

## *Integrative and Functional Medicine: Resources For Finding Your Footing as an RD*

**Join the *Dietitians in Integrative & Functional Medicine Dietetic Practice Group (DIFM DPG)* for guidance in navigating integrative, functional, complementary, and alternative therapies to provide personalized nutrition care.**

### **As a member:**



IntegrativeRD.org

- Free annual subscription to the Natural Medicines Database of evidence-based research on dietary supplements (value \$100+).
- Access to the newsletter, The Integrative RDN, published quarterly with two free CPE articles each year.
- Webinars and discounts on CE opportunities and materials.
- Emerging research on Nutritional Genomics.
- DIFM Representation in the Academy House of Delegates
- Authoring and/or reviewing JAND position articles
- Participation in the Academy's Council on Future Practice

*\* All below subcategories containing an asterisk (\*) were adapted from the **Digital Integrative and Functional Nutrition Toolkit**, created by DIFM DPG of the Academy of Nutrition and Dietetics.*

## **A Quick Review**

### **Integrative and Functional Medicine...**

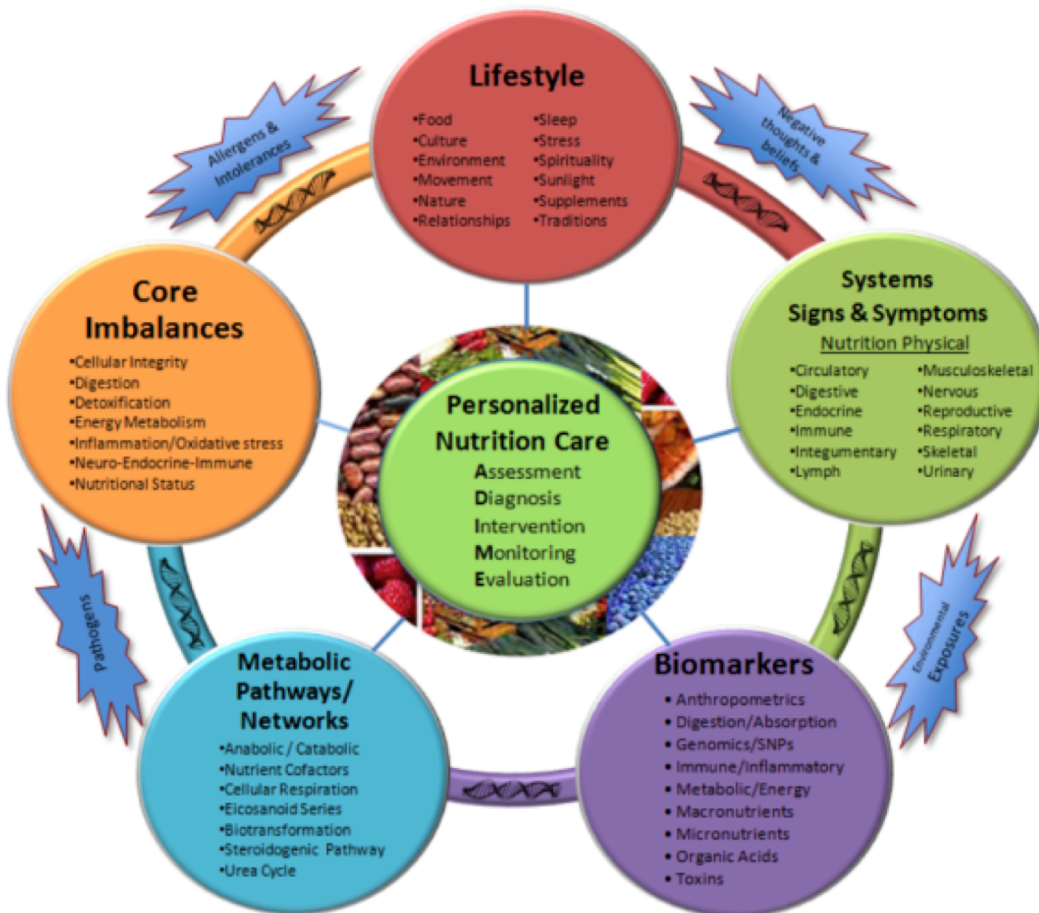
- Product of incorporation of complementary approaches into mainstream health care, blending two distinct methodologies into a unified whole.
- *"Seeks to restore and maintain health and wellness across a person's lifespan by understanding the whole patient – his/her unique set of circumstances – and addressing the full range of physical, emotional, mental, social, spiritual, and environmental influences, rather than simply addressing the symptoms at hand; also focuses on prevention and fostering the development of health behaviors and skills in self-care that patients can continue to use for years to come."* (Duke Integrative Medicine)

An IFMNT RD develops and provides person-centered nutrition interventions, recognizing that...

1. Each client has a unique genetic make-up
2. Each client functions in an environment with physical, social, and lifestyle factors that influence interactions between the mind, body, and spirit
3. Each client has root causes underlying their signs and symptoms of disease, which must be identified and addressed



## Integrative and Functional Medical Nutrition Therapy (IFMNT) Radial



*“Food influences, and is influenced by, five key areas. Surrounding the radial are precipitating factors that can further affect the individual...”*

© 2011 Copyright. All Rights Reserved. KM Swift, D. Noland & E. Redmond

Ford D, et al. American Dietetic Association: Standards of Practice and Standards of Professional Performance for Registered Dietitians (Competent, Proficient, and Expert) in Integrative and Functional Medicine. 2011.

## Understanding New Science

### **Nutritional Genomics**

An “umbrella term” – encompassing *Nutrigenetics* and *Nutrigenomics* – that describes the application of genetic technology to food and nutrition; specifically, the study of how dietary and other lifestyle choices influence the function of living beings at the molecular, cellular, organismal, and population levels.

*“Nutrigenetics concerns the individual’s genetic make-up (DNA) and the proteins those genes produce and how well those proteins work.”*

*What our body does with food...*

*“Nutrigenomics is the study of how foods affect our genes and how individual genetic differences can affect the way we respond to nutrients and other naturally occurring compounds) in the foods we eat.”*

*What food does to our body...*

### **Metabolomics**

The assessment of metabolic responses based on nutrient sufficiency or deficiency, in order to characterize an individual’s phenotype to predict interactions with gut microbiota, environment, and behavior.

**Phytochemical profiling**

Conducting in-depth assessments of the antioxidant, anti-inflammatory, and anti-tumorigenic properties of foods in order to better use them in dietary interventions with plant-derived compounds.

***Recommended Resources for Understanding Nutritional Genomics\****

---

**Specific to Educators**

Learn.Genetics - uses interactive animations to explain genetics.

<http://learn.genetics.utah.edu>

Teach.Genetics – includes printable lesson plans. <http://teach.genetics.utah.edu/>

**Other Websites**

International Society of Nutrigenetics/Nutrigenomics <http://www.isnn.info/>

Journal of Nutrigenetics and Nutrigenomics

<http://www.online.karger.com/ProdukteDB/produkte.asp?Aktion=JournalHome&Prod uktNr=232009>

McInerney J. NCHPEG CME Broadcast “Race, Genetics, and Health Care: What we know and what it means for your patients.” 20 April 2006 <http://www.nchpeg.org/>

National Geographic: The Genographic Project <https://www3.nationalgeographic.com/genographic/>

NIH Announces New Initiative in Epigenomics <http://www.nih.gov/news/health/jan2008/od-22.htm>

NuGO <http://www.nugo.org>

Penn State’s Nutrigenomics <http://nutrigenomics.psu.edu/>

The NCMHD Center of Excellence for Nutritional Genomics <http://nutrigenomics.ucdavis.edu/>

Personalized Nutrition Project, The Weizmann Institute “dinner table” (from presentation)

<http://newsite.personalnutrition.org/WebSite/HowItWorksStudy.aspx>

***Recommended Reading\****

---

**Functional Medicine**

*21<sup>st</sup> Century Medicine: A New Model for Medical Education and Practice.* David Jones, MD, Laurie Hofmann, MPH, Sheila Quinn. Free E-Book available through the Institute for Functional Medicine

*Textbook of Functional Medicine, 2010.* Published by the Institute for Functional Medicine.

*Clinical Nutrition, A Functional Approach Textbook.* Second Edition. Published by the Institute of Functional Medicine. 2004.

**Natural Medicine**

*Textbook of Natural Medicine* 4<sup>th</sup> Edition by Joseph Pizzorno, ND and Michael Murray, ND. 2012

*The Encyclopedia of Natural Medicine,* Third Edition. Michael T. Murray and Joseph Pizzorno. 2012.

**Nutrition from a Natural Medicine Perspective**

*Krause’s Food and the Nutrition Care Process, 13<sup>th</sup> Ed.* By L Kathy Mahan, MS, RD, CDE; Janice Raymond, MS, RD, CD; and Sylvia Escott-Stump, MA, RD, LDN. 2011

*Nutritional Medicine*, Alan R. Gaby, MD. 2011 *Advancing Medicine with Food and Nutrients, Second Edition*. By Ingrid Kohlstadt. 2012

### **Popular Books with Integrative Nutrition Clinical References**

*Cracking the Metabolic Code: 9 Keys to Optimal Health*. James B. LaValle, RPh, CCN, ND, with Stacy Lundin Yale, RN, BSN. 2012

*Clean, Green and Lean*, Walter Crinnion, ND

*Digestive Wellness*, 4<sup>th</sup> Edition, Elizabeth Lipski, PhD, CCN, CHN. 2011

*Gut and Psychology Syndrome*, Natasha Campbell-McBride, MD. 2010

*Healing with Whole Foods: Asian Traditions and Modern Nutrition*, 3<sup>rd</sup> Edition, Paul Pitchford. 2002

*In Defense of Food: An Eater's Manifesto*, Michael Pollan. 2009

*The Inside Tract: Your Good Gut Guide to Great Digestive Health*, Gerard E. Mullin, MD and Kathie Madonna Swift, MS, RD, LDN. 2011

*The Longevity Kitchen*, Rebecca Katz and Mat Edelson. 2013

*Manifesto for a New Medicine*, James S. Gordon, MD. 1997

*Natural Health, Natural Medicine*, Andrew Weil MD. 2004

*Nourishing Traditions*, Sally Fallon and Mary G. Enig, PhD. 2003

*The Web That Has No Weaver: Understanding Chinese Medicine*, Ted Kaptchuck, OMD. 2000

*Ultra-Metabolism; Ultra-Prevention; The UltraMind Solution; The Blood Sugar Solution* and other books by Mark Hyman, MD

*The Disease Delusion* by Jeff Bland

*Gut Balance Revolution* by Gerard Mullin

*The Wahl's Protocol* by Terry Wahls M.D. and Eve Adamson

*The Elimination Diet* by Tom Malterre

*Complete Handbook of Quantum Healing, The: An A-Z Self-Healing Guide for Over 100 Common Ailments* by Deanna Minich

### ***Recommended Websites\****

---

**Dietitians in Integrative and Functional Medicine.** The official website of the Dietetic Practice Group, Dietitians in Integrative and Functional Medicine (DIFM).

**Center for Science in the Public Interest.** Independent, non-profit consumer health group providing nutrition and food product information.

**World's Healthiest Foods.** A database on food recommendations for disease states, recipes, and research-based information on specific whole foods.

**Environmental Working Group.** Politically- focused website: "We use the power of public information to protect public health and the environment." Releases the annual "Dirty Dozen, Clean 15" list regarding pesticide residue on produce with recommendations on which organic foods to buy.

**Dr. Andrew Weil.** Includes comprehensive medical, nutrition, and supplement information with a large searchable database.

**Linus Pauling Micronutrient Research Center.** Researchers at the Linus Pauling Institute investigate the role that vitamins and essential minerals (micronutrients) and chemicals from plants (phytochemicals) play in human aging, immune function, and chronic diseases, especially heart disease, cancer, and neurodegenerative diseases.

**National Center for Complementary and Integrative Health.** NCCIH conduct and support research and provide information about complementary health products and practices.

## *Recommended Journals\**

---

Advances in Mind/Body Medicine Alternative and Complementary

Therapies Alternative Medicine Review (final publishing date of 2012)

Alternative Therapies in Health and Medicine

BMC Complementary and Alternative Medicine

Canadian Interdisciplinary Network for CAM Research

Chinese Journal of Integrative Medicine

Complementary Therapies in Clinical Practice

Complementary Therapies in Medicine

European Journal of Integrative Medicine

Evidence based Complementary and Alternative medicine eCAM

FACT – Focus on Alternative and Complementary Therapies

Functional Medicine Journal

Functional Medicine Update – FMU Synthesis (audio journal by Dr. Jeffrey Bland)

Global Advances in Health and Medicine

Journal of Alternative Medicine Research

Journal of Complementary and Integrative Medicine

Journal of Complementary Medicine Online

Journal of Human Genetics

Integrative Cancer Therapies

Integrative Medicine Insights

Integrative Medicine: A Clinician's Journal

Journal of Alternative and Complementary Medicine

Journal of Medicinal Food

Topics on Integrative Health Care

Townsend Letter – The Examiner of Alternative Medicine

American Journal of Clinical Nutrition

Cancer Epidemiology Biomarkers and Prevention

European Journal of Clinical Nutrition

Explore: The Journal of Science and Healing

International Journal of Gastroenterology and Hepatology

Journal of Nutrition

Nature

Journal of the Academy of the Nutrition and Dietetics (JAND)

## *Reputable Programs for Advancing Your Practice\**

---

### **Academic Programs & Degrees**

Bastyr University

- Degrees offered: MS in Nutrition (Research Track) / MS in Nutrition & Clinical Health Psychology / MS in Nutrition for Wellness
- Non-degree CE distance learning courses (online)
- Certificate Program as an Ayurvedic Health Advisor (online)

University of Kansas School of Medicine

- Online Graduate Dietetics and Integrative Medicine (DIM) 12 hour Certificate: Four Online graduate classes: Introduction to DIM, Inflammation and Immune Regulation, Dietary and Herbal Supplements, Nutrigenomics and Nutrigenetics in Health and Disease. *KUMC Online offers in-state tuition rates.*
- MS in Dietetics with Integrative Nutrition emphasis

## Certificate & Training Programs

### Rutgers Institute for Complementary & Alternative Medicine (ICAM)

- MS in Health Science Integrative Health and Wellness (*30 credits for licensed health professionals*)
- Graduate Certificate in Complementary and Alternative Medicine (CAM) (*18 credits for licensed health professionals*)
- Graduate Certificate in Health Coaching (*18 credits for licensed health professionals*)
- Graduate Certificate in Integrative Medicine Research (*18 credits for licensed health professionals*)

### Arizona Center for Integrative Medicine

- Integrative Health & Lifestyle Program (iHeLp)
- Certification in Integrative Health Coaching (*following iHeLp*)

### Integrative Health Coach Professional Training Program, Duke Center for Integrative Medicine

### Institute for Functional Medicine (IFM)

- Functional Nutrition Course (FNC)
- Institute for Functional Medicine Certification Program (IFMCP)

### Center for Mind Body Medicine (CMBM)

- Mind-Body Medicine
  - Mind-Body Medicine Fundamentals (*intensive 5-day training*)
  - Advanced Mind-Body Medicine (*next step, 5-day training*)
  - Certification in Mind-Body Medicine (*highest level*)
- Food as Medicine (*3-day introductory training*)
- Food as Medicine for Mind & Mood (*seminar*)

### Integrative and Functional Nutrition Certified Practitioner (IFNCP) Program, Integrative and Functional Nutrition Academy (IFNA)

### University of Miami Integrative and Complementary Academic Medicine Programs (*2-day conference*)

## ***Just a few Virginia-Based Integrative Nutritionists and others...***

---

- Anu Kaur                    <http://anuhealthyyou.com/index.html>
- Peggy A. Wright        <http://healthyvim.org>
- Cynthia Moore         <http://www.hygeiacenter.com/Home.aspx>
- \*\*\* Susan Allen (IFMNT training) <http://nextlevelfunctionalnutrition.com>



*"Cultivate your life - you are what you grow - inch by inch, row by row"*

*. Diana Dyer, MS, RD*