

Syllabus Functional Medicine - Self Paced

	Hours	Live Course	Hours	Homework	Hours	Self Paced Coursework	Hours	Presentations
MONTH 1	2.0	Introduction - Dr. G's Radical Art of Simplicity for Reversing Complex Chronic Conditions	1.0	100 Year Lie Book by Randall Fitzgerald	4.0	Core Curriculum - Immune Function - Normal Physiology to Pathophysiology	1.0	Presenting - Your Quick Pitch For What You Do
	2.0	The Effective Consult - Creating The Consult	1.5	Super Size Me Documentary	1.0	Read through the 100 Year lie Timeline		
	2.0	Hero's Journey	5.0				0.5	Presenting - The Effective Consult
	2.0	Drawing Biochemistry - Explaining the Negative Feed Back Loop						
	2.0	Morphine Foods for Addiction						Presenting - Hero's Journey
	2.0	Food Lies, Misdirections & Curiosities / Glycemic Reality						
	2.0	Power 9 Blue Zones						
	2.0	The Effective Consult - Presenting YOUR Consult						
MONTH 2		Core Curriculum - Immune Function - Normal Physiology to Pathophysiology - Discussion & Application	5.0	The Blue Zones by Dan Buettner	4.0	Core Curriculum - Gastroenterology - Normal Physiology to Pathophysiology	1.0	T-cell Dysregulation / Molecular Mimicry Presenting your ROF
	2.0	Auto-Immune Conditions as TCD / 2MM - Research	1.5	Forks Over Knives Documentary				
	2.0	T-cell Dysregulation / Molecular Mimicry Creating your ROF						
		Functional Laboratory Interpretation - IgG Sensitivity Report Creating your ROF					1.0	Functional Laboratory Interpretation - IgG Sensitivity Report Presenting your ROF
	2.0	Cross Reactivity Issues Certain Foods						
	2.0	Miracle Patients - Case Studies Baby Seizures / CRPS / Severe Eczema						
	2.0	Miracle Patients - The Girl That Sweats Blue / Chronic Cough / Severe ADHD						
MONTH 3	2.0	T-cell Dysregulation / Molecular Mimicry Presenting your ROF						
	2.0	Functional Laboratory Interpretation - IgG Sensitivity Report Presenting your ROF						
	2.0	Core Curriculum - Gastroenterology - Normal Physiology to Pathophysiology	5.0	Eating on the Wide Side by Jo Robinson	4.0	Core Curriculum - Blood Sugar Physiology - Normal Physiology to Pathophysiology	1.0	Comprehensive Intake - Presenting Your Intake
	2.0	Comprehensive Intake - Creating Your Intake	1.5	Fat, Sick, Nearly Dead Documentary				
	2.0	Germ Theory Vs. Barrier Theory / Normalizing the Biome					0.5	Functional Laboratory Interpretation - CBC / CMP Labs Presenting your ROF
	2.0	Drawing Biochemistry - Reflux / Constipation / Diarrhea						
MONTH 4	2.0	Case Studies - Reversing IBS / Crohn's / Ulcerative Colitis / Reflux					0.5	Drawing pathways to explain reflux
	2.0	Functional Laboratory Interpretation - CBC / CMP Labs Creating your ROF						
	2.0	Functional Laboratory Interpretation - CBC / CMP Labs Presenting your ROF						
	2.0	Comprehensive Intake - Presenting Your Intake						
	2.0	Core Curriculum - Blood Sugar Physiology - Normal Physiology to Pathophysiology	5.0	Twinkie Deconstructed by Steve Ettlinger	4.0	Core Curriculum - Cardiovascular - Normal Physiology to Pathophysiology	1.0	Food As Medicine Presenting your ROF Part 1 of 2
	2.0	Food As Medicine Creating your ROF Part 1 of 2	1.5	Food Inc. Documentary			1.0	Food As Medicine Presenting your ROF Part 2 of 2
	2.0	Food As Medicine Creating your ROF Part 2 of 2						
	2.0	Drawing Biochemistry - Physiology of Diabetes Type 2, 3, 4					0.5	Drawing Biochemistry - Physiology of Diabetes Type 2
	2.0	Medication Mayhem - Side Effects / Nutrition Depletions / NNT					0.5	Drawing Biochemistry - The Protein Myth
	2.0	Case Studies - Reversing Diabetes 1 / 2 / 3 / 4					0.5	Drawing Biochemistry - Dairy is the Devil
	2.0	Food As Medicine Presenting your ROF Part 1 of 2						

MONTH 5	2.0	Food As Medicine Presenting your ROF Part 2 of 2					
	2.0	Core Curriculum - Cardiovascular - Normal Physiology to Pathophysiology	5.0	The End of Over Eating By Kessler	4.0	Core Curriculum - Hormone Regulation - Normal Physiology to Pathophysiology	1.0 Detoxifying Your Life Presenting your ROF Part 1 of 2 1.0 Detoxifying Your Life Presenting your ROF Part 2 of 2 0.5 Drawing Biochemistry - Cholesterol
	2.0	Detoxifying Your Life Creating your ROF Part 1 of 2	1.5	What the Health Documentary			
	2.0	Detoxifying Your Life Creating your ROF Part 2 of 2					
	2.0	Lifestyle Factors for Heart Health / Hypertension / Drawing Biochemistry - Cholesterol					
	2.0	Cholesterol Myth / Paradox / The Process of Statin Induced Chronic Disease					
	2.0	Functional Laboratory Interpretation - Cholesterol & CVD Creating your ROF Functional Laboratory Interpretation - Cholesterol & CVD Presenting your ROF					0.5 Functional Laboratory Interpretation - Cholesterol & CVD Presenting your ROF
MONTH 6	2.0	Detoxifying Your Life Presenting your ROF Part 1 of 2					
	2.0	Detoxifying Your Life Presenting your ROF Part 2 of 2					
	2.0	Core Curriculum - Hormone Regulation - Normal Physiology to Pathophysiology	5.0	Wheat Belly by William Davis	4.0	Core Curriculum - Weight Management - Normal Physiology to Pathophysiology	1.0 Rebuilding Hormone Balance Presenting your ROF Part 1 of 3 1.0 Rebuilding Hormone Balance Presenting your ROF Part 2 of 3 1.0 Rebuilding Hormone Balance Presenting your ROF Part 3 of 3
	2.0	Rebuilding Hormone Balance Creating your ROF Part 1 of 3	1.5	Hungry For Change			
	2.0	Rebuilding Hormone Balance Creating your ROF Part 2 of 3					
	2.0	Rebuilding Hormone Balance Creating your ROF Part 3 of 3					
	2.0	Case Studies - Reversing Severe Anxiety / Depression / No Cycle Rebuilding Hormone Balance Presenting your ROF Part 1 of 3					0.5 Drawing Biochemistry - Hormone Function
MONTH 7	2.0	Rebuilding Hormone Balance Presenting your ROF Part 2 of 3					
	2.0	Rebuilding Hormone Balance Presenting your ROF Part 3 of 3					
	2.0	Core Curriculum - Sustainable Weight Management - Normal Physiology to Pathophysiology	5.0	The China Study by Colin Campbell	4.0	Core Curriculum - Thyroid Function - Normal Physiology to Pathophysiology	1.0 The Clinical Follow Up - Presenting your Follow Up Successes
	2.0	Diet Failures / Hidden Sugar / Proportions / GLP1 / Drawing Calorie Pathways	1.5	The Fry Experiment Documentary			0.5 Drawing Biochemistry - Burning Calories
	2.0	Reading Food Labels Understanding Portion Changes					
MONTH 8	2.0	Case Studies - The WOW FACTOR - Taking Patients With 30-60 Complex Chronic Conditions to Nearly Zero Through The FLM Protocol - Over & Over The Clinical Follow Up - Creating your Follow Up Successes					
	2.0	Core Curriculum - Thyroid Function - Normal Physiology to Pathophysiology	5.0	In Defense of Food by Michael Pollan	4.0	Core Curriculum - Anxiety & Depression - Normal Physiology to Pathophysiology	0.5 Functional Laboratory Interpretation - Thyroid Labs Presenting your ROF
	2.0	Functional Laboratory Interpretation - Thyroid Labs Creating your ROF	1.5	Game Changers Documentary			
	2.0	Drawing Biochemistry - Thyroid Function / Thyroid Disruptors Thyroid Treatment Exchanges / Negative Feed Back Loop / Natural Thyroid Treatment Options					0.5 Drawing Biochemistry - Thyroid Function
	2.0	Adrenal Fatigue And The HPA Axis					
	2.0	Case Studies - Reversing Hyper / Hypo / Autoimmune Thyroidism					
	2.0	The Effective Consult - Presenting & Refining YOUR Consult					1.0 The Effective Consult - Presenting & Refining YOUR Consult
MONTH 9	2.0	The Effective Consult - Presenting & Refining YOUR Consult					
	2.0	The Effective Consult - Presenting & Refining YOUR Consult					
	2.0	Core Curriculum - Anxiety & Depression - Normal Physiology to Pathophysiology	5.0	Salt, Sugar, Fat by Michael Moss			0.5 Practice Meditation
	2.0	Practicing Meditation / Mindfulness / DBT	1.5	Poisoned Documentary			0.5 Explaining The One Line Theory
	2.0	Failure of Anti-Depressants / Negative Feed Back Loop / Drawing Biochemistry - Food & Drink Anxiety					1.0 Create a Simple Vinyasa

MON	2.0	Neuroplasticity & Resiliency Training					1.0	Rebuilding Hormone Balance - Presenting & Refining your ROF Part 1 of 3
	2.0	Neurotransmitter Balance / Interferring Factors / Metabolic Pathways					1.0	Rebuilding Hormone Balance Presenting & Refining your ROF Part 2 of 3
	2.0	Rebuilding Hormone Balance - Presenting & Refining your ROF Part 1 of 3					1.0	Rebuilding Hormone Balance Presenting & Refining your ROF Part 3 of 3
	2.0	Rebuilding Hormone Balance Presenting & Refining your ROF Part 2 of 3					0.5	Drawing Biochemistry - Food & Drink Anxiety
MONTH 10	2.0	Rebuilding Hormone Balance Presenting & Refining your ROF Part 3 of 3						
	2.0	Functional Laboratory Interpretation - Iron Study Creating your ROF	5.0	Food Your Miracle Medicine by Jean Carper	4.0	Core Curriculum - Genetics & Epigenetics	0.5	Explain The Negative Feed Back Loop For Anti-Depressant Failure
	2.0	Food As Medicine Presenting & Refining your ROF Part 1 of 2	1.5	Fed Up Documentary		- Normal Physiology to Pathophysiology	1.0	Functional Laboratory Interpretation - Iron Study Presenting your ROF
	2.0	Food As Medicine Presenting & Refining your ROF Part 1 of 2					1.0	Detoxifying Your Life Presenting & Refining your ROF Part 1 of 2
	2.0	Food As Medicine Presenting & Refining your ROF Part 2 of 2					1.0	Detoxifying Your Life Presenting & Refining your ROF Part 2 of 2
	2.0	Food As Medicine Presenting & Refining your ROF Part 2 of 2						
	2.0	Functional Laboratory Interpretation - Iron Study Presenting your ROF						
MONTH 11	2.0	Detoxifying Your Life Presenting & Refining your ROF Part 1 of 2						
	2.0	Detoxifying Your Life Presenting & Refining your ROF Part 2 of 2						
	2.0	Core Curriculum - Genetics & Epigenetics - Normal Physiology to Pathophysiology	5.0	Food Inc. 2 Documentary	4.0	Core Curriculum - Pain & Inflammation - Normal Physiology to Pathophysiology	1.0	Functional Laboratory Interpretation - Genetics Results Presenting your ROF
	2.0	Drawing Biochemistry - Explaining Basic Genetics SNP / FISH TEST	1.5	Rising Strong by Brene Brown			1.0	Fine Tuning Genetics - Presenting Your ROF Drawing Biochemistry - Explaining Basic Genetics
	2.0	Understanding SNP / Mutations / MTHFR / Lifestyle Causes					0.5	Drawing Biochemistry - Explaining Basic SNP Mutations
	2.0	Functional Laboratory Interpretation - Genetic Results Creating your ROF					0.5	
	2.0	Drawing Biochemistry - Explaining the F.I.S.H. Test Results						
MONTH 12	2.0	Case Studies - Reversing Genetic - MDS / Fine Tuning Genetics						
	2.0	Functional Laboratory Interpretation - Genetics Results Presenting your ROF						
	2.0	Functional Laboratory Interpretation - Genetics Results Presenting your ROF						
	2.0	Core Curriculum - Pain & Inflammation - Normal Physiology to Pathophysiology	5.0	Don't Let Your Emotions Run Your Life by Scott Spradlin			0.5	Drawing Pain Pathways & Treatments
	2.0	Pain Management Pathways & Creating More Effective Treatment Plans	1.5	Broken Docuseries on Makeup Mayhem				
	2.0	Herbs as Medicine						
	2.0	Essential Oils as Medicine						
	2.0	Bone Metabolism / Using the Frax Tool for Bone Density Predictions						
	2.0	FDA PINK BOOK / Vaccine Ingredients / VAERS						
	2.0	Functional Laboratory Interpretation - Urinary Analysis Creating your ROF					1.0	Functional Laboratory Interpretation - Urinary Analysis Presenting your ROF
	2.0	Functional Laboratory Interpretation - Urinary Analysis Presenting your ROF						

GRADUATION & CERTIFICATION PRESENTATIONS / HOW TO APPLY TO THE BOARDS FOR ADDITIONAL CERTIFICATIONS AND DIPLOMATES

196.0 Class Hours
348.5
Total Hours

79.0 Research Hours

41.0 Homework Hours

32.5 Demonstration Hours