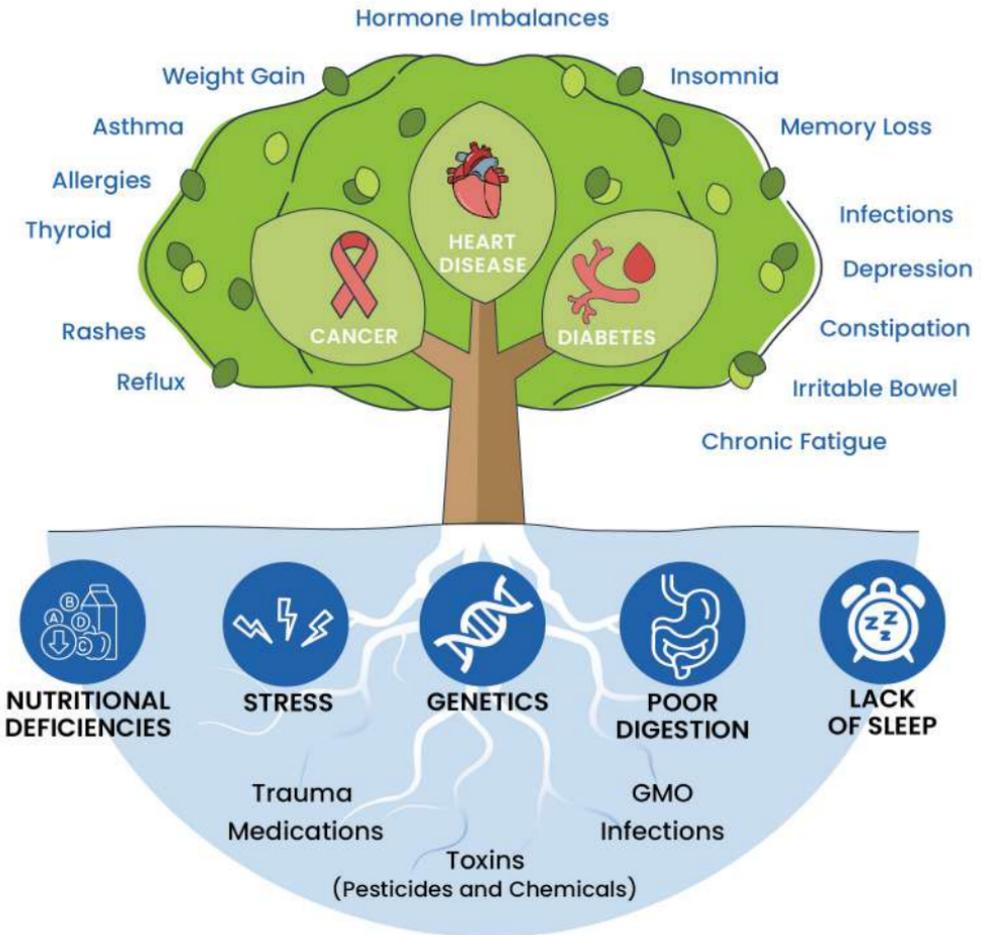


FUNCTIONAL MEDICINE IN CLINICAL NUTRITION



**TAUGHT BY INDIA'S 1ST INSTITUTE OF
FUNCTIONAL MEDICINE CERTIFIED FM PRACTITIONER**



**150 + FMCN Certified
Practitioners till now
and still Counting...**

FMCN VISION

From Reactive Treatment ----> Proactive Care

By learning the tools of functional medicine, you can go beyond symptoms to diagnose and treat the root cause. Our goal at FMCN is to provide for a holistic, comprehensive, and practical understanding of the tools and science in a structured manner so you can implement it in your practice to drastically improve client outcomes and client satisfaction.



That's the vision of
DR. ANISH MUSA (MBBS, MS)
Founder at FMCN, President of IAFM
and his team.



COURSE HIGHLIGHTS



Certified As FMCN Practitioner

Affiliated With Indian Association of Functional Medicine



Free One Year Access To FLR Software

Automated Blood report interpretation & blood biomarker analysis - used exclusively by Functional Medicine practitioners



Free Practitioner Vitaone Account Sign Up

Access to therapeutic grade supplements at wholesale prices



Practical Case Studies

Exposure to real patient studies from our clinic



THE COURSE IS DIVIDED INTO 12 MODULES:

1. FUNCTIONAL MEDICINE FOUNDATION

What's the difference between conventional & Functional Medicine thinking?

You'll learn:

- ▶ How to create a Functional Timeline for your clients
- ▶ How to interpret the seven nodes of Matrix to identify the root cause

2. BLOOD SUGAR DYSFUNCTION

How to accurately Diagnose and address Insulin resistance beyond relying solely on 'Fasting Insulin'?

You'll learn:

- ▶ Differentiate between Diabetes, Pre-Diabetes & Insulin Resistance
- ▶ Strategies to identify, address and treat metabolic syndrome

3. CARDIOVASCULAR SYSTEM

What is the correlation between Lipid profile & Heart Health, beyond good and bad cholesterol?

You'll learn:

- ▶ Protocol to prevent and reverse Dyslipidemia
- ▶ The reality of Statin Drugs & how to stop Anti-Cholesterol medicine

4. CARDIOMETABOLIC DIET

What makes the Cardiometabolic diet the top recommendation for patients with metabolic syndrome and cardiovascular diseases?

You'll learn:

- ▶ Key features and guidelines of a Cardiometabolic diet
- ▶ Strategies for patients to Adopt & Sustain a Cardiometabolic diet

5. NUTRITION

What is the role of Micronutrients in Prevention & Reversal of major lifestyle diseases?

You'll learn:

- ▶ To identify vitamin deficiencies and its effect on diseases
- ▶ The MTHFR genetic defect and its link with homocysteine

6. THYROID DYSFUNCTION

Why is thyroid regulation necessary for improvement of symptoms in major lifestyle diseases?

You'll learn:

- ▶ Hypothyroid, Hyperthyroid and autoimmune thyroid disorders
- ▶ To take your patient to a reduced symptoms and medicine stage

7. ELIMINATION DIET

Why is an Elimination diet necessary for all inflammatory and autoimmune conditions?

You'll learn:

- › Key components and features of the Elimination diet
- › Steps to implement an elimination diet in the correct way

8. GUT DYSFUNCTION

What are the various causes of gut dysfunctions and how to treat each of them differently?

You'll learn:

- › Infective (SIBO/ SIFO), Hypochlorhydria & Pancreatic insufficiency.
- › How to identify the Dysbiosis stage & treat the patient individually

9. IMMUNE SYSTEM

What is the association between Inflammation & Immune response for every major disease?

You'll learn:

- › To assess Immune dysfunction, allergies and overactivity
- › To treat the root causes of malfunctioning immune responses

10. SEX HORMONES

What's the effect of Hormonal Imbalances in the body & how does it affect the overall well being of a person?

You'll learn:

- › The most efficient ways to tackle PCOS & Estrogen dominance
- › To diagnose and treat Adrenal Fatigue

11. DETOXIFICATION

What are the side effects of impaired detoxification on major lifestyle disorders and ways to correct them?

You'll learn:

- › Methods to identify detoxification defects
- › To correct Metal toxicities & Environmental toxins like mold

12. HEALTH COACHING & STRESS COACHING

Why is stress one of the important factors to address and treat in any health condition?

You'll learn:

- › The art of coaching the patients in the journey to recovery
- › Techniques to manage stress and lifestyle for patients

TRAINING PROGRAMME DETAILS

COURSE DURATION: 6 MONTHS

- › 3 MONTHS: PRE RECORDED LECTURES
- › 3 MONTHS: CASE STUDIES

COURSE MATERIAL

- › Pre-recorded video lectures for all modules
- › Weekly live interactive sessions
- › Tool Kit
- › Case studies for Practical Learning



TESTIMONIALS

NAINA SINGHANIA

(Registered dietician & Sports Nutritionist)

I believe in learning & upgrading every year and just when I was looking for a good course of functional nutrition is when I came across this FNLA course via Harsh from Huggs Beverages. The course has been **more than just reading reports**, it's been an eye opener about connecting the dots of a detailed history to diagnose the actual root cause. The zeal and patience of the teachers have been commendable. They have **gone out of the way explaining every trivial point to ensure that we understood** the thought process of working with each case in depth. Absolutely recommend it to anyone wanting to get a fresh and effective perspective of nutrition and making the health of their patients worthwhile!!



SHIKHA GUPTA

(Functional Nutritionist & Health coach)

I am in love with the support & course curriculum coming in FMCN course. I like the fact that it is **based on Indian Population** unlike the other Functional Medicine courses. Thank you for making the concepts easy and understandable.



ROSHNI BAPTIST (Health Coach)

Extremely enriching experience. The course is **well researched**, extremely knowledgeable, the concepts are broken down in manner that makes some **difficult concepts easier to understand**. Its also at a comfortable pace which doesn't make it stressful in terms of learning and the FLNA team provides so much support while learning that you actually look fwd to each live module too. Thank you for the passion & the need to spread your knowledge to ensure that all of us can provide the best care for our clients/ patients.



SHAKEELA MAJEED (Senior Dietician)

Thanks for very useful and informative sessions. **It's the need of the hour to study functional medicine** for all health practitioners. I got that opportunity through this FMCN course. I would forever be grateful to Dr Anish and his team for their relentless support.



PRIYASHALINI (Clinical Nutritionist)

The functional nutrition course was extremely beneficial, it came from people who were very well versed with deep subject and practical knowledge. They were extremely good & patient while answering the queries, I feel like it's **one of the best learning investments I made**.



SAPNA KAMDAR (Renal dietician)

Thanks for everything! I felt it was a tremendous learning experience for me. I enjoyed every aspect of the class (well some of the topics were very Interesting!) **I have grown so much from this class**, in so many ways. Dr. Anish and his team were very accessible and responsive to all my questions and queries. **The modules were very informative and authentic**. Thank you for this great class.



We also have Renowned Nutritionists like **Anjali Mukerjee**, gut nutrition expert **Janvi Chitalia** and Celebrity Nutritionists like **Karishma Chawla** as well as many more who have enrolled in our FMCN course and would like you to join in the journey as well.

PRICING

COURSE PRICE:

₹ 30,000/-

- › The FMCN Certification
- › The FLA Mastery Training Program

TRAINING PROGRAMME DETAILS:

COURSE NAME

- › FMCN Certification

COURSE DURATION

- › 3 months- Lectures
- › 3 months- Case studies

COURSE NAME

- › Pre-recorded Video Lectures for all the Modules.
- › Live interactive sessions
- › Tool Kit
- › Case studies for Practical Learning

PAYMENT DETAILS

You can Pay to our Company Account:

Bank Details: ICICI Bank

Account Number: 440605000082

IFC Code: ICIC0004406

Branch: Surkhej, Vasna, Ahmedabad.

You can Pay Online using the following link.

<https://rzp.io/l/qH3wLmJ>

Kindly send the screenshot once the payment is done.

The course is completely online. It is a self paced course with a weekly live doubt session on every Friday.

FOR MORE, CONTACT US:

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