

## Outline

### Principles to Maximize Your Patient's Nutrition

Food as medicine  
Foundations: oxidative stress & inflammation  
& blood sugar regulation  
Stress, the Autonomic Nervous System & the impact of nutritional status  
Mindful Eating  
Diet recalls – diary vs 24 hour  
Macros and micros  
• What's the skinny on fats?  
• To carb or not to carb?  
• Protein – high or low?  
Nutrient balance and easy visuals for portions  
Quality of food – processed, whole, organic  
Navigating food labels, nutrition facts & ingredients  
Beverages & sweeteners  
Food reactions- allergies, sensitivities, and intolerances – N of 1  
• Elimination diet process  
Functional and superfoods  
Supplements  
Q&A

### Gut Health & Why That Matters

Digestion, absorption and impact of enzymes  
Acidity & hypochlorhydria – abuse of PPI's and antacids  
Healthy elimination – Bristol scale  
• What is constipation these days??  
Cravings – what the body is saying  
Health of tongue as reflection of gut health  
Intestinal barrier and leaky gut  
• Zonulin & wheat/gluten sensitivity to celiac  
Microbiome – the power of bacteria – estrabalone – impact of antibiotics  
• Modulator of inflammation  
5R protocol to heal the gut  
Prebiotics & probiotics  
Case Study with open discussion  
Q&A

### Diet Wars – There is no “one size fits all” in nutrition!

SAD – components vs Anti-Inflammatory diet  
– comparison chart  
Nutrigenomics  
Mediterranean – the gold standard  
Paleo / DASH  
Keto  
Vegan + different types of vegetarian diets  
Elimination diets  
Intermittent fasting, time restricted eating & fasting mimicking diets  
Case Study with open discussion  
Q&A

### Food as Medicine in Special Populations

Diabetes & metabolic syndrome  
Adrenal function – physiologic stress & recovery  
Hypothyroidism  
Sex hormone imbalances  
Anxiety & depression  
Food & mood  
• Blood/brain barrier & inflammation  
Insomnia & fatigue  
Chronic pain & fibromyalgia  
Autoimmunity & IBD  
Osteoarthritis

### Resources for Ongoing Education

Case reviews with guided nutrition and lifestyle plan  
Red flags, limitations and when to refer out  
Q & A

Learning Objectives can be viewed at [pesirehab.com/webcast/87585](http://pesirehab.com/webcast/87585)

#### Live Webinar Schedule - all 3 days (Times listed in Pacific)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## CERTIFICATION MADE SIMPLE!



- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Functional Nutrition Informed Professional through Evergreen Certifications is complete.\*

Attendees will receive documentation of CFNIP designation from Evergreen Certifications 4 to 6 weeks following the program. \*Professional standards apply. Visit [www.evergreencertifications.com/cfnip](http://www.evergreencertifications.com/cfnip) for professional requirements.

### Target Audience:

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Therapy Directors • Chiropractors • Physician Assistants  
Nurse Practitioners • Nurses • Athletic Trainers • Physicians • Dietitians  
Exercise Physiologists • Personal Trainers • Other Rehab and Healthcare Professionals

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3-DAY

# Functional Nutrition

## CERTIFICATION

Using Food as Medicine for  
Optimizing Health & Wellness

## Live Interactive Webinar

Thursday - Saturday, September 22 - 24, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

REGISTER NOW: [pesirehab.com/webcast/87585](http://pesirehab.com/webcast/87585)



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3-DAY

# Functional Nutrition

## CERTIFICATION

Using Food as Medicine for  
Optimizing Health & Wellness



- Safe, effective and affordable evidence-based nutrition approaches for the most common inflammatory-driven medical conditions
- Life changing strategies that are easy to apply for your patients
- Explore all of today's hot topics! Keto, GMOs, nutrigenomics, gluten, microbiome and more!



### Become a Certified Functional Nutrition Informed Professional

This training covers all educational requirements and fees **with no additional certification costs to you!** See details inside.

## Live Interactive Webinar

Thursday - Saturday, September 22 - 24, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

# 3-DAY Functional Nutrition CERTIFICATION

It can be intimidating when patients start asking you for guidance on nutrition. You may find yourself asking, “I’m not a dietitian. What kind of advice can I offer within my scope of practice?”

**Plus, with so much misinformation out there, how do you navigate what’s right and what’s not? You deserve evidence-based information that clears the confusion and helps you help your patients.**

Join us as we break down today’s best nutrition science into strategies that are simple to share and easy to apply in the real world. You’ll learn safe, effective, and affordable evidence-based nutrition approaches that will help your patients achieve optimal health and wellness while preventing and treating common medical conditions:

- Which diet plan is best?
- Which supplements are most important?
- What is the impact of gut health?
- What are specific tactics to use for diabetes, hypothyroidism, depression, insomnia, chronic pain, autoimmunity, and others?

Help your patients expertly navigate diet culture and achieve their goals. We’ve helped thousands of professionals just like you become a trusted resource - don’t miss this opportunity to learn life changing strategies for nutritional program design.

Best of all, you’ll be eligible to become a **Certified Functional Nutrition Informed Professional (CFNIP)** through Evergreen Certifications, a \$99 value, for no additional charge!

Don’t wait, register today!

- Cindi Lockhart, RDN, LD, IFNCP and Vanessa Ruiz, ND, RN-BSN

## Items to have on hand for labs:

One food label from something you think is healthy. 3-day food journal.

★★★★★  
“A wealth of knowledge and is very clearly an expert in her field. The content was easy to digest and plans of action were easy to identify. The handout is clearly organized to provide optimal learning and understanding. Great job!”

★★★★★  
“Eye opening! So much great information regarding how certain substances and diets affect gut health.”

★★★★★  
“The content was very relevant for me and had great tools for me to use in the clinic for that next week I was back at work.”

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## Meet Your Experts

**Cindi Lockhart, RDN, LD, IFNCP**, is board-certified as an integrative and functional nutrition practitioner with over 30 years in professional practice. She has trained nutrition, fitness, and medical practitioners throughout most of her career, yet maintains a personal practice with clients/patients as she believes that the only way she can effectively educate and inspire other practitioners is through her own practical experience with clients. In addition to educating on how food is medicine, Cindi also specializes in coaching clients and practitioners on the importance of managing stress, optimizing sleep, proper exercise and movement, and reducing exposure to environmental toxins. Cindi has extensive expertise in women’s health issues, thyroid dysfunction, immunity and gut health.

Speaker Disclosures:

Financial: Cindi Lockhart is the owner and founder of Lockhart Wellness Solutions, LLC. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Cindi Lockhart is a member of the Academy of Nutrition and Dietetics, Dietitians in Integrative & Functional Medicine, the Institute for Functional Medicine and the Integrative & Functional Nutrition Academy.

**Vanessa Ruiz, ND, RN-BSN**, is a naturopathic physician and registered nurse. After experiencing health issues stemming from a burnout as a nurse, she began studying integrative ways to help herself heal. Her interest in integrative health led her to becoming a naturopathic physician with a focus on mental health, trauma and complex PTSD. She earned her Doctor of Naturopathic Medicine at Southwest College in Tempe, Arizona. She has been featured in the “A Created Life: A Journey to Empowerment” documentary and “Shoutout Arizona” for her ground-breaking work in mental health. She is a public speaker on the topic of functional medicine and mental health, teaching behavioral health professionals nationally and internationally. In addition to her clinical practice, she is the founder of Nurses for Natural Health, an organization dedicated to empowering and educating Nurses about natural health and burnout recovery.

Speaker Disclosures:

Financial: Dr. Vanessa Ruiz has an employment relationship with Enliven Mental Health Clinic. She receives a speaking honorarium and recording royalties from PESI, Inc. Dr. Ruiz serves on the advisory board for Evergreen Certifications. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Vanessa Ruiz has no relevant non-financial relationships.



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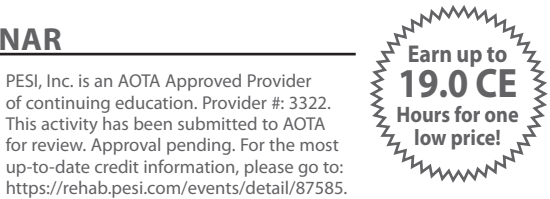
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