



## What is the Functional Medicine Model?

Functional Medicine is patient-centred health care that addresses the unique interactions among genetic, environmental and lifestyle factors influencing both health and complex chronic disease.

## Clinical case management strategies and effective applications

Learn clinical case management strategies and effective applications of natural health protocols by improving your navigation of the decision tree.

## Develop superior skills and competence

In the treatment of patients with complex chronic disease, using diet, lifestyle, nutrient, phytonutrient and pharmaceutical modalities.

## Join the Movement

Explore the Functional Medicine Matrix Model™ and gain a greater insight into existing Functional Medicine practitioner systems and thinking.

# Deepen your understanding of the Functional Medicine Matrix

Focus on patient-centered, systems biology approach, evaluation of principle underlying antecedents, triggers, and mediators in the patient work-up:

- Restoring gastrointestinal equilibrium: practical applications for understanding, assessing, and treating gut dysfunction using the 5R program.
- Understand biotransformation and metabolic detoxification: uncovering the toxic body burden concepts.
- The many faces of immune dysregulation and chronic inflammation: infections, allergens and autoimmune disorders.
- Re-establishing balance in the hypothalamic, pituitary, adrenal, thyroid and gonadal axis: managing the stress response and exploring neuro-endocrine balance.
- Managing insulin resistance: vascular dysfunction and downstream consequences.
- Uncovering the role of mitochondria and energy dysfunction: chronic pain, fatigue and cognitive decline.

## The program includes:

Month 1 - Introduction to Functional Medicine

Month 2 - Functional Medicine Matrix Model

Month 3 - Lifestyle Factors and Epigenetics: The Foundational Elements to Health

Month 4 - Assimilation: Insults to the Integrity of the Gut

Month 5 - Identifying Toxic Insults and Making Improvements through Lifestyle

Month 6 - Communication: HPATG Axis

Month 7 - Communication: Neuro-endocrine Signaling and Immunologic Cross Talk

Month 8 - Transport: Metabolic Function and CardioMetabolic Syndrome

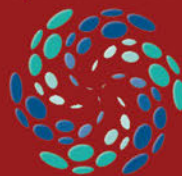
Month 9 - Inflammation as a Driver of Chronic Degenerative Disease

Month 10 - Defend and Repair: Food Allergies, Sensitivities, and Intolerances

Month 11 - Structural Integrity, Cellular Energy Regulation, and Mitochondrial Support

Month 12 - Closing of the Functional Medicine Study Group

- 1 Year Membership to the Institute of Functional Medicine (IFM) allowing for access to the clinical tools and archives
- 24 x 90-minute web-based seminars with experts in the relevant fields. specific reading materials from experts fields
- Demonstration of Functional Medicine tools, and resources
- Download of digital version of Functional Medicine textbook
- Monthly reading assignments in the Textbook of Functional Medicine
- CPD points



THE INSTITUTE FOR  
**FUNCTIONAL  
MEDICINE**

## Who can apply?

Applicants must be a graduate of an accredited medical, osteopathic, chiropractic, nursing, naturopathic, homeopathic, dietetics, acupuncture, pharmacy, physiotherapy, nutritional therapy or other program in South Africa, United Kingdom, USA or any other country.

## How much will the whole program cost?

You receive access to all the aforementioned online webinars and knowledge resources, for only **R9.500 excl. VAT** for full a year of 24 webinar sessions in our study group series.