MODULE 1: Introduction to Functional Medicine

FDMP 501A: An Introduction to Functional Diagnostic Medicine
Your first training lesson will provide a clear overview of functional diagnostic medicine. As you watch this video we are confident you will get a strong sense that you are in the right place at the right time. This lesson will show you the enormous potential of FDM and give you the confidence and of course motivation to begin your journey toward becoming an ACE practitioner... keep reading

FDMP 501B: The Functional Medicine Thinking Mechanism
Your second training lesson will provide a clear overview of the Functional Medicine thinking mechanism... keep reading

FDMP 501C: Implementing an FDM Program Into Your Clinic
Your third lesson will show you a system to successfully implement FDM into your clinic. Experience in the business world has shown that businesses utilizing a "systems approach" are far more likely to be successful than those that don't. Over the course of this training we will be showing you ways to work on your business rather than in your business. The first steps in this process are covered in this lesson... keep reading

FDMP 501D: The Business of Running an FDM Office
In this lesson we want to introduce you to Debbie Grisanti. She is Dr. Grisanti's wife and has been running his busy neuromuscular and FDM practice for many years. She has a wealth of knowledge to share with us about the ins and outs of running a successful FDM practice from the perspective of the front office... keep reading

(FDM 4.0+) FDMP 501E: The New Patient Health History
This lesson shows you how to use the F.D.M. Intake Form, which represents the data gathering tool you will be using to gather important information from your patients prior to their first appointment... keep reading

(FDM 4.0+) FDMP 502A: Part I: Intro to Physical Examination- General Survey and Vitals
In this training lesson you will review the physical examination, vitals, and analyze your patient's signs and symptoms from a functional medicine perspective... keep reading

(FDM 4.0+) FDMP 502B Part II: Physical Examination & Associated Pathology of the Skin
This lesson covers an overview of common skin disorders, the presenting conditions and possible underlying causes. It also includes a look at skin conditions frequently treated from a functional perspective. This lesson covers an overview of common skin disorders, the presenting conditions and possible underlying causes. It also includes a look at skin conditions frequently treated from a functional medicine perspective... keep reading

(FDM 4.0+) FDMP 502C Part III: Physical Examination & Associated Pathology of the Head and Neck
This lessons covers the HEENT examination, which reviews the common signs and symptoms of the Head, Ears, Eyes, Nose, and Throat. Content includes how to differentiate between common vs emergency signs of headache, ophthalmic exam, and examination of the thyroid... keep reading
This lesson reviews the cardiovascular and peripheral systems. You will learn the various heart sounds, auscultation, common signs and symptoms, and how to perform the ABI (Ankle Brachial Index) and its value in diagnosis.

This lesson teaches physical examination of the respiratory system, signs and symptoms of common disorders, and the indications for Spirometry and how to interpret its readings.

This lesson teaches the proper examination of the abdomen. You will learn to recognize the variable signs and symptoms of pain, proper auscultation, and palpation of the kidneys, liver, spleen, and abdominal masses.

In this lesson you will learn how musculoskeletal pain can be in part due to such factors as autoimmune disease, nutritional deficiencies, genetic factors, and toxin overload. You will look at the grading systems for muscle strength and reflexes, along with special technique testing.

In this lesson you will learn the vertical strip technique for examination of the female breast, proper examination of the male breast, and signs and symptoms of disease and disorders.

This lesson teaches proper examination of the male genital system and rectum, and the signs and symptoms of common disease and disorders including the most common types of hernias.

This lesson will teach you where to begin with blood laboratory testing; from understanding why labs should be ordered to the various panels and their reference ranges, this lesson is essential to diagnosis.

This lesson addresses the anatomy and physiology of the kidney and urinary systems, common disease and disorders and their causes. You will learn of the various urinalysis testing available, their indications for usage, and interpretation of the result.
**FDMT 505A: Intro to Advanced FDM Testing**
This lesson introduces you to the concept of Advanced FDM Testing and shows you the different lab companies we will be working with throughout the training program. . . . keep reading

**FDMT 505B: The Initial Report, the Summary of Findings Report, and the Progress Questionnaire**
This lesson will show you templates for creating the initial report you create for your patients prior to their first visit, the report you write after the labs come in and the progress questionnaire, a great tool to use between office visits. . . . keep reading

**(FDM 4.0+) FDMT 505C: Clinical Application**
This is the final lesson in our Introductory Module. It focuses on putting together your treatment plan and introduces you to the various supplement companies. . . . keep reading

**MODULE 2: GI System**

**(FDM 4.0+) FDMT 511A: Gastrointestinal Assessment & Evaluation**
You will learn the signs and symptoms of GI dysfunction, physical signs of nutritional deficiencies of the GI system, abdominal examination: standard and functional and blood test interpretation of gastrointestinal dysfunctions from a functional medicine perspective. . . . keep reading

**(FDM 4.0+) FDMT 511B: Digestion, Secretion, and Absorption in the Gastrointestinal Tract & An Overview of Cell Metabolism**
This lesson will provide an excellent overview of the following clinical topics: enzymatic hydrolysis, digestion of carbohydrates, digestion of fats, digestion of proteins, gastric secretion, influences on the hci secretion, phases of gastric secretion, determination of stomach acid, pancreatic secretion, secretion of bile, absorption of the gastrointestinal system, absorption in the large intestine and summary of the sites of secretion and absorption in the gastrointestinal tract . . . keep reading

**(FDM 4.0+) FDMT 511C: Disorders of the Gastrointestinal System**
In this lesson you will gain an understanding of some of the clinical findings with diseases of the esophagus (esophageal dysphagia, gastroesophageal reflux disease), diseases of the stomach (gastritis, peptic ulcers), and diseases of the small intestine (malabsorption, intestinal hyperpermeability (leaky gut syndrome), irritable bowel syndrome, dysbiosis, hydrogen breath test, inflammatory bowel disease . . .

**FDMT 511D: Physiology of the Gut Associated Lymphoid Tissue, Enteric Nervous System and Mucosal Barrier**
In this lesson you will gain an understanding of the Gut Associated lymphatic Tissue (GALT) system, learn the significance of the Enteric nervous System (ENS), and discover the importance of the Mucosal Barrier. . . . keep reading
FDMT 515A: Advanced FDM Testing -- Interpretation and Treatment: Stool analysis
This lesson walks you through all of the elements found on a Comprehensive Digestive Stool Analysis test. The Insider's Guide is the main reference material for this lesson. Please download it and use it when interpreting your stool analysis tests. . . .  
keep reading

FDMT 515B: Advanced FDM Testing -- Interpretation and Treatment: Stool pathogens - Bacteria, Parasites and Yeast
This lesson will provide an explanation of dysbiosis with special emphasis on common parasitic, bacterial and fungal pathogens. It will conclude with the most common functional diagnostic medicine testing to identify microbial pathogens and treatment. . . . keep reading

FDMT 515C: Advanced FDM Testing -- Interpretation and Treatment of the Intestinal Permeability Test
This lesson will provide an explanation of intestinal hyperpermeability. It will conclude with the most common functional diagnostic medicine testing to identify malabsorption and intestinal hyperpermeability and treatment. . . . keep reading

FDMT 515D: Advanced FDM Testing -- Interpretation and Treatment of the GI Portion of the Organic Acid Test
This lesson will provide an explanation of the Organic Acid Test with a focus on the GI portion of the test. It will cover interpretation and treatment. . . . keep reading

FDMT 515E: Advanced FDM Testing -- Interpretation and Treatment Intestinal Barrier Function Test
This lesson will provide an explanation of the Intestinal Barrier Function Test and focus on interpretation of results and treatment. . . . keep reading

(FDM 4.0+) FDMT 517A: Clinical Application
This training video will provide a detailed overview on the clinical applications of a variety of digestive conditions . . . keep reading

MODULE 2 EXAMINATION
This page contains the Module 2 examination. If you have completed Module 2 please visit this page to take your Module 2 Exit Examination. . . . keep reading
MODULE 3: The Immune System

(FDM 4.0+) FDMT 520A: Introduction to Immunology and Allergy
This lesson is an introduction to Immunology and Allergy and explores the type of blood cells involved and the causes of abnormalities . . . keep reading

(FDM 4.0+) FDMT 521A: Dysfunctions of the Immune System
This lesson explores immune system dysfunction, the roles of Th1/Th2, and the nutrients necessary for immune system balance. You will learn the major causes of immune dysfunction along with the signs and symptoms. A discussion of adverse food reactions, dysbiosis, and the importance of zinc and the method of zinc testing are also revealed. . . keep reading

FDMT 525A: Advanced FDM Testing -- Interpretation and treatment of food allergy/sensitivity/intolerance testing
This lesson will cover food allergy and food intolerance testing. It will discuss the various testing methodologies and give you a thorough grounding in allergy and intolerance testing. . . . keep reading

FDMT 525B: Advanced FDM Testing -- Secretory IgA testing
This lesson will cover the important topic of secretory IgA testing and its relation to a wide number of dysfunctions. . . . keep reading

FDMT 525C: Advanced FDM Testing -- Interpretation and treatment: Viral screening
This lesson will cover the interpretation and treatment of viral screening. . . . keep reading

(FDM 4.0+) FDMT 527A: Special Topic: Celiac/Gluten Testing and Treatment
This lesson reveals the latest statistics on Celiac Disease; 1-133 people in the U.S. have it, yet 97% remain undiagnosed. You will learn the most common, yet unrecognized signs and symptoms and the latest serological and diagnostic testing available. An algorithm of diagnosis protocols and patient resources will guide you throughout the treatment of a patient presenting with celiac symptoms. . . . keep reading

(FDM 4.0+) FDMT527C: Elimination Diet and Modified Elimination Diet
This course teaches the potential signs and symptoms of adverse food reactions and explores a step by step individualized elimination diet; complete with a list of common reactive foods and food challenge log. The modified elimination, along with variations is also discussed . . . keep reading
Immune System Examination
This page contains the Module 3 examination. If you have completed Module 3 please visit this page to take your Module 3 Exit Examination.

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**MODULE 4: Dysglycemia**

**(FDM 4.0+) FDMT531A: Biochemistry of Energy Production**
This course reviews the biochemistry of energy production from a functional medicine perspective. An exploration into the nutrients that are needed to drive the reactions of Glycolysis, Pyruvate Dehydrogenase Complex, the Krebs Cycle, Beta-Oxidation, the Electron Transport Chain, and Oxidative Phosphorylation are taught from a fundamental viewpoint.

**(FDM 4.0+) FDMT531B: Oxidative stress**
This course defines oxidative stress, the endogenous and exogenous sources, the biological effects of reactive oxygen species, and the enzymatic and non-enzymatic antioxidants. Students will learn to identify the sources of free radical formation and understand the process by which it is eliminated from the body.

**FDMT531D: Advanced FDM Testing -- Interpretation and treatment of Organic Acid Panel -- Energy and Oxidative Markers**
This lesson discusses the advanced FDM testing methods for using the Organic Acids panel to identifying energy and oxidative stress issue.

**(FDM 4.0+) FDMT532B: Mitochondrial Cytopathy**
This course is an in depth discussion of mitochondrial dysfunction and cytopathy and the complex group of disorders and vast array of symptoms that accompany them. You will learn why mitochondrial disease is elusive and how to identify the hallmarks of dysfunction and their causes. The lesson is concluded with a review of the functional medicine testing and treatment options available.

**(FDM 4.0+) FDMT533A: The Physiology of Insulin**
This lesson discusses the the physiology of insulin by exploring its synthesis, secretion, and physiological effects. The topics of insulin resistance and metabolic syndrome are defined as well as the concept of glucose toxicity and oxidative stress in reference to their relationship to diabetes.

**(FDM 4.0+) FDMT533B: Primary and Advanced Testing for Assessing Blood Glucose Regulation**
You will learn the diagnostic criteria for both disorders, explore a list of drug-induced disorders of glucose intolerance, and learn the indications and applications of diagnostic testing for glucose dysregulation.

**(FDM 4.0+) FDMT533C: Clinical Application for the Management and Treatment of Diabetes and Insulin Resistance**
This course teaches in intricate detail the components of the management and treatment of insulin resistance, type 1 diabetes, and type 2 diabetes. You will learn how to prescribe individualized treatment plans that incorporate nutraceuticals, functional foods, exercise.
prescriptions, and dietary requirements for your patients. . . . keep reading

**Blood Sugar Regulation Examination**
This page contains the Module 4 examination. If you have completed Module 4 please visit this page to take your Module 4 Exit Examination. . . . keep reading

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**MODULE 5: Inflammation, The Cardiovascular System and Autoimmunity**

*(FDM 4.0+) FDMT541C: The Biology and Physiology of Inflammation*
This course discusses the interaction of the immune system with the biochemical process of inflammation. You will learn about the stimuli that activate the proinflammatory transcription factor called nuclear factor kappaB and some of the molecules that are regulated by NF-κB. . . . keep reading

*(FDM 4.0+) FDMT541B: Inflammation and the Role of Essential Fatty Acids*
This course teaches the importance of essential fatty acids in relationship to cell membrane integrity and the eicosanoid pathways. You will take an in-depth look into essential fatty acid metabolism, eicosanoid metabolism, and hepatocyte regulation of blood lipids. . . . keep reading

**Advanced FM Testing: EFA Testing**
This lesson discussed the classification and functional analysis of essential fatty acids and conditionally essential fatty acids. An overview of the signs and symptoms of fatty acid deficiency is also discussed as well. You will learn about the importance of fatty acid patterns analysis as opposed to individual fatty acid analysis and how it relates to treatment decision making. . . . keep reading

*(FDM 4.0) FDMT545A Cardiovascular Disease: A Comprehensive Approach to Evaluation and Management*
This lessons teaches the importance of vascular biology and the role it plays in cardiovascular disease and hypertension. A comprehensive approach to the treatment and management of cardiovascular disease is outlined with emphasis on individualized care. An exploration into the blood biochemical markers that assess the risk of cardiovascular disease is discussed along with an explanation of functional diagnostic testing. . . . keep reading

**Special Topic: Cardiovascular Disease (3 Cases)**
This special topic will cover the FDM approach to cardiovascular disease and hypertension. 3 different cases of hypertension with 3 different underlying causes are presented. In this video we will walk you through step by step the FDM testing methodology we used to go from clinical presentation of hypertension to functional assessment and treatment. . . . keep reading
New Perspectives on Clinical Exercise (What Works)
Special Topic: This special course is presented by Rick Bramos who brings his 30 years of practical experience in the fitness arena to FMU. . . . keep reading

Special Topic: The FDM Approach to Autoimmune Disease (Rheumatoid Arthritis)
This lesson discusses the FDM approach to autoimmune diseases and conditions with special emphasis on rheumatoid arthritis . . . keep reading

Inflammation Exit Examination
This page contains the Module 5 examination. If you have completed Module 5 please visit this page to take your Module 5 Exit Examination. . . . keep reading

MODULE 6: Detoxification

FDM 4.0+) FDMT551A The Physiology and Biochemistry of Biotransformation/Detoxification (The Phases of Detoxification)
This course describes the phases of detoxification and the process of biotransformation. You will learn about the enzymes and the enzymatic reactions that are necessary to remove toxins from the body, and about the significance of individual genetic variations and their impact on the detoxification . . . keep reading

(FDM 4.0+) FDMT551B Sources of Toxins
This course discusses the chemical compounds that are ubiquitous in our food, air, and water supply; and are found in every person. The course defines the associated adverse health effects of these toxins and identifies the chemicals responsible for disruption of the endocrine and immune systems . . . keep reading

(FDM 4.0+) FDMT553A Clinical Assessment of Detoxification
This course will explore the concept of total toxic load and its affect on health. The goals and strategies of detoxification assessment are taught along with the essential components of a detailed environmental history. You will learn about the phases of detoxification through functional medicine testing, how to assess for potential toxicants from standard serum chemistry, and about the toxic profile test and its clinical implications. . . . keep reading
FMDT 553B: Organic Acid and Urinary Bile Acid Sulfates Testing and Detoxification
This course completes our discussion of the organic acid test and looks at this test in the context of detoxification. test... keep reading

FDMT 553C: RBC minerals/Toxic Metals Interpretation and treatment
This course takes a general look at the value of ordering an erythrocyte RBC test for essential nutrients and toxic metals... keep reading

FDMT 553D: Estrogen Metabolite Testing (The Estronex Test)
This course covers Estrogen Metabolite Testing by looking at the Estronex Test, a test that looks at the body's ability to metabolize and detoxify estrogens properly. ... keep reading

FDMT 555A: Special Topic - Urinary Porphyrin Profiling
This course covers Urinary Porphyrin Profiling, a powerful tool for assessing toxic effects of heavy metals and some xenobiotics. ... keep reading

(FDM 4.0+) FDMT555B Clinical Management of Detoxification
This course discusses the important role of optimal nutrition as it relates to the detoxification process. You will learn why all humans have toxins in their bodies and how these toxins can mimic any disease. Basic and advanced methods of detoxification are explored that include protocols for heavy metal detoxification, as well as a discussion of why the far infrared sauna is important and the therapeutic protocols for its use. ... keep reading

Detoxification Exit Examination
This page contains the Module 6 examination. If you have completed Module 5 please visit this page to take your Module 6 Exit Examination. ... keep reading
MODULE 7: Functional Endocrinology

(FDM 4.0+) FDMT561A: Introduction to Functional Endocrinology
This course outlines and discusses the interrelationship of the endocrine system, nervous system, and immune system. You will learn how and why these systems secrete chemical messengers as it relates to maintaining homeostasis.

(FDM 4.0+) FMDT 561C: Physiology of the Hypothalamus and Pituitary Gland (Diseases of the Pituitary)(Ectopic Hormone Production/Tumor Markers)
This course discusses the hypothalamus-pituitary connection as is relates to hormone secretion. Pituitary tumors and their effect of hormone secretion are explored in length and a review of tumor markers as hormone secreting tumors, ectopic hormone production, cancer antigens, and enzymes and oncofetal proteins is also included.

(FDM 4.0+) FDMT563A Physiology of the Thyroid Gland
This course discusses the fabrication, chemistry, and function of the thyroid hormones. You will learn about the Sodium-Iodine Symporter and see an in depth review of the Selenium dependent enzyme responsible for the peripheral conversion of T4 to the more metabolically active T3. This lesson also explores how thyroid hormone enters the nucleus, affecting gene mutation.

(FDM 4.0+) FDMT 561D: The Biochemical Effects of Iodine
This course discusses the biochemical effect of iodine on thyroid function tests as well as a review of nutrient element status testing. You will also learn about the various combination of factors that can add up to elemental deficiencies.

(FDM 4.0+) FDMT562B Physiology of the Adrenal Glands (Steriodogenesis Pathways) (Blood Chemistry Analysis of Adrenal Dysfunction)
This lesson explores the basic and functional aspects of adrenal physiology. The steroidal hormone pathways are outlined, revealing the interplay between the adrenals and reproductive hormones, as well as a discussion about the adrenal-thyroid connection. The General Adaptative Syndrome, first described by scientist Hans Selye is defined and viewed through the functional medicine lens.

(FDM 4.0+) FDMT562C Advanced FM Testing -Interpretation of the Adrenal Stress Index Test
This profile is clinically indicated to evaluate an individual's ability to adapt to environmental, mental, emotional, and physiological stressors. The Functional Adrenal Stress Profile measures the adrenal rhythm and the DHEA-S -to-Cortisol ratio.
FDMT562D Adrenal Treatment Protocol
This course outlines the clinical treatment of adrenal dysfunction . . . keep reading

(FDM 4.0+) FMDT 565A: Functional Physiology of the Reproductive Hormones (Part 1 of 2)
This lesson introduces you to one of the most complex body systems to assess - the reproductive hormones. You will be provided with a working knowledge of the steroidal hormonal pathways as it relates to hormonal imbalances. . . . keep reading

(FDM 4.0+) FMDT 565A: Functional Physiology of the Reproductive Hormones, Part II
This course provides a detailed description of the male and female hormonal control of the reproductive systems and the internal and external factors that affect hormonal pathways and production. . . . keep reading

FMDT 567A: Advanced FDM Testing -- Interpretation of the Female Hormone Panel -- Pre-Menopausal
FMDT 567A: This lesson will look at the main Advanced FDM tests for analyzing pre-menopausal hormonal issues. . . . keep reading

FMDT 567B: Advanced FDM Testing -- Interpretation of the Female Hormone Panel -- Post-Menopausal
FMDT 567B: This lesson will look at the main Advanced FDM tests for analyzing hormonal issues associated with the menopause. This lesson will also give you the tools you need to assess a wide range of clinical conditions that affect your female patients including, but not limited to poly cystic ovarian disease (PCOS), premenopause, endometriosis, and menstrual irregularities. . . . keep reading

FMDT 567C: Advanced FDM Testing -- Interpretation of the Male Hormone Panel
FMDT 567C: This lesson will look at the main Advanced FDM tests for analyzing male hormonal issues. . . . keep reading

(FDM 4.0+) FDMT563E Physiology of the Parathyroid Glands (Vitamin D Metabolism and Assessment)
This course describes the physiological function of the parathyroid glands as they relate to serum calcium and vitamin D. You will learn how to evaluate for hyperparathyroidism and hypoparathyroidism. A nomogram of serum calcium and parathyroid hormone is provided to assist in differentiating primary parathyroidism, secondary parathyroidism, vitamin D deficiency, hypoparathyroidism, and non-parathyroid disease. You will also learn about vitamin D metabolism and vitamin D status assessment . . . keep reading
**FDM 4.0+ FDMT563D Functional Medicine Approach to Diagnosis and Treatment of Thyroid Dysfunction**

This course will provide the tools and the investigative skills to assess and treat thyroid dysfunction from a functional medicine perspective. You will learn about the implications of specific nutritional deficiencies and specific conditions that must be assessed in order to achieve a successful treatment outcome.

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**Endocrine Exit Examination**

This page contains the Module 7 examination. If you have completed Module 6 please visit this page to take your Module 7 Exit Examination.

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**MODULE 8: Stress**

**FDMT 571A: Stress**

This lesson will look at stress. We’ll go over the causes of stress, how you can identify it in your patients and provide you with methods to help your patients de-stress.

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**FDMT 571B: Patient Readiness: Communication Skills, Spiritual Aspects of Death & Dying, and Bereavement and Grief**

This lesson looks at how psychological and mental health can play an important role in physical health. It explores how to identify and understand a patient's readiness to change, their emotional state of mind in making change, the hurdles in which they face, and when to determine that third party intervention is necessary. It address the concept that relying on 'hard copy data' is not the only technique to determine overall health; but also speaks to the importance of the spiritual state. A discussion of the grieving process is included with an emphasis on children as the 'forgotten griever'.

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**FDMT 571C: Toxic Stress**

This lesson will look at toxic emotions and the role they play in your patients' lives: what are they? How can you identify when they are contributing to the dysfunctions you see in your patients? How do you communicate about toxic emotions with your patients? What can you, as your patients' health care practitioner, do about them?

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**MODULE 8 EXAMINATION**

This page contains the Module 8 examination. If you have completed Module 8 please visit this page to take your Module 8 Exit Examination.
MODULE 9: Structural Integrity

**FDMT580A: Functional Approach to Neuromusculoskeletal Disorders**
This lesson will look at the FDM approach to NMS disorders . . . [keep reading]

**FDMT580B Functional Approach to Neuromusculoskeletal Disorders - Chronic Cervical Pain**
This lesson will look at the FDM approach to NMS disorders with particular focus on chronic cervical pain . . . [keep reading]

**FDMT580C: Functional Approach to Neuromusculoskeletal Disorders - Lower Back Pain**
This lesson will look at the FDM approach to NMS disorders with particular focus on Lower Back Pain . . . [keep reading]

**FDMT580D: Functional Approach to Neuromusculoskeletal Disorders-Frozen Shoulder: Adhesive Capsulitis**
This lesson will look at the FDM approach to NMS disorders with particular focus on Frozen Shoulder - Adhesive Capsulitis . . . [keep reading]

**FDMT580E: The Functional Approach to Neuromusculoskeletal Disorders- Chronic Plantar Heel Pain**
This lesson will look at the FDM approach to NMS disorders with particular focus on chronic plantar heel pain . . . [keep reading]

**FDMT580E: The Functional Approach to Weight Loss and Exercise**
This lesson focuses on Functional Weight Management and Functional Exercise. We zero in on the key issues health discerning people are begging to know when it comes to really losing fat and getting fit. You will be pleased to know that “2 Days to Fitness” is crammed full of the most scientific content on weight loss and getting fit. . . . [keep reading]
Module 9 Examination
This page contains the Module 9 examination. If you have completed Module 9 please visit this page to take your Module 9 Exit Examination. . . . keep reading