Become a Functional Diagnostic Nutrition® Practitioner
Welcome!

FDN Course Overview and Outline

The FDN Certification Course provides training in functional lab assessments and patient intake methods that produce individualized, targeted protocols.

The goal of FDN is to build overall health and enhance performance within the 

**Hormone, Immune, Digestive, Detoxification, Energy Production and Nervous Systems.**

User-friendly lab tests are employed to clearly examine these *pillars of health from a functional viewpoint*. Once identified, underlying malfunctions are restored to normal, resulting in vibrant health for the client! The FDN system of investigation, clinical correlation and client education overwhelmingly results in significant health improvements.

In terms of health recovery and performance enhancement, practicing FDN consistently leads to unmatched client satisfaction. Offering a service with predictable outcomes fosters increased confidence in your ability, and that certainty will contribute to new levels of business success.

Taking the FDN Certification Course has helped hundreds of professionals develop their clinical skills while cultivating their professional reputation and sense of personal fulfillment.

Keep reading to find out our entire curriculum and an overview of what you will find in each module when you sign up!
The inside scoop on what it’s really like to be an FDN student

**Online modules open 24/7**

24/7 online access to all course materials including: training modules, video lectures, recorded “intake sessions,” recorded “results and recommendations” consults, case studies, lecture notes, diagrams, and FDN practitioner files

**Community and Support**

Weekly live calls with founder Reed Davis and the FDN staff
Access to FDN Practitioner forums – Connect with other FDN practitioners and the FDN staff
FREE lifetime access for active FDN Practitioners to training and files including new lectures, presentations, and materials

**Personal Mentors**

A professional expert FDN mentor to personally guide you through understanding your own personal lab test results during a private results and recommendations consultation. Your mentor will also design a complete custom healing and health building protocol
Course Modules
Module 1 – FDN Basics & Hormone Panels

This lesson provides an introduction to FDN, learning what FDN is and is not, understanding the mission and purpose of FDN, and an overview of the course objectives and applications for FDN. In this lesson, Reed defines stress and the role it plays in our work and in relation to inflammation, chronic disease, and imbalances. Lesson 1 also provides an overview of FDN lab assessments and begins to dive into the Adrenal Stress Profile, physiological aspects of steroid hormone balance, and phases of adrenal dysfunction.

- Not a Medical Approach
- What Conditions Does FDN Help Resolve
- We Offer Choices
- Everything Looks Normal
- Diet & Exercise Not Enough
- Cycle of Trial and Error
- The “Needs Gap”
- What People Want to Know
- FDN and Reed Davis
- “Here’s How I Work”
- A World of Stress
- A New Way of Looking at Disease
- The Stress Cascade
- The Chronic Stress Response
- Physiological Aspects of Cortisol/DHEA
- Stress Physiology
- Acute/Chronic Stress Response
- Progression of HPA Dysfunction & Cortisol Dysregulation Chart
- Hormonal Dynamics in FDN and the Pregnenolone Steal
- Adrenal/Stress/Hormone Labs
- Adrenal Dysfunction/Cortisol Dysregulation Factors
- Adrenal Stress Profile
- Sample Test Results
- FDN Adrenal/Hormone Assessment
- Lesson 1, Quiz 1
- Additional lesson 1 material provided
Module 2 – Steroid Hormone Balance

This lesson explores Steroid Hormone Balance and its effect on the Fundamental Homeostatic Controls, including the stages of disease. Reed explains how lab reference ranges and statistical interpretations differ from FDN functional interpretations and FDN optimal ranges. You will learn how and when to run the Adrenal Stress Profile depending on the clients’ age, sex, and medical history. This lesson also covers the male and female hormone cycles and symptoms of hormonal imbalances.

- Fundamental Homeostatic Controls (FHCs)
- Hormonal Dynamics in FDN
- The Stress Cascade
- Homeostasis
- Deviation from Homeostasis (Stages of disorder)
- Healing the Chronic Stress Response
- Vital Reserve vs. Metabolic Chaos™
- Statistical Interpretations
- Referencing Lab & Statistics
- Medical Model vs. FDN Model
- Functional Interpretations
- Steroidal Sex Hormones
- Hormone Testing Different Ages
Module 3 – BH101 Metabolic Assessment Profile: Digestion, Oxidative Stress and Detoxification

Here you will grow your understanding of the FDN philosophy. Reed explains the step-by-step methodology of FDN and how we uncover hidden stressors. This lesson takes you through the Metabolic Assessment Profile and covers digestion and assimilation, toxicity, free radicals and oxidation, the hepatic portal system, and liver function. You will learn how to interpret lab results covering urinary indican, urinary lipid peroxides, and urinary bile acids. Lesson 3 also contains case studies, FDN take on clinical outcomes, and client management at this phase of their health building program.

- FDN is Not just a Series of Tests
- The Physiological Aspects of Metabolic Chaos™
- FDN Works because of Sound Principles
- FDN is a Highly Individualized Process
- FDN Investigation into Metabolic Chaos™
- FDN Functional Assessments
- BioHealth 101 Metabolic Assessment Profile
- Hepatic Portal System
- Urinary Indican
- Positive Indican
- Oxidative Stress
- Lipid Peroxides
- Elevated Lipid Peroxides
- Detoxification
- The Grandfather Organ
- Liver Function
- Detoxification Pathways
- Assessing Liver Function
- Urinary Bile Acid Levels
- Elevated UBA
- Positive Indican, Elevated LP & UBA
- Assessment Time
- Case Studies
- Clinical Outcomes
- Practicing FDN
- Client Management at this Phase
Module 4 – Client Management, Basic Protocols & Done-For-You Tools

Reed explains many of the FDN done-for-you tools and documents that you will be using in your practice including Initial Contact Forms, Results Documents, Protocol Documents, Tools and Follow-Ups. He demonstrates how to set these up on your computer and manage client files, as well as, how to package them to email to clients prior to consultations. He walks you through going over test results over the phone, via Skype, or in person, seeking clinical correlation, patient compliance, and client retention.

This lesson also covers the revolutionary D.R.E.S.S. for Health Success® Program, which is a holistically grounded behavioral approach to wellness using the five pillars to good health: Diet, Rest, Exercise, Stress Reduction, and Supplementation. Diet, Rest, and Exercise are explained in this lesson. Lesson 4 also includes information on the Metabolic Typing® Diet and Paul Chek’s Exercise, Movement as Medicine for FDN.

- Setting Up FDN Docs on Computer
- Emailing FDN Intake Forms
- Results & Recommendations
- Preparation, Record Keeping
- Emailing Test Results, Distance Consulting
- Step-by-Step Interpretation of Test Results
- Commitment Step
- D.R.E.S.S. For Health Success® Program
- Diet
- Rest
- Exercise
- Additional lesson 4 material provided
In this lesson, Reed discusses the difference between internal and external stress and explains the need for supplements. You will learn how to determine which supplements to recommend, how to help your clients find the right dose for them, and how to order supplements with your lab account to earn commissions. Reed discusses how and when to safely and appropriately utilize FDN program enhancers such as bio-identical hormones.

This lesson includes case studies, sample protocols, troubleshooting, and how to summarize Results & Recommendations for clients.

- FDN Stress Reduction – External – Internal
- Why Take Supplements
- How To Supplement
- Support Adrenals
- Support Digestion and Assimilation
- Support Anti-Oxidation and Toxicity
- Support Liver and Detoxification
- FDN Program Enhancers
- Biodentical Hormones
- Intelligent Allopathy
- FDN Targeted Therapeutic Supplements
- Case Studies
- FDN Built-In Trouble Shooting
- Sequencing and Self-Titration
- Re-Establishing Hormone Metabolic Pathways
- Contraindications
- FDN Checkups
- Hormone Check Record Sheets
- Case Studies and Protocol Examples
- Your Personal Test Results and Checkups
- Summarizing Your Results & Recommendations
- Ordering Supplements
- Mid-Term Review
- Mid-Term Practical Exercise
- Additional lesson 5 material provided
Course Half-time

Your Personal Test Results & Recommendations Appointment with Your Mentor

Experience FDN from the eyes of a client, improve your health, and gain practical behind-the-scenes coaching from your mentor. You’ll receive instructions on how to complete your own healing protocol and interactive training on how to read and interpret lab results, design custom protocols, and conduct an effective recommendation consultation. Personal Results & Recommendations sessions are provided only after you have completed lessons 1-5.

Midterm Review and Exam

The Midterm reviews Chapters 1-5 and you take the open book Midterm exam to unlock the remaining lessons.
Module 6 – Mucosal Barrier Function and Healing

This lesson gives an in-depth look at the gut structure and function and how chronic stress and inflammation can damage the mucosal barrier and impair our immunity. Reed explains how to test intestinal barrier function, the importance of SIgA, and presents a complete walk-thru of lab test interpretation and the FDN Mucosal Barrier repair protocol. Lesson 6 contains several case studies, case management tips, and Reed’s presentation of the Wellness Scale.

- Welcome to Second Term
- Wellness Meter
- Intestinal Mucosal Barrier
- Location of Mucous Membranes
- Gut Structure and Function
- Intestinal Microvilli – Brush Border
- Nutrient Absorption/Transport
- Lamina Propria/Sub mucosa
- The Problem
- Chronic Exposure to Antigenic/Pathogenic/Inflammatory Particles & Microorganisms
- Villous Erosion
- Tight Junctions, Hyper permeability & Leaky Gut
- Testing for Gut Healing Opportunities
- Functional Assessment Compared to Medical Diagnosis
- D.R.E.S.S. for Gut Health
- Basic Mucosal Barrier Repair Protocol
- Expanded Mucosal Barrier Repair Protocol
- Assessing and Forming Your Impression
- Case Studies
- Tips
- Lesson 6 Practical Exercise
- Additional lesson 6 material provided
Module 7 – Antigens, Pathogens and a Healthy Host

This lesson covers clinical aspects of GI Pathogens and the functional aspects of GI screening. Reed explains how FDN Practitioners look at pathogen testing, the stages of infection, and treatment protocol options. Reed gives you a clear understanding of pathogen detection microbiology and the different methods used by the lab to identify pathogens including microscopy, stool culture, stool antigen testing, yeast cultures, and occult blood.

Reed explains some of the commonly found pathogens including *Giardia lamblia, Cryptosporidium parvum, Blastocystis hominis, Entamoeba histolytica, and H. pylori.*

- Become a Hidden Stress Detective
- Clinical Aspects of GI Pathogens
- Functional Aspects of GI Screening
- Case Studies
- Clinical Outcome/Expectations
- Pathogen Testing
- Physiology and Function
- Opportunity Knocks
- Stages of Infection
- Pathogen Detection Microbiology
- Stool Culture
- Stool Antigen/Antibody Testing
- C. Difficile Toxins A & B
- Yeast Cultures
- Occult Blood
- Specimen Collection
- Sample Test Results Before & After
- Anti-parasite, Anti-microbial, Anti-fungus, Anti-viral protocols
- Self-testing Procedures
- Functional Follow-Up – Preventing Reoccurrence
- Microscopy – Ova & Parasites
- Medical Treatment vs. Self Treatment
- Gut Check
Module 8 – FDN Practice Model, Common Follow-Up Labs & Case Management Tips

Reed offers some practical business coaching in this lesson and explains in depth how to evaluate prospective clients and decide if you want to work with them. He details how to accept a new client using our comprehensive intake method, how to set expectations, answer commonly asked client questions, deliver Results & Recommendations, give supplement consultations, and how to manage a client’s progress throughout his protocol.

Reed discusses the difference between Celiac Disease and gluten/gliadin intolerance and how to test for each. He also explains what Candida overgrowth is and why it happens, how to screen for it, and gives detailed anti-fungal protocols.

- Decide if You Want to Help
- How to Accept a New Client
- Pillars of Health
- A Comprehensive Intake Method
- When Will I Feel Better?
- Setting the Bar High
- Supplement Consultation
- Intelligent Allopathy
- Case Study
- Follow-Up Labs
- Gluten/Gliadin Intolerance
- Celiac is Not an Allergy
- The Peptide Effect
- Opportunistic Infection
- Candida Screening and Anti-Fungal Protocols
- Testing and Healing the Intestinal Mucosal Barrier
Module 9 – Client Management and Thyroid Assessment

In this lesson, Reed provides an overview of the thyroid gland and hormones and the connection to the adrenals. You will learn how to do a thyroid self-assessment, how to identify a secondary thyroid condition, and how to interpret results from a thyroid panel. Reed also gives an introduction to the Expanded Blood Chemistry panel.

- Chronic Stress: The H.I.D.E.N. Truth
- The Comprehensive Intake
- The Follow-Up Process
- When Will I Feel Better?
- Supplement Consultation Tips
- Thyroid Gland and Hormones
- Adrenal/Thyroid Connection
- Thyroid Self-Assessment
- Thyroid Physiology
- Thyroid Lab Tests
- Expanded Blood Chemistry Intro
- FDN Practitioner Support System
Module 10 – How to Handle Referrals

Reed puts it all together with some practical tips for success in your private FDN practice and how to handle incoming referrals that can help shape and build your practice. Reed offers some great business building strategies including advice on how to get medical referrals.

Supplemental

- How to Handle Client Referrals from FDN
- Additional lesson 10 material provided

Final Exams

The final exam is broken up into two different exams. One is an intensive written, open book exam and the second is an oral final exam.

Exit Interview with FDN Founder, Reed Davis

Reed takes pride and a personal interest in the success of every FDN graduate. During your exit interview, Reed will welcome you to the FDN family and provide coaching on how you can integrate FDN into your current practice or build a new business around it.

Functional Diagnostic Nutrition®
8 Steps to Becoming a Successful FDN Practitioner

Step 1:

Register and Get Tested

- Click “Register Now” to view current course tuition fees and select a payment option. Fees cover the complete online certification course, personal labs, personal mentoring program, and FDN tools and files, including lifetime updates for FDN graduates.
- Once registration is complete, you will have instant access to all lessons, and we will ship your personal lab test kits the same day. You will also receive a practitioner account with BioHealth or NutriPATH Laboratory and test kits for your first two patients/clients.
- Complete New Client Intake Forms and email to FDN headquarters
- When your personal test kits arrive, read the sample collection instructions and submit saliva and urine specimens to the lab using the pre-paid mailer. The two personal lab kits (Adrenal Stress Profile and Metabolic Assessment) are included in your registration fee. There is no cost to you. The personal test results consultation is also included in the course fees and is considered an important part of becoming a certified FDN.
- Schedule a “Results & Recommendations consultation” with your FDN mentor to go over your results via phone or Skype. During this consultation, your mentor will go over your complete interpretive results package and FDN healing protocol. You will experience what it is like to be an FDN client.
Step 2:

Step inside the interactive classroom.

• Upon registration, you will receive log-in access to all areas of the private training website, including FDN lessons 1 – 5, FDN practitioner tools, forms, and files, Natural Medicine database access, interviews with Reed Davis, sample consultations, and other amazing materials.

• Take each lesson one step at a time on your own schedule, watch video lectures, listen to MP3 audios, follow along on the printable lecture slides for easy note taking and reference, and complete the quizzes at the end of each section.

• Download all FDN Practice tools and files for use with your first FDN clients or patients, these include new client Intake forms, customized case management forms, liability waivers, assessment worksheets, public education, protocol worksheets, supplement order forms, and everything that you will need to run a professional and successful FDN practice.

• Schedule your personal “Results & Recommendations consultation” with your FDN mentor to go over your lab results via phone or Skype. During this consultation, your mentor will go over your complete interpretive results package and FDN healing protocol. You will experience what it is like to be an FDN client as you start on your own health building journey using the FDN system.
Step 3:

Complete a Midterm Review and Midterm Exam

- A Bonus lesson at the halfway point (after lesson 5) will tune you up for your midterm exam and practical exercise.
- Additional recorded consultations with real patients are available to give you remarkable insights and knowledge of how to practice FDN.
- Complete the online midterm examination (multiple choice and T/F questions) and gain access to lesson 6 – 10.
Step 4:

Complete a Practical Exercise with your FDN Mentor

- You’ll role play in a practical exercise with a “mock up” client played by your FDN Mentor.
- We provide you with test results, patient history, and all FDN Intake information on a client, and your FDN mentor will be available to assist you in preparation for your first practice consultation.
- You’ll prepare your Results & Recommendations report and make an appointment with your “Client”.
- Mentors will provide feedback, advice and tips on how to improve your lab interpretation, program design and client consultation skills. Your mentor will teach you how to deliver impressive and motivating report of your findings and recommendations to your patients or clients in a way that will improve client compliance and ensure positive clinical outcomes.
Step 5:

Complete two test kits each with two of your own patients or clients.

- Once you pass the midterm exam and participate in the practical exercises during lessons 6 and 7, you’ll be ready to put your knowledge into practice with your first two paying FDN clients.
- Under guidance from your FDN Mentor, you will use your newly acquired FDN skills and resources to help real clients on a causal level with most hormonal, immune, digestive, and detoxification related problems.
- Upon registering for the FDN course, the lab sends you two sets of test kits (including an Adrenal Stress Profile and Metabolic Assessment Profile) to be distributed to your first two FDN clients.
- You will receive each of your patient's test results directly from the lab.
- The FDN Certification Course requires you to dispense two flagship test kits to two of your own clients. You conduct a comprehensive intake and discovery session, interpret lab results and provide clinical correlation, design a complete customized FDN healing protocol using the principles of D.R.E.S.S. and metabolic individuality, and conduct a “Results & Recommendations” consultation with each client.
- Your FDN Mentor will coach you through each step of the way with your first two clients before you provide them their Results & Recommendations consultation, helping you develop and master your intake, assessment, lab interpretation, and protocol development skills.
Step 6: Complete FDN Final Exams and start practicing FDN.

- Once you have completed all ten FDN lesson plus your own personal testing, a practical exercise, the mid-term exam, FDN testing and consults with two of your own patients, and all course requirements detailed on your course checklist, you will be ready to take the FDN Final Exams.
- Upon passing the FDN Final Exams, you will have completed the FDN Certification Course. You will be fully qualified to go out in public and teach your patients and clients about an empowering health care model.
- You will receive a beautiful FDN Certificate of Completion, suitable for framing, signed by FDN founder, Reed Davis.
- Licensed practitioners will be set up with a professional account with FDN-approved labs for testing.
- Non-licensed practitioners may order testing through a licensed provider of their choice or use the FDN Lab Resource Agreement.
Step 7:
Exit Interview with FDN Founder, Reed Davis.

• Make an appointment with FDN Founder, Reed Davis, for your personal coaching session. Reed takes a personal interest in the success of every FDN graduate and wants to help you grow. He will answer specific questions and help guide you towards successful integration of FDN into your current business model or how to build a thriving new business around FDN.

• As a certified FDN Practitioner, you will have personal access to Reed and the FDN staff for support. You are invited to participate in the interactive weekly calls and online FDN support page. Interpretive support is also available free of charge to FDN graduates through BioHealth Laboratory.
Step 8: Advanced Training and Continuing Education

• In order to uphold the highest standards in the training and practicing of Functional Diagnostic Nutrition® (FDN), FDN Practitioners are required to stay on the cutting edge of healthcare with continued education throughout their career.

• Certified FDN Practitioners are required to attain six (6) hours of continuing education - Professional Development Credits (PDCs) every two years from the anniversary date of graduation from the FDN Certification Course in order to keep their certification current.

• PDCs may be attained by attending functional health related classes, events, courses, or training programs approved by the Qualifications Division. FDN Inc. also offers continuing education opportunities including FDN II, FDN III, and the FDN Masters Course and several pre-approved programs listed on the FDN products page.
Begin Your Career Today As a Functional Diagnostic Nutrition® Practitioner

www.functionaldiagnosticnutrition.com