A Week of*

Compassion

<http://us13.campaign-archive2.com/?>

Speaking Engagements

I am available to speak about my passion for utilizing a functional and ancestral approach to health, as well as for cultivating compassion and resilience in health care workers/students. Please contact me from the information below if you are interested in such a discussion and have other inquiries.

mindfulmedstudent@gmail.com



Melanie Dorion is a Nurse Practitioner founder and CEO of *Pentad Integrative Health* which strives to educate a new generation of clinicians in the art and science of Integrative and Functional Medicine. Melanie focuses on fatigue, Lyme disease, weight management and gastrointestinal health. Her approach is grounded in nursing, Functional and Naturopathic medicine philosophies. She studied Naturopathic Medicine at Bastyr University in Washington before doing her Nurse Practitioner degree at Seattle University. She is a member of the Obesity Medicine Association and the Institute for Functional Medicine and has received advanced training in obesity management, nutrition, exercise science and methylation genetics. Her speaking engagements include Genova Diagnostics, A4M and is a regular speaker at Mary Baldwin University in addition to leading health workshops in Virginia. She is a former professional cyclist and Quebec cycling Hall of Fame inductee.

Melanie is currently developing a new clinical education and training program called Pentad Integrative Health and practices functional medicine with Downtown Family Health Care in Charlottesville, Virginia.

<http://www.downtownfamilyhealthcare.com>

Photo Illustrations

James Abbott is a conservation biologist, environmental educator, and wildlife photographer. He uses the study of bird populations to help protect some of the globe's last truly wild places. All photographs were taken during field expeditions in the Southeast U.S. and Central America

For more information regarding the photos and his work

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