

# *An Overview of a Functional Nutrition Therapy Program*

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## **What is a Functional Nutrition Analysis and how does it work?**

Baseline information is provided by the client in the form of a Health History and Assessment, dietary review and blood chemistry analysis. An outline of support strategies and plan guidelines will be developed for you based on your personal profile, metabolic and biochemical imbalances identified and your personal needs and commitment. The goal of the nutrition recommendations is to support the wellness strategies that will enable you to build and create more balance and strength in your body, mind and life. This program will be monitored and adjusted on a regular basis as we move towards balance. Your personalized Nutrition Assessment and Wellness Support Strategies will become your personal map, guiding you on your road towards healthy balance. Since the *Functional Nutrition Analysis* is based on your unique personal profile and blood chemistry results, you receive a much more accurate picture of any imbalances and deficiencies that are present.

## **The Process and Steps Involved**

→ **Needs Assessment/Initial Wellness Consult** - The first step in your Personalized Wellness Program will be to schedule an Initial Wellness Consult and Needs Assessment, which can be completed either at the Wellness Center or via phone conversation. This conversation sets the stage for the direction of your program, giving us a snapshot of what you need support on first.

→ **Complete Metabolic Assessment Forms** (with Initial Session and every 3-6 weeks per individual needs)

→ **Lab Work - order Comprehensive Wellness Profile blood test** - this establishes a baseline of your current state of health and is important for checking on the balance of the body's physiological processes. Blood testing and analysis is one of the most practical methods for assessing conditions and to uncover any imbalances even prior to symptoms and disease for preventative care and optimal health. The goal is balance within the functional ranges for all your systems - digestive, immune, hormonal, cardiovascular, liver, etc. The Comprehensive Wellness Profile used in the FNA provides a multitude of information about vitamin and mineral balance, metabolic wellness, energy pathways and digestion and assimilation.

→ **Develop Plan based on Individual's Needs and Priorities** - based on the analysis, we will develop a nutrition and lifestyle plan with specific guidelines and protocols. The direction that we take will be developed with input from the client in regards to how aggressive and committed they are to the program. Some like to take it slower, others like the fast lane. Nevertheless, most programs will likely address digestive and liver health first and foremost. Problems with these systems largely influence immune, nervous and endocrine function. A program that provides nutritional support for liver detoxification and gastrointestinal function can improve many conditions.

→ **Program Length and Follow-Up Sessions** - The length of your program will vary and depends on several variables (commitment, imbalances, adherence to, etc.). You will need to go through a period of "*transition*" to restore your metabolism and obtain optimum health and balance. You can only be in your transition if you are improving your nutrition and lifestyle habits. When you initiate the transition process by improving your habits, your body will begin to rebuild all its functional and structural bio-chemicals and begin to rebalance itself. This is the goal. I recommend an initial commitment of at least six sessions (~3 months). Imbalance did not occur overnight and thus, will take some time to sort out. However, once on the right track, follow-up sessions become less frequent and often, addressing 1-2 imbalances creates a domino affect in which the others improve and functionality begins to get restored throughout the body. Remember, this is a process, not a quick fix. This program requires a commitment to yourself, but is a commitment you will be glad you made.

→ **Program Expectations** - a schedule of follow-up support sessions will be determined after the initial consult in order to maintain consistency and accountability for the program's progress. I request that clients provide feedback and complete their "homework", such as follow-up forms and maintaining their food journals or supplemental support protocols, as recommended.

## Ordering Your Comprehensive Wellness Profile -

The Comprehensive Wellness Profile and functional nutrition analysis will help to determine any metabolic imbalances and nutrient deficiencies. The panels include: CBC, thyroid panel with TSH, lipid profile, liver profile, kidney panel, bone and minerals, fluids and electrolytes and glucose. This panel of tests can be ordered through [Direct Laboratory Services](#) - online at [www.directlabs.com](http://www.directlabs.com). The standard panel of tests is \$97. Additional tests may be recommended, depending on health history.

- 1 Place your order through a DirectLabs representative at 1-800-908-0000 or ([Order Online](#)) at your convenience
- 2 You will be referred to the Patient Service Center (PSC) draw site of a major clinical laboratory near you. ([Lab Locations](#)). You must have the orders/requisition from DLS prior to going to the lab.
- 3 Confidential results e-mailed directly to you within 24-48 hours after your blood draw.

DLS has contracts with major CLIA-certified clinical laboratories. The labs have Patient Service Centers or draw centers, staffed by certified phlebotomists - experts in blood draws. There are over 5000 PSC's nationwide, providing a location close to you. DirectLabs works with LabCorp and will soon be establishing connections with Quest Diagnostic's.

**YOU MUST HAVE THE ORDER (REQUISITION) FROM DIRECTLABS BEFORE YOUR BLOOD CAN BE DRAWN.**

## What to Expect from a Nutrition Therapy Program

An ongoing supportive relationship will be established and we will work towards making positive sustainable changes. Once you begin implementing the recommendation, you will begin to discover your own personal recipe for your good life, free of toxic foods, thoughts and lifestyle habits. During your program, you'll be completing check-in forms and making status reports so that we may address any problems or questions during the next sessions. Ideally, sessions should be scheduled at least every 2-4 weeks. Your Functional Nutrition Program will educate, empower and support you in your transition into a healthier and happier being as you develop your intuition around nutrition and learn to easily integrate good food and healthy choices into your life.

**The following stages of support should be incorporated into all Nutrition Therapy programs.**

1. Initial Intake and Assessment
  2. Strategy Session with Review of Wellness Strategies; includes Education and Recommendations
  3. Support Session Follow-ups and Check-Ins
  4. Reassessments - determine program effectiveness
  5. Lifestyle Support
- In the **initial session**, we spend about 60 minutes discussing your health history, past and current eating styles, your health concerns, and health goals, desires and expectations.
  - Extensive research is put into establishing the proper approaches for each client consisting of dietary suggestions, supplementation, natural therapies, exercise options and lifestyle essentials to encourage the natural balancing processes of the body.
  - A strategic session will be scheduled once the nutrition therapist receives the results of the Comprehensive Wellness Profile blood test in which the **Nutrition Assessment & Wellness Strategies** will be reviewed with the client. This report summarizes the assessment and analysis results, including wellness support strategies and action guidelines with targeted nutrition recommendations and therapeutic protocols for balance and restoration.
  - **Follow-up support sessions** are packed with information and practical ways for you to incorporate healthy self-care and nourishing foods and fitness into your daily life, simply and easily. You will receive articles, recipes, and health tips and fact sheets to support you in your wellness adventure.
  - **Sessions** are generally scheduled every other week so you have time to incorporate what you are learning. However, follow-up sessions may vary (weekly, monthly, or on an as-needed basis) dependent on the clients' needs and condition. Support sessions are generally 40 minutes in length, but if you need more or less time with the nutrition therapist, your program will be adjusted per your needs and commitment.
  - **Ongoing support** is provided to help you reach and maintain optimal health for life. The environment is confidential, nurturing, supportive, and non-judgmental.

# *Functional Nutrition Therapy Program Components*

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## **Assessment – Recommendations and Education – Balance and Support**

Making gradual changes and incorporating therapeutic supplements, you will begin to rebuild, restore and rebalance your body & mind.

**Step 1: Assess dietary deficiencies** and metabolic imbalance with functional blood chemistry analysis and comprehensive wellness profile - completed prior to first appointment when possible.

**Step 2: Explore Balanced Nutrition** - begin making small steps towards smarter choices

**Step 3: Detoxification and Digestive Support** - heal and support the digestive system; reducing any inflammatory responses and making basic changes to the diet; eliminating "non-nutritionals" and toxins

**Step 4: Rebuild, balance and support the body's system;** improving metabolism and energy levels by addressing metabolic imbalances and determining possible food sensitivity issues that may be aggravating the imbalances; support through therapeutic supplement protocols

**Step 5: Address lifestyle issues** and non-supporting habits - incorporate lifestyle management tools and techniques - creating permanent balance and strength in mind and body.

**Step 6: Re-test labs** and/or complete re-assessments, about every 3-6 months. Reassessment is critical for ensuring protocol response and system balance.

### *Your Functional Nutrition & Lifestyle Support Strategies will include:*

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#### **1. Healthy and Balanced Nutrition**

→ **Whole Foods, in as natural a state as possible**

You need to eat well to build well. Instead of following the food pyramid, we will focus on eating square meals; including quality proteins, healthy fats, non-starchy vegetables and real, complex carbohydrates. Consuming balanced meals and snacks and taking supplements as needed, you provide your body with all the nutrients necessary to rebuild and balance your metabolism on a daily basis.

→ **Therapeutic Nutritional Supplementation Support** - therapeutic support based on your individual needs and metabolic imbalances (supplements NOT substitutes); often our bodies require professional grade nutritional supplement support because you can not get enough of what you need in food alone. I never recommend unnecessary supplemental support; I recommend what will be most effective at addressing the imbalances present and create a program that can provide support for multiple concerns.

#### **2. Inflammation Reduction/Toxicity Clearance** (chemical, emotional and physical)

→ **Cleansing the system and taper off toxic chemicals or avoiding them completely**

Chemicals such as tobacco, alcohol, refined sugars, caffeine and many over-the-counter and prescription drugs are pro-inflammatory and create imbalance in the body. We will work to taper off or avoid these kinds of toxic chemicals.

→ **Determine and eliminate any food sensitivities, environmental toxins and/or intolerances**

→ **Clear any negative associations surrounding food and you (Food Freedom)** - emotional stress creates a toxic and inflammatory environment, which must be addressed in order to achieve optimal wellness.

**3. Stress Management** - A certain amount of stress is unavoidable, but chronic stress can throw every hormone system in your body out of balance. You will not be able to live a healthy lifestyle until you learn how to manage your stress effectively. We will address any sleep issues and work on getting at least seven to eight hours of uninterrupted sleep every night. Detoxification (toxins are also a form of stress) and allowing yourself enough down time during the day to let your mind rest are critical components to your wellness program.

→ **Getting enough sleep and down time**

→ **Nature Therapy** - spending time in the outdoors as often as possible, in a natural setting

**4. Fitness** - While exercise is an essential ingredient for a healthy lifestyle, too much exercise can actually be counterproductive. An effective cross-training regimen includes: flexibility (yoga, stretching, pilates), resistance training and moderate amounts of cardiovascular activity.

→ **Exercising smarter not harder with cross-training exercises specific to your condition**

## Comprehensive Wellness Profile™

The Comprehensive Wellness Profile™ blood test consists of the following panels with details below:

- Complete Blood Count (CBC)
- Thyroid Profile w/TSH
- Lipid Profile
- Liver Profile
- Kidney Panel
- Minerals and Bone
- Fluids and Electrolytes
- Diabetes

### Complete Blood Count

**WBC-White blood cells** are the body's primary defense against disease. White blood cells help fight infection.

**RBC-Red blood cells** are responsible for carrying oxygen and carbon dioxide to all cells. Iron deficiency will lower RBC.

**Hemoglobin-A** chemical compound inside red cells that transports oxygen through the blood stream to all cells of the body. Oxygen is needed for healthy organs. Hemoglobin gives the red color to blood.

**Hematocrit - Hematocrit** measures the amount of space red blood cells take up in the blood. It is reported as a percentage.

**Lymphocytes-The results of this and basophils, eosinophils, monocytes and neutrophils** deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

**Monocytes- The results of this and basophils, eosinophils, lymphocytes, and neutrophils** deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

**MCH Mean-Corpuscular Hemoglobin** is one way to measure the average hemoglobin concentration within red blood cells, which varies from normal with different diseases.

**MCHC Mean-corpuscular hemoglobin concentration**

**MCV Mean-corpuscular volume** measures red blood cell volume.

**Monocytes- Important in the assessment of nutritional status**

**Neutrophils- The results of this and basophils, eosinophils, lymphocytes, and monocytes** deal with white blood cell function. Important to the body's defense against infection and also important in the assessment of nutritional status

**Platelets- Blood cell particles** involved with the forming of blood clots.

**RDW- Red cell distribution width (RDW)** is a calculation of the variation in the size of your RBC's. In some anemias, such as pernicious anemia, the amount of variation (anisocytosis) in RBC size (along with variation in shape – poikilocytosis) causes an increase in the RDW, esterol, heart disease, blood tests, cholesterol, heart disease

### Liver Profile

**Alanine aminotransferase (ALT or SGPT)** - an enzyme found primarily in the liver. Abnormalities may represent liver disease.

**Albumin - serum** one of the major proteins in the blood and a reflection of the general state of nutrition

**Albumin/Globulin ratio** - Calculated by dividing the albumin by the globulin

**Alkaline phosphatase - A body protein** important in diagnosing proper bone and liver functions

**Aspartate aminotransferase (AST or SGOT)** - an enzyme found in skeletal and heart muscle, liver and other organs. Abnormalities may represent liver disease.

**Bilirubin, Total - A chemical** involved with liver functions. High concentrations may result in jaundice.

**Globulin, Total - A major group of proteins** in the blood comprising the infection fighting antibodies

**Lactate Dehydrogenase (LDH)** - An enzyme found mostly in the heart, muscles, liver, kidney, brain, and red blood cells. When an organ of the body is damaged, LDH is released in greater quantity into the blood stream.

**Protein, Total - Together with albumin,** it is a measure of the state of nutrition in the body.

**GGT - GGT** Also known as: Gamma-glutamyl transpeptidase, GGTP Formal name: Gamma-glutamyl transferase helps to detect liver and bile duct injury. Some doctors use it in all people they suspect of having liver disease, others use it only to help explain the cause of other changes or if they suspect alcohol abuse

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## Kidney Panel

Urea Nitrogen (BUN) - A by-product of protein metabolism eliminated through the kidneys. BUN is an indicator of kidney function.

Creatinine, Serum - An indicator of kidney function

Uric acid - Another by-product of protein metabolism eliminated through the kidneys. Uric acid is an indicator of kidney function.

Bun/Creatinine - Ratio Calculated by dividing the BUN by the Creatinine.

## Thyroid Panel

The thyroid gland synthesizes, stores, and releases hormones. The hormones secreted are iodine containing amino acids, thyroxine (T4) and triiodo-thyronine (T3). The thyroid hormones influence a diversity of metabolic processes. These tests help to evaluate thyroid hormones that control the body's metabolic rate.

Total T-4 (Thyroxine)

T-3 uptake

Free-Thyroxine Index (FTI) T-7

TSH

## Lipid Profile

Cholesterol, Total - A sterol in the blood Knowing your cholesterol may be as important as knowing your blood pressure. Elevated cholesterol is associated with an increasing risk of coronary heart disease.

HDL - Cholesterol High-density lipoproteins are believed to take cholesterol away from cells and transport it back to the liver for processing or removal. They have become known as the "good" cholesterol as persons with high levels of HDL may have less heart disease. Low HDL could be the result of smoking and lack of exercise.

LDL - Cholesterol Low-density lipoproteins contain the greatest percentage of cholesterol and may be responsible for depositing cholesterol on the artery walls. For that reason, they could be known as the "bad" cholesterol.

Cholesterol/HDL Ratio - Calculated by dividing the total cholesterol by the HDL cholesterol. Ratio used by physicians in determining your relative risk for developing cardiovascular heart disease.

Triglycerides - Triglycerides is a fat in the blood responsible for providing energy to the cells of the body. Triglycerides should be less than 400 mg/dl even in a non-fasting state.

## Bone and Minerals

Iron, Total - An abnormally low test result may indicate iron deficiency anemia.

Calcium - A mineral essential for development and maintenance of healthy bones and teeth. It is important also for the normal function of muscles, nerves and blood clotting.

Phosphorus - Together with calcium, it is essential for healthy development of bones and teeth. Associated with hormone imbalance, bone disease and kidney disease. It is found mainly in bones and teeth. NOTE: a temporary drop in phosphorus level can be seen after a meal.

## Fluids & Electrolytes

Chloride, Serum - Similar to sodium, it helps to maintain the body's electrolyte balance.

Potassium - Helps to control the nerves and muscles.

Sodium, Serum - One of the major salts in the body fluid; sodium is important in the body's water balance and the electrical activity of nerves and muscles.

Carbon Dioxide - ordered as part of an electrolyte panel. The electrolyte panel is used to detect, evaluate, and monitor electrolyte imbalances.

## Diabetes

Glucose - Blood sugar level, the most direct single test to uncover diabetes, may be used not only to identify diabetes, but also to evaluate how one controls the disease.

Blood tests should be part of your annual "wellness" checkup. The CWP is the most comprehensive overall profile, with blood test results on all major organs of your body. Help find heart disease, prostate or diabetes.