

# Functional Diagnostic Nutrition™ Certification Course

*“Further Education & Advanced Clinical Tools  
for Metabolic Typing Advisors”*

Distance Learning Course

**Video Presentation & Teleconferencing  
10 Sessions plus Practical Exercises**

**Reed Davis, C.N., CMTA  
Instructor, Functional Diagnostic Nutrition  
Physician Consultant, BioHealth Diagnostics Laboratory**

**Session 1 of 10 – Starts Soon – Email for Dates**

Functional Diagnostic Nutrition – Level 1

**Re-establishing Steroidal Hormone Pathways  
& Resolving Chronic Stress Related Disorders**

**Add important clinical skills to your practice. Help your clients stop chasing symptoms and discover the underlying causes of:**

- Allergies/acne/rosacea
- Blood sugar problems
- Depression/anxiety
- Emotional Fragility
- Headache/fogginess
- Indigestion/bloating
- Inflammation/pain
- Insomnia/wakefulness
- Low Sex Drive
- PMS/skin/hair problems
- Tiredness/fatigue
- Weight Gain/loss

**And many other consequences of the *chronic stress response*!**

# Are you ready to take your practice to a HIGHER LEVEL?

## This FDN Course is sure to get you there!

**Premise:** Metabolic Typing™ is not just a test you offer clients; it's a way of *thinking* about the human body and life, which leads you to accurately advise food selections, diet, and lifestyle choices to aid healing and normal function. The same is true for Functional Diagnostic Nutrition™. FDN is an academic discipline, technological approach, and precise methodology, developed by Reed Davis, CN, CMTA that reveals underlying causes and conditions and refines targeted natural therapies that may lead to permanent resolution of your client's health complaints.

**What It Is:** The FDN course is open to all MT Advisors and puts incredible clinical tools right in your hands -- the same tools used by alternative and complementary physicians. You'll receive extensive and comprehensive training as well as follow-up coaching on specific tests and protocols to enhance your practice. Upon successful completion of the FDN course, you'll receive a Certificate of Completion, granting you *testing privileges* with BioHealth Diagnostics for all saliva and urine testing. Most importantly, you'll be ready to immediately use your new skills in your daily practice.

### Functional Diagnostic Nutrition Certification – Level 1

#### Natural Hormone Replacement Therapy & Resolving Chronic Stress Related Disorders

#### Distance Certification Process

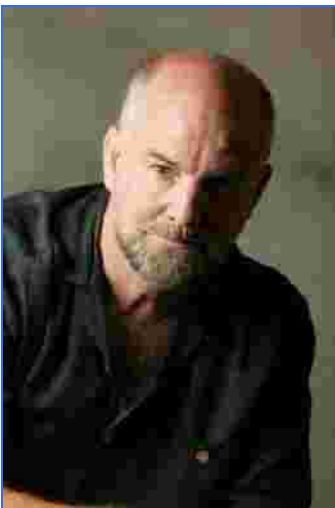
1. Register and receive personal test kits, “be a client”
2. Receive interpretation of your results & protocol
3. Attend 10 Power Point/Teleconferences with Reed
4. Conduct a Practical Exam (sample client with Reed)
5. Complete and pass Course Examination
6. Receive FDN Certificate and Lab Privileges

# FDN Certification Course for MT Advisors

## What You'll Gain:

- Thorough understanding of saliva and urine lab testing for underlying causal factors such as:
  - **adrenal fatigue**
  - **chronic stress, endocrine disorders**
  - **dysbiosis, gut malfunction**
  - **hormonal imbalances**
  - **hyper and hypo-excitability**
  - **immunodeficiency**
  - **mal-digestion and malabsorption**
  - **sluggish liver and detoxification problems**
  - **antigenic/pathogenic conditions**
- Ability to interpret lab test results from a functional standpoint
- Ability to integrate lab testing into your current practice
- Ability to order and use bio-identical hormones
- Ability to integrate Functional Diagnostic Nutrition with Advanced Metabolic Typing and other disciplines
- Lab testing privileges with BioHealth Diagnostics for all saliva and urine testing
- Latest information on safe, natural therapeutic protocols
- **Absolute confidence in your lab test interpretations**
- Personal lab test results and protocol to restore or fine-tune your own steroidal hormone metabolic pathways, adrenal, immune, digestive and detoxification systems
- Convenience of an online and teleconference learning program

## About Your Instructor



Your instructor, Reed Davis, CN, CMTA, has used clinical lab testing for nine years to help clients get to the underlying cause of their health problems. He invested incredible time and energy working with lab physician consultants over thousands of cases, acquiring and sharpening fine clinical skills. Reed is a very active Clinical Nutritionist and Advanced Metabolic Typing Advisor and thus uniquely qualified to present this training to you. Throw in Reed's unique approach to getting and keeping new clients and you have a worthy promoter of what we all want to accomplish – health for all!

"I spent eight years as the nutritionist and Health Director of a wellness center in San Diego, case-managing hundreds of new patients each year. Everybody came through me at some point. I witnessed great improvements, even *miracles*, and saw some make little or no progress in their health condition. Some even got worse. This used to confuse me. I also operated a Bone Density and Hormone Testing Program and personally tested over 11,000 people for bone density levels and underlying hormonal, digestive, immunity, inflammatory and/or detoxification malfunctions.

Over the years I made my own observations and conclusions about why some people got better and some did not improve. Early on, I realized that getting people off drugs, and using natural products instead, was helpful, but not good enough. One type of pill just seemed to replace the other without providing a long term resolution. That's when I stopped just selling supplements and started lab testing.

I doggedly pursued any training I could get from labs like BioHealth and worked with several alternative and complementary physicians. My Medical Director, Wm. Bailey, a D.O. who practiced with Dr. Jonathan Wright in a clinic setting that pioneered lab testing in application to clinical nutrition, was indefatigable to constant pestering for insights and interpretations. Wm. Timmins, N.D. from BioHealth Diagnostics was a crucial influence. Eventually a kind of detective work evolved that had me nailing down underlying causes and conditions instead of treating symptoms. My first *miracle* was a woman who had gained 40 pounds after two years of anti-inflammatory drugs for a skin condition. Being overweight made her depressed, so her doctor told her to go on anti-depressants. "You can be fat or have itchy skin, take your pick" - I swear that's what he told her! We ran *one* lab test and just 9 days after results came in, she was completely off all meds and then lost 13 pounds in a month. Think she needed any drugs after that?

Now then, a few *miracles* and some equivocal cases later, I was still shy a big piece of the puzzle – what is the perfect diet? Ha! You know what I'm talking about! Finally, about 3 years ago, Wm. Wolcott's book jumped off a shelf at me, and after training with Dodie Anderson my understanding of the *causal level* got even deeper. So, a Metabolic Typing diet is a mandatory element of most protocols and I've done countless MT assessments. Can I get an *Amen* on Metabolic Typing?

Anyway, it's my life's work to help change the way modern health care is practiced – and I do believe there is hope. I've worked out some fine public lectures, screenings and workshops that are easy to do, reaching hundreds of men and women who are hungry for answers they are **not** getting from their own doctors. These events foster the logical approach of Functional Diagnostic Nutrition and Metabolic Typing and are the cornerstone of my busy clinical nutrition practice.

It's an honor that Bill Wolcott encouraged me to put this course together. And we have BioHealth Diagnostics to thank for the support and privileges they are extending to us. The Metabolic Typing community is already a significant force in the betterment of health care services. I pray the skills and tools you learn in the FDN Course for MT Advisors will be put right to work, reaching far beyond what any one could do on his or her own. I promise your clients will be thankful too."

~ Reed

# FDN Certification Course for MT Advisors

**Exclusive:** Complete two personal lab tests and receive an interpretation of your test results with therapeutic protocol. Testing includes an adrenal stress profile, plus sex hormone, digestion and detoxification assessments – using BioHealth Diagnostics #205 and #101 test kits. The first step to helping our clients is to understand and assess ourselves. Clients usually pay over \$450 for this package

**You'll attend 10 Teleconference Sessions with Power Point presentation. Each session is 90 mins to 120 mins and full of practical "what to do" and "how to do it" training.**

## Session 1 & 2

- Functional Diagnostic Nutrition™ and Metabolic Typing™ are a special way of *thinking* about health. How to address the causal level of most health concerns.
- The Chronic Stress Response and Adrenal Fatigue
- Cortisol, Adrenalin, DHEA, Pregnenolone. Estrogen, Testosterone, Progesterone, Melatonin and the true nature of hormone imbalances
- Interpreting hormone test results, stages of adrenal fatigue and malfunction

## Session 3 & 4

- Case studies of chronic stress related disorders, adrenal and gut malfunction
- Urine Metabolic Assessment Profile - testing digestive and detoxification systems
- Correlating a client's medical history with proper testing procedures
- Presenting test results to your client and recommending therapy

## Session 5 & 6

- Investigating Mucosal Barrier integrity and leaky gut
- Handling difficult cases and ferreting out blocking factors
- Gut/Gluten/Celiac & Mid-term Practical Assignment
- Tuning up your protocols using bio-identical hormones, natural "medicine"

## Session 7 & 8

- Antigen and Pathogen Testing and Case Studies
- Food Sensitivities and Oral Intolerances - YOU can run the gold standard tests
- Candida and other BH tests you can run with this Certification
- Thyroid malfunction and the adrenal connection – proof positive

## Session 9 & 10

- Grow your practice while advancing natural health care. Your keys to success!
- Troubleshooting Your Protocols, Clinical Correlation, Medical referrals
- Practice and Final Exam review
- Course Overview and Growing Your FDN Practice

# FDN Certification Course for MT Advisors

**Steps to Certification:** Here are the steps required to receive certification as a Level 1 Functional Diagnostic Nutrition (FDN L1) practitioner: (Distance Course)

- **Step 1: Become A Client**

Bill Wolcott made it mandatory: You must “become a client” in order to learn this work. MT Advisors taking this course:

- Complete two lab tests: one saliva and one urine
  - § You’ll pay half price lab fees – total only \$142. That’s a \$284 value.
  - § We’ll ship your test kits to you on the day that you register along with a practitioner info package from BioHealth Diagnostics
  - § You’ll get familiar with the test kits and how to use them
  - § Eventually you’ll stock these kits in your office and dispense them with full confidence. Kits supplied at no charge by the lab.
  - § Your clinical skills, client referrals and income will rise to a new level
- Complete the Client Intake Forms that Reed uses to help interpret each case
  - § These are also included in course materials along with customized case management forms, liability waivers and everything Reed developed over the years - saving you the time of inventing your own.
- Submit saliva and urine specimens to the lab. (Remember, half price lab fees if you register for this session).
- Lab forwards results to Reed who will send you a complete package like with any normal client. Reed will go over this interpretive package with you on the phone.
  - § You’ll see and hear, as a client, the logic of the test results interpretation and reason for following the recommended protocol.
  - § You may begin the protocol while attending the teleconferences.

- **Step 2: Attend 10 Teleconferences and view videos**

The teleconference sessions will be a whole new encounter for many, even if you are an experienced clinician. Working with test data on a functional, pre-disease level is powerful. During the teleconference and power point presentations:

- You’ll learn which tests are needed on a case by case basis with your clients
- You’ll learn how to interpret each test, making you a scientific and effective clinical nutritionist. A Functional Diagnostic Nutritionist!
- By determining physiological "root-causes" of ill health through functional diagnostic testing you can help even the most chronically ill.

- **Step 3: Following the Power Point and Videos**

You’ll role play in a practical exam with an “artificial” client played by your instructor

- We’ll coach you through each step including preparation of the Results & Recommendations package for the client and how to deliver the R & R in person or on the phone.
- You may purchase bio-identical hormones at wholesale price, or order on behalf of clients and receive a monthly commission check. (Domestic only)

- **Step 4: Take the Exam**

- You will take the FDN Course Final Examination
- When you pass the exam, you’ll receive your FDN-L1 Certificate of Completion and a Professional Account with the lab.
- You will be ready to use FDN testing to help clients on a deep, causal level with hormonal, immune, digestive and detoxification related problems!

## FDN Certification Course for MT Advisors

*The following test kits are available to you  
upon successful course completion:*

### Hormones (saliva)

<b>Functional Adrenal Stress Profiles</b>	<b>Kit #</b>	
Functional Adrenal Stress Profile	<b>201</b>	4 cortisol, 2 averaged DHEA-S
Functional Adrenal Stress Profile II	<b>202</b>	4 cortisol, 2 averaged DHEA-S, estradiol, testosterone (AM)
Functional Adrenal Stress Profile plus III	<b>203</b>	4 cortisol, 2 averaged DHEA-S, estradiol, testosterone (AM), melatonin (bedtime)
Functional Adrenal Cortisol Rhythm	<b>204</b>	4 cortisol
Functional Adrenal Stress Profile plus V <b>COMPLETION IS REQUIRED PART OF THE FDN COURSE</b>	<b>205</b>	4 cortisol, 2 averaged DHEA-S, estradiol, estriol, testosterone (AM), melatonin (bedtime), progesterone (bedtime)
Functional Adrenal Stress Profile plus V with Estrone	<b>205E</b>	4 cortisol, 2 averaged DHEA-S, estradiol, estriol, estrone, testosterone (AM), melatonin (bedtime), progesterone (bedtime)
<b>Female/Male Hormone Profiles</b>		
Premenopause Hormone Profile	<b>207</b>	11 estradiol, 2 testosterone (AM), 11 progesterone
Expanded Premenopause Hormone Profile	<b>208</b>	17 estradiol, 2 testosterone (AM), 17 progesterone

## Hormones (saliva) cont'd

Female Hormone Profile w/ Estrone	<b>209E</b>	DHEA-S, estradiol, estriol, estrone, testosterone (AM), progesterone
3-Day Female Hormone Profile	<b>235</b>	Estradiol, progesterone and testosterone x 3; DHEA-S x 1
Male Hormone Profile	<b>237</b>	Cortisol, DHEA-S, Progesterone, Testosterone, DHT, Estrone, Androstenedione
<b><i>Single Hormones</i></b>		
Single Cortisol	<b>251</b>	Cortisol
Single Estradiol	<b>252</b>	Estradiol
Single Estriol	<b>253</b>	Estriol
Single Melatonin	<b>254</b>	Melatonin
Single Progesterone	<b>255</b>	Progesterone
Single Testosterone	<b>256</b>	Testosterone
Single Estrone	<b>258</b>	Estrone
Single DHT	<b>259</b>	DHT
Single Androstenedione	<b>260</b>	Androstenedione
<b><i>Hormones - Other</i></b>		
DHEA Monitoring	<b>206</b>	DHEA-S, estradiol, testosterone (AM)
DHEA-S Average	<b>211</b>	2 averaged DHEA-S
Melatonin Biorhythm Profile	<b>210</b>	4 melatonin
Expanded Circadian Rhythm Profile	<b>270</b>	Cortisol (8am, Noon, 4pm, 8pm, Midnight, 4am); DHEA- S (8am, 8pm, Midnight); Estradiol (8am); Testosterone (8am); Progesterone (8am)

## Hormones (saliva) cont'd

Functional Adrenal Stress Profiles with Secretory IgA x 4		
Functional Adrenal Stress Profile w/ sIgA x 4	<b>201-S</b>	4 cortisol, 2 averaged DHEA-S; Secretory IgA x 4; includes 1-Day Patient Diary
Functional Adrenal Stress Profile II w/ sIgA x 4	<b>202-S</b>	4 cortisol, 2 averaged DHEA-S, estradiol, testosterone (AM); Secretory IgA x 4; includes 1-Day Patient Diary
Functional Adrenal Stress Profile plus III w/ sIgA x 4	<b>203-S</b>	4 cortisol, 2 averaged DHEA-S, estradiol, testosterone (AM), melatonin (bedtime); Secretory IgA x 4; includes 1-Day Patient Diary
Functional Adrenal Cortisol Rhythm w/ sIgA x 4	<b>204-S</b>	4 cortisol; Secretory IgA x 4; includes 1-Day Patient Diary
Functional Adrenal Stress Profile plus V w/ sIgA x 4	<b>205-S</b>	4 cortisol, 2 averaged DHEA-S, estradiol, estriol, testosterone (AM), melatonin (bedtime), progesterone (bedtime); Secretory IgA x 4; includes 1-Day Patient Diary

## Metabolism – Digestion and Detoxification systems (urine)

Metabolism		
Metabolic Assessment Profile <b>COMPLETION IS A REQUIRED PART OF THE FDN COURSE</b>	<b>101</b>	Lipid peroxides, urinary bile acid sulfates (UBAS), indican
Indican	<b>107</b>	Indican
Urinary Bile Acid Sulfates (UBAS)	<b>108</b>	Urinary bile acid sulfates (UBAS)
Lipid Peroxides (LPO-CC)	<b>109</b>	Lipid peroxide

## Immunology (saliva)

<b>Mucosal Barrier</b>		
Mucosal Immunity Profile	<b>302</b>	Secretory IgA x 4; includes 1-Day Patient Diary
Mucosal Barrier Function Screen	<b>304</b>	Secretory IgA x 1; IgA and IgM to 4 groups: Dietary proteins (corn, cow's milk, egg, gliadin, and soy); Yeast ( <i>Candida albicans</i> ); Aerobic bacteria ( <i>E. coli</i> and <i>E. enterococcus</i> ); Anaerobic bacteria ( <i>Bacteroides fragilis</i> and <i>Clostridium perfringens</i> )
Secretory IgA	<b>310</b>	Secretory IgA
<b>Celiac Disease/Gluten Intolerance</b>		
Secretory IgA/Gliadin IgA (Saliva)	<b>234</b>	Secretory IgA/Gliadin IgA (Saliva)
Gliadin IgA (Saliva)	<b>236</b>	Gliadin IgA (Saliva)

**Bio-identical Hormones and Supplements available at wholesale pricing to MT Advisors with FDN Course Certificate:**



# FDN-L1 Certification Course

Reed Davis, CN, CMTA  
San Diego Natural Health & Fitness Center  
P.O. Box 500978  
San Diego, CA 92150

Phone 858-451-7774 Fax 858-451-7776 email [reed@sdnhfc.com](mailto:reed@sdnhfc.com)  
[www.FunctionalDiagnosticNutrition.com](http://www.FunctionalDiagnosticNutrition.com)

**Pay half price lab fees direct to lab – only \$142. A \$284 value!**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration date: \_\_\_\_\_ V-Code \_\_\_\_\_

Credit Card Name and Address if Different Than Above:  
\_\_\_\_\_

Course Fee – Circle one:            1 payment of \$849   or   2 payments of \$449

Course fee does not include lab fee. The total lab fee for the two lab kits is only \$142 paid directly to the lab when you submit saliva and urine kits, that's a \$248 value. (Remember, course includes completing two laboratory tests and receiving a personalized interpretation and protocol - clients pay over \$450 for this service alone!) \$449 of your fee is non-refundable once test kits have been shipped. If you must cancel attendance at the workshop, any credit will be applied to a future course by Reed Davis for up to 12 mo. from date of workshop and is not refundable. Sign up today!

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

## Distance Course Teleconference Schedule

**Session 1 of 10 – Starts Soon – Call for Dates**  
New session each Thursday at 2PM PST - repeated on Tuesdays at 10AM PST  
10 sessions total

**Your two client's test results and final exam reviewed by appointment**

**Fax your registration to 858-451-7776 or scan and email to [reed@sdnhfc.com](mailto:reed@sdnhfc.com)**