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ADAPT FUNCTIONAL MEDICINE PRACTITIONER TRAINING PROGRAM

Syllabus

Below are the books recommended for the course. You'll start reading chapters of *The Paleo Cure* as part of your weekly coursework. *Unconventional Medicine* should be read during the first 8 weeks of the course. *The Role of Stress and the HPA Axis in Chronic Disease Management* should be read during the HPA-D part of the course (Lessons 18-29).

Recommended Reading:

1. [The Paleo Cure](#) by Chris Kresser
2. [Unconventional Medicine](#) by Chris Kresser
3. [The Role of Stress and the HPA Axis in Chronic Disease Management, Second Edition](#) by Thomas Guilliams

Optional Reading:

- [Essentialism: The Disciplined Pursuit of Less](#) by Greg McKeown
- [The Epigenetics Revolution: How Modern Biology is Rewriting our Understanding of Genetics, Disease, and Inheritance](#) by Nessa Carey
- [When the Body Says No: Understanding the Stress-Disease Connection](#) by Gabor Mate
- [Say What You Mean: A Mindful Approach to Nonviolent Communication](#) by Oren Jay Sofer
- [The Art of Communication](#) by Thich Nhat Hanh
- [Methylation Diet and Lifestyle eBook](#) by Dr. Kara Fitzgerald (use code **kresser15** for a 15% discount)

Links, Articles & Additional Resources:

Additional resources including links, articles, podcast episodes, and more can be found under the Homework & Review section of each lesson where applicable.

Terms and Conditions

Pre-Course Materials

ADAPT FOUNDATIONS

- Welcome to ADAPT Framework Level 1
- Learning Theory: Why the Course is Structured How It Is
- Getting the Most Out of the Course
 - Time commitment
 - Study tips
 - Getting support
- The Future of Medicine
 - The epidemic of modern disease
 - A new approach to medicine
 - Recognizes exposome and epigenetics as primary drivers of disease
 - Embraces an evolutionary/ancestral perspective
 - Applies a functional medicine approach to care
 - How functional and conventional medicine differ
 - Patient Handout: Functional vs. Conventional Medicine
 - The ADAPT functional medicine systems model
 - Clinician Handout: Future of Medicine – Community Presentation
- Learning Portal Tour
- Handout Generator Tour

OPTIMIZING THE EXPOSOME

- Introduction: Optimizing the Exposome

- Explore Bonus Digital Programs
 - 14Four
 - Healthy Baby Code

Lesson 1

ADAPT FOUNDATIONS

- Course Overview
 - Course overview and learning objectives
 - Clinician Handout: Learning Objectives
- Introduction to Patient Care
 - Where do you start? Where do you go from there?
 - Clinician Handout: FM Systems Model and the “Order of Things”
 - How do you layer and structure the treatment?
 - Clinician Handout: Structuring Treatment

OPTIMIZING THE EXPOSOME

- Introduction: Nutrition
- Starting patients on Paleo
 - Two options:
 - 30-Day Reset
 - 14-Four with 2-Week on-ramp
 - Patient Handout: Paleo and Gluten-Free Resources

FROM BUSY TO BALANCED

- Lesson: Focus
 - Clinician Handout: Clarify Your Vision, Purpose, and Goals
 - Clinician Handout: Weekly Planning Worksheet

Lesson 2

FUNCTIONAL MEDICINE: GUT

- Gut Introduction and overview
- Gut Basic physiology
 - Review of digestive tract anatomy and physiology
- Microbiome and Intestinal Barrier
 - Microbiome in health and disease
 - The role of the gut barrier

PRACTICE MANAGEMENT, LESSON 1

- Introduction: Practice Management
 - Distributed/virtual practice
- The Case Review process
 - Patient Handout: What is a Case Review?

FROM BUSY TO BALANCED

- Lesson: Measure
 - Clinician Handout: Define Success Worksheet
 - Clinician Handout: Keep | Start | Stop

Lesson 3

FUNCTIONAL MEDICINE: GUT

- Gut Pathology
 - Risk factors
 - Difference between syndrome/symptom and pathology
 - Pathologies
 - Hypochlorhydria and impaired bile/enzyme production
 - SIBO
 - Patient Handout: Understanding SIBO
 - Infections
 - Dysbiosis and fungal overgrowth
 - Food intolerances

- Intestinal permeability
- Autoimmunity
- Diagnosis: Food Intolerances
 - Introduction
 - Is food intolerance testing legitimate?
 - Signs and symptoms
 - Interview with Dr. Aristo Vojdani

OPTIMIZING THE EXPOSOME

- What if your patients won't go Paleo?
 - Common objections—and solutions
 - Patient Handout: Resources for Getting Started
 - Patient Handout: Healthy Living on a Budget
 - Paleo for vegetarians
 - Patient Handout: Paleo for Vegetarians
 - The 3 most important changes
- The Paleo Reset diet
 - Patient Handout: Paleo Reset Guidelines

FROM BUSY TO BALANCED

- Lesson: Personalize
 - Clinician Handout: Your Natural Work Style
 - Clinician Handout: Define Your Unique Ability

Lesson 4

FUNCTIONAL MEDICINE: GUT

- Diagnosis: Food Intolerances (continued)
 - Cyrex Array 3X
 - Case studies

- Case assignments
- Clinician Handout: Array 3X Interpretation Guide
- Patient Handout: Preparing for Array 3X
- Clinician Handout: Interpretation of Antibodies Against Wheat, Gluten and Enzyme Antigens

PRACTICE MANAGEMENT, LESSON 2

- How to structure your practice (continued)
 - Patient flow
 - Initial Consult
 - Clinician Handout: Initial Consult Script
 - Clinician Handout: Initial Consult Algorithm
 - Case Review appointment
 - Follow-ups
 - Staffing
 - Key staff positions and roles
 - Start-up
 - Growth

FROM BUSY TO BALANCED

- Lesson: Prioritize
 - Clinician Handout: Decision Filter Worksheet

Lesson 5

FUNCTIONAL MEDICINE: GUT

- Diagnosis: Food intolerances
 - Cyrex Array 4
 - Case studies
 - Case assignments
 - Clinician Handout: Array 4 Interpretation Guide
 - Patient Handout: Preparing for Array 4

- Patient Handout: Cyrex Array 4 Dietary Instructions
- Cyrex Array 10
 - Case studies
 - Case assignments
 - Clinician Handout: Array 10 Interpretation Guide
 - Patient Handout: Preparing for Array 10
 - Elimination/provocation
 - Follow-up testing

OPTIMIZING THE EXPOSOME

- How to customize Paleo for particular needs
 - The importance of personalization
 - Macronutrient ratios
 - Patient Handout: Macronutrient Ratios
 - Patient Handout: Monitoring Ketones
 - Patient Handout: Monitoring Glucose

FROM BUSY TO BALANCED

- Lesson: Streamline
 - Clinician Handout: Automation Finder Worksheet

Lesson 6

FUNCTIONAL MEDICINE: GUT

- Identifying gut pathologies: Stool testing
 - Case studies
 - Case assignments
 - Patient Handout: Stool Testing Instructions
 - Clinician Handout: GI-MAP Interpretive Guide
 - Clinician Handout: GI Effects Interpretive Guide
 - Clinician Handout: GI360 Resource Guide

- Interview: David Quig

PRACTICE MANAGEMENT, LESSON 3

- How to operate your practice
 - Onboarding new patients
 - Introduction
 - Overview of steps
 - Clinician Handout: Outline of New Patient Onboarding
 - Sample Video Script: Video on the Wufoo Application
 - Sample Video Script: Initial Inquiry Follow-up Video
 - Patient Handout: Initial Consult Intake Form

FROM BUSY TO BALANCED

- Lesson: Balance
 - Clinician Handout: Focus, Free, and Buffer Worksheet
 - Clinician Handout: Meditation and Mindfulness Resources

Lesson 7

FUNCTIONAL MEDICINE: GUT

- Identifying gut pathologies: SIBO
 - SIBO Breath Test
 - Case studies
 - Case assignments
 - Clinician Handout: SIBO Breath Test Interpretation Guide
 - Patient Handout: Preparing for SIBO Breath Test

OPTIMIZING THE EXPOSOME

- How to customize Paleo for particular needs (continued)
 - Meal frequency and timing
 - Intermittent fasting

FROM BUSY TO BALANCED

- Lesson: Reward
 - Clinician Handout: Seeing Your Wins

Lesson 8

FUNCTIONAL MEDICINE: GUT

- Identifying gut pathologies: Dysbiosis
 - Genova Organix Comprehensive
 - Case studies
 - Case assignments
 - Clinician Handout: Genova Organix Testing Interpretation Guide
 - Patient Handout: Preparing for Genova Organix Test

PRACTICE MANAGEMENT, LESSON 4

- How to operate your practice
 - Onboarding new patients (continued)
 - Initial application & follow-up
 - Email autoresponder
 - Scheduling the Initial Consult
 - Clinician Handout: Patient Guide Example
 - Clinician Handout: Patient Registration and Agreement Example
 - Clinician Handout: Privacy Policy Example
 - Clinician Handout: Onboarding Email Autoresponder Outline
 - Working Procedure: Onboarding Initial Inquiry through Initial Consult
 - Working Procedure: Onboarding Initial Inquiry for Clinician
 - Working Procedure: Onboarding Initial Inquiry Follow-Up
 - Working Procedure: Onboarding EHR Registration
 - Working Procedure: Onboarding Process Registration Form
 - Working Procedure: Onboarding Schedule Initial Consult
 - Working Procedure: Onboarding Schedule Initial Consult Follow Up
 - Working Procedure: Onboarding from Initial Consult through Case Review

- Working Procedure: Onboarding Initial Consult for Clinician
- Working Procedure: Onboarding Initial Consult Follow-up Call
- Working Procedure: Onboarding Initial Consult Follow-up
- Working Procedure: Onboarding Schedule Case Review
- Working Procedure: Onboarding Case Review Clinician
- Working Procedure: Onboarding Case Review Follow-up Call
- Working Procedure: Onboarding Case Review Follow-up

FROM BUSY TO BALANCED

- Lesson: Upgrade
 - Clinician Handout: Speed Reading
 - Clinician Handout: Study and Research Skills

Lesson 9

FUNCTIONAL MEDICINE: GUT

- Identifying gut pathologies: Intestinal permeability
 - Cyrex Array 2
 - Case studies
 - Case assignments
 - Clinician Handout: Cyrex Array 2 Interpretation Guide
 - Patient Handout: Preparing for Cyrex Array 2
 - Doctor's Data Intestinal Permeability Assessment
 - Case studies
 - Case assignments
 - Clinician Handout: IPA Interpretation Guide
 - Patient Handout: Preparing for Intestinal Permeability Assessment

OPTIMIZING THE EXPOSOME

- How to customize Paleo for particular needs (continued)
 - Carbohydrate backloading
 - Paleo for Athletes

- Protein, post-workout meals, carbs
 - Patient Handout: Paleo for Athletes
 - Clinician Handout: Paleo Carbohydrate Cheatsheet

Lesson 10

FUNCTIONAL MEDICINE: GUT

- Gut treatment protocols
 - General considerations
 - Two stages of treating the gut
 - Remove
 - Rebuild
 - General guidelines and tips for antimicrobial protocols
 - SIBO
 - Diet
 - Antimicrobials
 - Prokinetics
 - Other supplements
 - 3-stage SIBO protocol
 - Clinician Handout: Prescription Medications for SIBO Treatment
 - Patient Handout: Anti-microbial Protocols
 - Clinician Handout: Pediatric SIBO and Gut Dysbiosis Treatment Protocols
 - Clinician Handout: Elemental Diet
 - Clinician Handout: Microbial Reset Diet

PRACTICE MANAGEMENT, LESSON 5

- How to operate your practice
 - Utilizing NPs, PAs and Health Coaches
 - Getting help
 - Clinician Handout: Sample Job Interview Questions
 - Clinician Handout: Health Coach Sample Job Description

- Clinician Handout: Operations Specialist Sample Job Description
- Clinician Handout: Patient Service Coordinator Sample Job Description
- Clinician Handout: Practice Manager Sample Job Description
- Clinician Handout: Special Projects Administrator Sample Job Description

Lesson 11

FUNCTIONAL MEDICINE: GUT

- Treatment protocols: Dysbiosis and parasites
 - Diet
 - Antimicrobials
 - Other supplements
 - Parasites
 - Diet
 - Antiparasitics
 - Other supplements
 - Clinician Handout: Botanical Protocol for Dysbiosis
 - Clinician Handout: H. Pylori Botanical Treatment
 - Clinician Handout: A-FNG Challenge

OPTIMIZING THE EXPOSOME

- How to customize Paleo for particular needs (continued)
 - Women: hormones, carbs, other tips
 - Patient Handout: Paleo for Women

Lesson 12

FUNCTIONAL MEDICINE: GUT

- Treatment protocols
 - Low stomach acid/GERD
 - Diet
 - Supplements

- Other considerations
 - Clinician Handout: GERD Treatment Summary
- IBD/IBS-D
 - Diet
 - Supplements
 - Medications
 - Patient Handout: Paleo Low-FODMAP Diet
 - Patient Handout: GAPS Diet Guidelines
 - Patient Handout: How to Manage Your Stress
 - Clinician Handout: Probiotics & Gut Symptom Treatment
 - Clinician Handout: IBD Remission and Maintenance Treatment
- IBS-C/constipation
 - Diet
 - Supplements
 - Other considerations

PRACTICE MANAGEMENT, LESSON 6

- How to operate your practice
 - The Initial Consult
 - Overview
 - Key points to cover
 - Clinician Handout: Initial Consult Script
 - Follow-up
 - Sending intake paperwork, lab requisitions, and kits
 - Scheduling the Case Review
 - Clinician Handout: Initial Consult Overview and Tips
 - Working Procedure: Chart Prep Initial Consult
 - Working Procedure: Lab Ordering Procedures
 - Working Procedure: Send Messages
 - Working Procedure: Update Credit Card Info

Lesson 13: Break Week

Lesson 14

FUNCTIONAL MEDICINE: GUT

- Treatment protocols: Leaky gut
 - Diet
 - Supplements
 - Other considerations
 - Clinician Handout: Gut Barrier Interventions

OPTIMIZING THE EXPOSOME

- How to customize Paleo for particular needs (continued)
 - Case studies

Lesson 15

FUNCTIONAL MEDICINE: GUT

- Probiotics and prebiotics
 - Fermented foods
 - Fermentable fiber
 - Commercial products
 - Patient Handout: Fermented Foods Guide
 - Patient Handout: Rebuilding a Healthy Gut

PRACTICE MANAGEMENT, LESSON 7

- How to operate your practice
 - The Case Review
 - Overview
 - New patient intake
 - Chief complaints

- Body systems assessment
 - Diet survey and one-day diary
 - History
 - Supplement and medication list
 - Case Review questionnaire
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- The Report of Findings
 - How to structure the appointment
 - Managing expectations for treatment
 - Follow-up
 - Delivering the Report of Findings
 - Delivering patient instructions
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- Clinician Handout: Report of Findings Template
 - Patient Handout: Case Review Questionnaire
 - Patient Handout: Dietary Habits Questionnaire
 - Patient Handout: Environmental Exposure Survey
 - Patient Handout: Food Survey
 - Patient Handout: Metabolic Assessment Form
 - Clinician Handout: Metabolic Assessment Form Practitioner Key
 - Working Procedure: Chart Prep Case Reviews
 - Working Procedure: Upload Lab Results into the EHR
 - Working Procedure: Tag Questionnaires

Lesson 16

FUNCTIONAL MEDICINE: GUT

- Lifestyle and behavior
 - Stress management
 - Mindful eating
 - Meal timing and frequency
 - Clinician Handout: Lifestyle & Behavior Recommendations
- Advanced treatments

- Probiotic and prebiotic implants
- Fecal transplants

OPTIMIZING THE EXPOSOME

- How to customize diet/lifestyle for common health conditions
 - Introduction
 - Weight loss
 - Patient Handout: Six Strategies for Successful Weight Loss
 - Case study
 - High cholesterol and heart disease
 - Patient Handout: High Cholesterol and Heart Disease
 - Case study

Lesson 17

FUNCTIONAL MEDICINE: GUT

- Full Case Studies & Review

PRACTICE MANAGEMENT, LESSON 8

- Follow-up appointments
 - Working Procedure: Follow-up Appointments
 - Patient Handout: Follow-up Appointment Questionnaire
 - Clinician Handout: Established Patient Appointment Algorithm
 - Clinician Handout: Hosting a Zoom Webinar
 - Clinician Handout: Webinar Best Practices

Lesson 18

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Introduction
- Basic physiology
 - HPA axis and Adrenomedullary Hormone System (AHS)
 - Stress hormones and hormone metabolism

OPTIMIZING THE EXPOSOME

- How to customize diet/lifestyle for common health conditions (continued)
 - Hypertension
 - Patient Handout: 10 Tips for Lowering Your Blood Pressure Naturally
 - Case study
 - GERD, IBS, IBD, and other digestive disorders
 - Patient Handout: Protecting Yourself from Digestive Problems
 - Case study
 - Anxiety, depression, and other cognitive disorders
 - Patient Handout: Boost Your Mood Without Medications
 - Case study

Lesson 19

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Etiology of HPA-D
 - 4 categories of HPA axis stressors
 - Diet and lifestyle factors
 - Caffeine, steroids, and other drugs

PRACTICE MANAGEMENT, LESSON 9

- Patient Communication
 - Clinician Handout: Patient Communication Policy

Lesson 20

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- HPA-D vs. “Adrenal Fatigue”
 - Does Adrenal Fatigue exist?
 - Problems with the 3-stage model
 - How to discuss HPA-D with patients and other medical professionals
 - Patient Handout: What is HPA Axis Dysfunction?

- Audio Interview: Thomas Guilliams

OPTIMIZING THE EXPOSOME

- How to customize diet/lifestyle for common health conditions (continued)
 - Diabetes and other blood sugar disorders
 - Patient Handout: Diet & Lifestyle Recommendations for Blood Sugar Disorders
 - Case study
 - Thyroid disorders
 - Patient Handout: Diet & Lifestyle Recommendations for Good Thyroid Health
 - Case study
 - Autoimmune disorders
 - Patient Handout: Diet & Lifestyle Recommendations for Autoimmune Disorders
 - Case study
 - HPA Axis Dysfunction
 - Patient Handout: Diet & Lifestyle Recommendations for HPA-D
 - Case study

Lesson 21

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Pathology
 - Allostatic load and depletion of metabolic reserve
 - Genomics, epigenetics and HPA-D
 - Conditions related to HPA-D

PRACTICE MANAGEMENT, LESSON 10

- How to operate your practice
 - Billing and insurance

Lesson 22

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Diagnosis
 - Categories of assessment
 - Signs, symptoms & history
 - HPA-D is clinical diagnosis
 - Lab tests: “allostatic load battery”: what to measure?
 - Cortisol
 - DHEA
 - Cortisol awakening response
 - Cortisol: DHEA ratio
 - Optional: aldosterone, melatonin, ACTH, inflammatory markers
 - Assessment tools for perceived stress
 - Patient Handout: Perceived Stress Scale
 - Patient Handout: Holmes and Rahe Stress Scale
 - Comparison of available tests
 - Serum vs. saliva vs. urine vs. hair
 - Saliva vs. DUTCH test
 - Recommended test protocol

OPTIMIZING THE EXPOSOME

- How to customize diet/lifestyle for common health conditions (continued)
 - Acne, eczema, psoriasis, and other skin conditions
 - Patient Handout: Diet and Lifestyle Changes for Healthy Skin
 - Case study
 - Fertility, pregnancy, and breastfeeding
 - Patient Handout: Diet and Lifestyle Changes for Fertility, Pregnancy & Breastfeeding
 - Case study

Lesson 23

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- DUTCH Test (Part 1)
 - Adrenal Profile
 - Clinician Handout: Adrenal Profile Interpretation Guide
- Audio Interview: Mark Newman of Precision Analytical

PRACTICE MANAGEMENT, LESSON 11

- How to operate your practice
 - Ordering supplements

Lesson 24

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- DUTCH Test (Part 2)
 - Case studies

OPTIMIZING THE EXPOSOME

- Basic supplementation
 - Introduction
 - Maintenance supplementation
 - Vitamin A
 - Food sources
 - Recommended supplements
 - Vitamin D
 - Food sources
 - UV exposure
 - Recommended supplements
 - Magnesium
 - Food sources

- Recommended supplements
- Patient Handout: Food Sources of Key Nutrients

Lesson 25

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Treatment
 - Diet
 - Macronutrients
 - Protein (timing, total amount)
 - Carbs (timing, total amount)
 - Meal frequency and timing
 - Specific nutrients
 - Patient Handout: Diet for HPA-D

PRACTICE MANAGEMENT, LESSON 12

- How to operate your practice
 - Processing patient charts
 - Processing charts for Initial Consults
 - Preparing invoice and getting patient approval
 - Ordering supplements
 - Ordering labs
 - Delivering clinician instructions and handouts
 - Billing
 - Working Procedure: Process Appointment Encounter – Initial Consults
 - Working Procedure: Estimate Approvals
 - Working Procedure: Estimate Additions
 - Working Procedure: Estimate Modifications
 - Working Procedure: Create Superbills

Lesson 26: Break Week

Lesson 27

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Treatment
 - Behavior and lifestyle
 - Light exposure
 - Exercise
 - Stress management
 - Patient Handout: HPA-D Behavior & Lifestyle Strategies

OPTIMIZING THE EXPOSOME

- Maintenance supplementation (continued)
 - Vitamin K2
 - Food sources
 - Recommended supplements
 - Vitamin C
 - Food sources
 - Recommended supplements
 - Iodine
 - Food sources
 - Recommended supplements

Lesson 28

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Treatment
 - Adjunctive therapies
 - Acupuncture

- Massage
- MBCT
- Supplemental nutrients, botanicals & hormones
 - Basic nutrients
 - Adaptogens and licorice
 - Glandulars
 - Hormones
- Building a protocol
 - High free and total cortisol
 - Low free and total cortisol
 - Disrupted diurnal rhythm / high nighttime cortisol
 - High free cortisol with low total
 - Low free cortisol with high total
 - Impaired cortisol metabolism
 - Low/high DHEA
 - Low melatonin
- Clinician Handout: HPA-D Protocol Matrix

PRACTICE MANAGEMENT, LESSON 13

- How to operate your practice
 - Processing charts for Case Reviews
 - Preparing invoice and getting patient approval
 - Ordering supplements
 - Ordering labs
 - Delivering clinician instructions and handouts
 - Billing
 - Working Procedure: Process Appointment Encounter – Case Reviews

Lesson 29

FUNCTIONAL MEDICINE: HPA AXIS DYSFUNCTION (HPA-D)

- Bringing it all together
 - Case studies
 - Case assignments
- Wrap-up

OPTIMIZING THE EXPOSOME

- Nutrients to be cautious of supplementing with
 - Iron
 - Calcium
 - Vitamin E (alpha-tocopherol)
 - Beta-carotene
 - Folic acid
- Summary of supplement recommendations
- Patient Handout: Maintenance Supplementation

Lesson 30

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Introduction and overview
- Principles of functional blood chemistry
- Blood chemistry basics
 - Principles of functional blood chemistry
 - Functional vs. conventional ranges
 - Recommended panel
 - Options for ordering the panel
 - Where to find additional info
- Clinician Handout: Blood Chemistry Report Template (Excel)
- Clinician Handout: Blood Chemistry Report Template – Men
- Clinician Handout: Blood Chemistry Report Template – Women
- Clinician Handout: Blood Chemistry Report Template – Women Alt

- Working Procedure: Create Blood Chemistry Report
- Clinician Handout: Professional Co-op Case Review Panel
- Clinician Handout: Functional Blood Chemistry Patterns

PRACTICE MANAGEMENT, LESSON 14

- How to operate your practice
 - Processing charts for Follow-up Appointments
 - Preparing invoice and getting patient approval
 - Ordering supplements
 - Ordering labs
 - Delivering clinician instructions and handouts
 - Billing

Lesson 31

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Blood chemistry patterns
 - Blood sugar imbalances
 - Hyperglycemia Part 1: Etiology and Diagnosis
 - Case studies
 - Additional markers
 - Patient Handout: Diet and Lifestyle for Blood Sugar Disorders

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Introduction
 - Physical activity
 - Introduction
 - Core concepts
 - Physical activity-disease connection
 - Move like your ancestors
 - Overtraining
 - Patient Handout: Are You Overtraining?

Lesson 32

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Blood chemistry patterns
 - Blood sugar imbalances (continued)
 - Hyperglycemia Part 2
 - Treatment
 - Hypoglycemia / reactive hypoglycemia
 - Case studies
 - Additional markers
 - Treatment
 - Clinician Handout: Interpretation of Hypoglycemia Follow-up Tests
 - Patient Handout: Protein-Sparing Modified Fast Guidelines
 - Patient Handout: Intermittent Fasting
 - Patient Handout: The Potato Hack Diet

PRACTICE MANAGEMENT, LESSON 15

- Back-end systems
 - EHR and Accounting Overview
 - Accounting Part 1 & 2
 - Getting started with QuickBooks Online
 - Chart of accounts
 - Banking center
 - Contractors and employees
 - Reconciling and reporting
 - Clinician Handout: Sample Chart of Accounts
 - Clinician Handout: QuickBooks Training Outline

Lesson 33

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Nutrient imbalances
 - Iron deficiency
 - Case studies
 - Additional markers
 - Treatment
 - Patient Handout: Iron Repletion Protocol
 - Clinician Handout: Functional Range for Iron Markers

OPTIMIZING THE EXPOSOME

- Physical activity (continued)
 - Recommendations
 - SWAP
 - Apps, tools and resources
 - Patient Handout: SWAP Your Way to Health
 - Case Assignments: Physical Activity

Lesson 34

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Nutrient imbalances (continued)
 - Iron overload
 - Case studies
 - Additional markers
 - Treatment
 - Patient handout: Iron Reduction Protocol
 - Patient Handout: FeGGT LifePro Questionnaire
 - Clinician Handout: FeGGT LifePro Score Assessment
 - Patient Handout: Determining HFE Status with 23andMe

PRACTICE MANAGEMENT, LESSON 16

- Back-end systems
 - Accounting Parts 3-6

Lesson 35

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Nutrient imbalances (continued)
 - B12 deficiency
 - Case studies
 - Additional markers
 - Treatment
 - Patient Handout: B12 Repletion Protocol

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Sleep
 - Introduction
 - Core concepts
 - Sleep-disease connection
 - The role of artificial light
 - Determining how much sleep you need
 - Sleep quality: factors that interfere, improving

Lesson 36

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Nutrient imbalances (continued)
 - Vitamin D imbalance
 - Case studies
 - Additional markers
 - Treatment
 - Patient Handout: Optimizing Vitamin D Levels
 - Zinc-copper imbalance
 - Case studies
 - Additional markers

- Treatment
 - Patient Handout: Optimizing Copper and Zinc Levels

PRACTICE MANAGEMENT, LESSON 17

- Back-end systems
 - Using the EHR Part 1-3

Lesson 37

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Nutrient imbalances
 - Magnesium deficiency
 - Case studies
 - Additional markers
 - Treatment
- Thyroid imbalances
 - Thyroid hypofunction part 1
 - Case studies
 - Additional markers
 - Treatment

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Sleep (continued)
 - Basic recommendations
 - Sleep hygiene
 - Sleep nutrition
 - Light control
 - Movement
 - Apps, tools and resources
 - Patient Handout: How to Sleep Like a Pro
 - Case Assignments: Sleep

Lesson 38

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Thyroid imbalances (continued)
 - Thyroid hypofunction part 2
 - Case studies
 - Treatment
 - Thyroid hyperfunction
 - Case studies
 - Additional markers
 - Treatment
- Patient Handout: Dietary Nutrients for Thyroid Health
- Patient Handout: THEA Score Patient Questionnaire
- Clinician Handout: THEA Score Assessment
- Clinician Handout: Approach to the Finding of a Low Thyrotropin Level

PRACTICE MANAGEMENT, LESSON 18

- Back-end systems
 - Using the EHR Part 4-6

Lesson 39: Break Week

Lesson 40

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns
 - Impaired kidney function
 - Case studies
 - Additional markers
 - Treatment

- Other metabolic patterns (dehydration, gout, changes in muscle mass)
 - Case studies
 - Additional markers
 - Treatment

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Stress management
 - Introduction
 - Core concepts
 - Stress-disease connection
 - Definition of stress
 - HPA axis dysregulation
 - Benefits of stress management

Lesson 41

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Impaired liver function
 - Case studies
 - Additional markers
 - Treatment
 - Impaired gallbladder function
 - Case studies
 - Additional markers
 - Treatment
 - Clinician Handout: Treatment of Gallbladder Dysfunction

PRACTICE MANAGEMENT, LESSON 19

- Back-end systems
 - Using the EHR Part 7-9

Lesson 42

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Anemia (iron deficiency)
 - Case studies
 - Additional markers
 - Treatment
 - Clinician Handout: ACD and IDA Marker Comparison
 - Clinician Handout: Causes, Signs and Symptoms of Anemia

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Stress management (continued)
 - Basic recommendations
 - Reduce stress you experience
 - Manage stress you can't avoid
 - Tips for getting started with stress management
 - Apps, tools and resources
 - Patient Handout: Histamine Intolerance Guidelines
 - Case Assignments: Stress Management

Lesson 43

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Anemia (B12 and folate deficiency)
 - Case studies
 - Additional markers
 - Treatment
 - Patient Handout: Dietary Sources of Folate
 - Patient Handout: Methylation Nutrients and Foods

- Anemia (of chronic disease)
 - Case studies
 - Additional markers
 - Treatment

PRACTICE MANAGEMENT, LESSON 20

- Back-end systems
 - Legal, Phone and File Management
 - Clinician handout: Patient Guide and Informed Consent
 - Working Procedure: Setup and Use RingCentral (With Script)
 - Scheduling
 - Working Procedure: Handle Appointment Requests from Patients
 - Working Procedure: Schedule Case Review Appointments
 - Working Procedure: Reschedule Case Review Appointments
 - Working Procedure: Schedule Existing Patient Appointments
 - Working Procedure: Schedule Video Appointments in Chiron

Lesson 44

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Dyslipidemia
 - Case studies
 - Additional markers
 - Treatment
 - Bonus Interview with Peter Attia
 - Clinician Handout: Dyslipidemia Treatment Matrix
 - Clinician Handout: Simon Broome Criteria for FH

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Environmental toxins

- Introduction
- Core concepts
 - Toxins-disease connection
 - Most harmful toxins and where to find them
- Basic recommendations
 - Minimizing toxic exposure
 - Supporting natural detoxification systems
 - Apps, tools and resources
 - Patient Handout: Living Clean and Green
 - Patient Handout: Biotoxin Illness Survey
 - Clinician Handout: Biotoxin Illness Survey Assessment

Lesson 45

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Infection and immune dysregulation
 - Case studies
 - Additional markers
 - Treatment

PRACTICE MANAGEMENT, LESSON 21

- Back-end systems
 - Collaboration and video conferencing

Lesson 46

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Other blood chemistry patterns (continued)
 - Impaired methylation
 - Case studies
 - Additional markers

- Treatment

OPTIMIZING THE EXPOSOME

- Lifestyle
 - Resources for patients
 - Introduction
 - Hardware tools (e.g. Fitbit, iWatch, Withings scale, etc.)
 - Patient Handout: Tools for Getting Healthy
 - Websites and apps
 - Food/diet tracking
 - Physical activity
 - Sleep
 - Stress management/meditation
 - Behavior change
 - Food/products
 - Patient Handout: Websites and Apps for Getting Healthy

Lesson 47

FUNCTIONAL MEDICINE: BLOOD CHEMISTRY

- Review Part 1
 - Bringing it all together
 - Full case studies with blood panels and history

PRACTICE MANAGEMENT, LESSON 22

- Back-end systems (continued)
 - Documentation
 - Working Procedure: How to Write a Procedure
 - Working Procedure: Acronym Cheat Sheet
 - Working Procedure: Chart Prep for Follow-up Appointments
 - Working Procedure: Add Pharmacies to Database
 - Working Procedure: Add Handouts

- Working Procedure: Add Charges to the Database
- Working Procedure: Upload Consents
- Clinician Handout: Sample Strategic Objective
- Clinician Handout: Sample Operating Principles

Lesson 48

FUNCTIONAL MEDICINE

- Blood Chemistry Review Part 2
 - Full case studies with blood panels and history
 - Wrap-up
- Full Course Review
 - Full Case Reviews Part I

Lesson 49: Break Week

Lesson 50

FUNCTIONAL MEDICINE

- Full Course Review
 - Full Case Reviews Part 2
 - Full Case Assignments Part 1

Lesson 51

FUNCTIONAL MEDICINE

- Full Course Review
 - Full Case Assignments Part 2

PRACTICE MANAGEMENT, LESSON 23

- Live Case Recordings

Lesson 52

FUNCTIONAL MEDICINE

- Complete the Course Exit Survey
- Apply for the ADAPT Practitioner Training Program Letter of Completion
- Join the ADAPT Practitioner Alumni Membership
- Apply for A-CFMP Certification
- Submit a Testimonial
- Access Evergreen Authority

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