

## **Dietitians in Integrative and Functional Medicine**

### **IntegrativeRD.org**

### **DIFM DPG TOOLKIT**

#### *Disclaimer*

*The content of this toolkit has been compiled by members of the Dietitians in Integrative and Functional Medicine (DIFM) and the Academy of Nutrition and Dietetics. The content postings and additions listed are meant to provide a guide for members and do not necessarily reflect the positions or policies of the Dietitians in Integrative and Functional Medicine (DIFM) or the Academy of Nutrition and Dietetics*

#### **ACADEMIC PROGRAMS**

**The following programs offer degrees and/or special certificates in integrative and functional nutrition. Link to their websites for complete information.**

**Bastyr University:** <https://bastyr.edu/academics/search-programs>

Although the school started as a naturopathic medicine college, Bastyr University now offers more than 20 degree and certificate programs, with a focus on whole foods nutrition.

**Hawthorne University:** <https://hawthorn.edu/>

Hawthorn University offers degrees and certificates for every type of learner. Doctor of Science in Holistic Nutrition (DSC), Master of Science in Holistic Nutrition (MSHN) or Mater of Science in Health and Nutrition Education (MHNE)

**Maryland University Integrative Health:** <https://muih.edu/>

Maryland University of Integrative Health educates leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as individual academic courses for professional and personal development.

**Saybrook University:** <https://www.saybrook.edu/>

Saybrook offers both an online Masters and PhD in Integrative and Functional Nutrition and also has Mind Body Medicine Degree and certificate programs.

**Syracuse University:** <https://falk.syr.edu/nutrition-science-dietetics/academic-programs/integrative-and-functional-nutrition-cas/>

In addition to their undergraduate and graduate programs in Nutrition, Syracuse University's Falk College offers a Certificate of Advanced study in integrative and functional nutrition.

**Rutgers University:** <https://nutrition.rutgers.edu/>

Rutgers' interdisciplinary Department of Nutritional Sciences emphasizes both undergraduate and graduate education, including MS Nutritional Sciences and PhD Nutritional Sciences.

**University of Kansas:** <https://www.kumc.edu/school-of-health-professions/dietetics-and-nutrition/online-masters-program.html>

KU offers a Master of Science in Dietetics and Nutrition (and online) Doctor of Clinical Nutrition and PhD in Medical Nutrition Science along with a dietetics and integrative medicine graduate certificate program.

### **Integrative and Functional Nutrition Training Programs, RDN created!**

**Academy of Nutrition and Dietetics, Certificate of Training in Integrative and Functional Nutrition** [www.eatrightstore.org/products/cpe-opportunities/certificates-of-training](http://www.eatrightstore.org/products/cpe-opportunities/certificates-of-training) , an introduction to the principles and practice of integrative and functional nutrition

**Foundations in Nutrigenomics**, [www.3x4.ed](http://www.3x4.ed), online foundational nutrigenomics education program

**Integrative and Functional Nutrition Academy** [www.ifnacademy.com](http://www.ifnacademy.com), 100% online program leading to a Credential in integrative and functional nutrition, the Integrative and Functional Nutrition Certified Practitioner

**Mastering Gut Healing: Effectively Applying the 5R Protocol**, [www.healthtakesguts.com/mastering-gut-healing/](http://www.healthtakesguts.com/mastering-gut-healing/) , 10-week course in gut health with a focus on many common GI conditions

**Next Level Functional Nutrition**, [www.nextlevelfunctionalnutrition.com](http://www.nextlevelfunctionalnutrition.com) , online functional nutrition certificate of training and credentialing for health care professionals

**SIBO Academy**, [www.siboacademy.com](http://www.siboacademy.com), offers different courses on GI health and Small intestinal bacterial overgrowth (SIBO)

## **Journals:**

Alternative and Complementary Therapies

Alternative Therapies in Health and Medicine

BMC Complementary and Alternative Medicine

Integrative Medicine: A Clinician's Journal

Journal of Alternative and Complementary Medicine

Journal of Integrative Medicine

Natural Medicine Journal

## **Textbooks**

Integrative Rehabilitation Practice, The Foundations of a Whole-Person Care for Health Professionals. Erb M and Schmid AA., eds. Singing Dragon, 2021.

Krause & Mahan's Food & The Nutrition Care Process. Raymond J and Morrow K eds. 15<sup>th</sup> ed. Elsevier Inc. 2021.

Lord RS, Bralley JA, Laboratory evaluations for integrative and functional medicine. 2<sup>nd</sup> ed. Metamatrix Institute; 2008.

Noland D, Drisko JA, Wagner L. Integrative and Functional Medical Nutrition Therapy. Humana Press/Springer Nature. 2020

Walker A. Case Studies in Personalized Nutrition. Singing Dragon. 2020.

Pizzorno J, Murray M, Textbook of Natural Medicine. 5<sup>th</sup> ed. Churchill Livingstone; 2020.

Rakel D, Integrative Medicine. 4<sup>th</sup> ed. Elsevier; 2017.

The Institute for Functional Medicine, Textbook of Functional Medicine, Jones DS & Quinn S. eds. 2010

Vasquez A, Textbook of clinical nutrition and functional medicine, vol. 1: Essential knowledge for safe action and effective treatment (inflammation mastery & functional inflammology). 4<sup>th</sup> ed. International College of Human Nutrition and Functional Medicine; 2016.

### **Books Authored by DIFM RDNs:**

Anziani N. Nutrition Management of Thyroid Diseases

Babb M. Mastering Mindful Eating. Transform Your Relationship with Food. Sasquatch Books, 2020.  
Babb M. Anti-Inflammatory Eating Made Easy. Sasquatch Books, 2014.

DeBusk R and Jaffe Y. It's Not Just Your Genes! Your Diet, Your Lifestyle, Your Genes. BKDR Pub. 2006.

Elia D. The stem cell activation diet: Your complete nutritional guide to fight disease, support brain health, and slow the effects of aging (1st ed.). Ulysses Press; 2020.

Groves Azzaro M. A balanced approach to PCOS: 16 weeks of meal prep & recipes for women managing polycystic ovary syndrome paperback. Victory Belt Publishing; 2020.

Kay AB. Every Bite is Divine. The balanced approach to enjoying eating, feeling healthy and happy, and getting to a weight that's natural for you. Life Arts Press, 2007.

Knowles C. The nutritionist's kitchen: Transform your diet and discover the healing power of whole foods. Roost Books; 2020.

Leyse-Wallace R. Nutrition and Mental Health. CRC Press, 2013.

Merrell W & Augustine MB. The Detox Prescription. Rodale, 2013.

Mullin G & Swift KMS. The Inside Tract: Your Good Gut Guide to Great Digestive Health. Rodale, 2011.

Omar D. Super green smoothies: Veggie-based recipes to boost your health and well-being. Rockridge Press; 2020.

Purdy M. The microbiome diet reset: A practical guide to restore and protect a healthy microbiome. Rockridge Press; 2020.

Ruggles M. Optimize your immune system: create health and resilience with a kitchen pharmacy. Emerald Lake; 2020.

Swift KMS and Hooper J. The Swift Diet. Hudson Street Press, 2014

## **More Books!**

Bland J. The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer and Happier Life. Harper Wave, 2014.

Bredesen D. The end of Alzheimer's program: The first protocol to enhance cognition and reverse decline at any age. Avery; 2020.

Brown RP, Gerbarg PL, Muskin PR. How to Use Herbs, Nutrients & Yoga in Mental Health Care. WW Norton, 2009.

Fung J, The Cancer Code: A revolutionary new understanding of a medical mystery. Harperwave; 2020.

Gordon J. Transforming Trauma, the path to hope and healing. Harper On, 2021.

Lipski E. Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion. 5<sup>th</sup> Ed. McGraw Hill, 2020.

Longo V. The longevity diet: Discover the new science behind stem cell activation and regeneration to slow aging, fight disease, and optimize weight. Avery; 2018.

Nathan Neil. Toxic, Heal your body from mold toxicity, Lyme disease, multiple chemical sensitivities, and chronic environmental illness. Victory Belt Publishing, 2018.

Walker A (Ed.). Case Studies in Personalized Nutrition. Singing Dragon, 2020

## **Podcasts:**

### **Empowered Nutrition Podcast**

The mission of the Empowered Nutrition podcast is to help busy, fit women optimize their metabolic, digestive, and hormonal health. Registered dietitian and board-certified integrative and functional nutritionist Erin Skinner RDN IFNCP dishes on the most effective and accurate ways to leverage nutrition, exercise, and lifestyle habits to achieve optimal wellness (when time is limited).

### **Food Sleuth: Melinda Hemmelgarn MS, RD**

“Join Melinda Hemmelgarn, a registered dietitian and investigative nutritionist, for 28-minute, weekly interviews with national experts in food, health and agriculture. From physicians to film makers, writers, farmers, scientists and chefs, Food Sleuth Radio navigates our complicated food system. You’ll discover how farm and food policies impact our environment and public health and learn the secrets to eating well. Provocative, practical, and personal, Food Sleuth Radio helps us think beyond our plates to find “food truth.” Award-winning Food Sleuth Radio ranks among the top national “green food radio shows.” If you care about what you eat, tune in!”

### **Mary’s Nutrition Show**

Easy-to-digest info, tips, and advice about nutrition and a healthy lifestyle. Hosted by Mary Purdy, MS, RDN, Integrative Registered Dietitian. Eat well. Yummy life.

### **New Frontiers in Functional Medicine: Kara Fitzgerald ND, IFMCP**

“Join Dr. Kara Fitzgerald for New Frontiers in Functional Medicine. Each month, she interviews the best minds in Functional Medicine. Expect thought-provoking ideas, new research, lots of clinical pearls for practitioners and step-change information for consumers and patients.”

### **The Health Edge: John Bagnulo PhD, MD, MPH and Mark Pettus MD**

“The Health Edge is a podcast by Mark Pettus MD and John Bagnulo PhD, MPH, two clinician-educators passionate about health and lifestyle medicine. The Health Edge brings state of the art science and translates it as “news to use” for people who feel stuck in their health journeys. Looking for your Health Edge? Our podcast will help you gain traction in your life! Good health is good business. Good health is everyone's business.”

### **The Doctor's Farmacy: Mark Hyman MD**

"We are seeing an ever-increasing burden of chronic disease, primarily driven by our food and food system. This is perpetuated by agricultural, food and health care policies that don't support health. We need to rethink disease and reimagine a food system and a health care system that protects health, unburdens the economy from the weight of obesity and chronic disease, protects the environment, helps reverse climate change and creates a nation of healthy children and citizens. This podcast is a place for deep conversations about the critical issues of our time in the space of health, wellness, food and politics. New episodes are released every Wednesday morning. I hope you'll join me."

### **Broken Brain: Mark Hyman MD and Dhru Purohit**

"The Broken Brain podcast will help you take your brain health to the next level and teach you how to live your best life! Listen as host and serial entrepreneur Dhru Purohit interviews the top experts in the field of neuroplasticity, epigenetics, biohacking, mindfulness, and functional medicine."

### **Natural MD Radio: Aviva Romm, MD**

"Natural MD Radio is your place to hear the whole truth on health and natural medicine for women and children and get the tools you need to take back your health starting now. The focus of this show is women's health, fitness, beauty, natural living, and natural medicine for children. Dr. Romm dishes on everything from thyroid and hormone problems to the truth about antibiotics and vaccinations."

### **Microbiome Report: BIOHM Health**

"The microbiome. It dictates so much of how we move through the world – from how we digest our food to the mates we choose as we spin around the globe. On this show, we're investigating how the things we do every day impacts the bugs of our bodies."

### **Found My Fitness: Rhonda Patrick PhD**

"Rhonda Patrick is the one-stop-shop for the best translation of cutting-edge science. She is an intensely rigorous thinker and clear translator of science, a reliable source on all things related to healthy aging."

### **Body of Wonder: Andrew Weil MD and Victoria Maizes MD**

“Join Dr. Andrew Weil and Dr. Victoria Maizes for insightful conversations with thought-provoking doctors, specialists, authors, and researchers. In Body of Wonder we dive into ideas that are changing medicine, hear compelling stories, and explore age-old wisdom backed by modern science. We discuss the latest research and how it has a powerful effect in our lives.”

### **ONCancer Health**

The ONCancer Health podcast is dedicated to providing evidence-based, research-driven information and education for cancer prevention, treatment, and recovery. ONCancer Health is a resource for anyone who simply wants clear, credible information to support them in their health journey. To that goal, the ONCancer Health podcast leverages the best and brightest from the fields of integrative oncology, functional medicine, clinical nutrition, exercise physiology, health coaching, and lifestyle to provide a comprehensive, holistic approach to cancer care, education, and prevention.

### **Dietitian Rehab: Doug Cook RDN**

“Follow me, Doug Cook RDN, author, health nerd, and nutrition expert to learn from some of the amazing thought-leaders of our time about healthcare, diet, supplements, nutritional sciences and wellness. We’ll tease out the details and get to the truth.”

### **The Lab Report: Genova Diagnostics**

Genova Diagnostics' podcast, The Lab Report, is focused on functional & integrative medicine, specialty laboratory diagnostics, and natural therapeutics. The Lab Report podcast shares some of the interesting research, dialogue, and case analysis that we encounter in practice. It is aimed at providing educational content for functional & integrative practitioners of all experience levels.

### **The Holistic Psychiatrist**

The Holistic Psychiatrist podcast is the place for insights, information, and inspiration on holistic mental health. Discover critical information on safe, effective psychiatric medication withdrawal. Learn to apply easy energy medicine techniques that can help heal effortlessly from traumas, toxins, and infections. Understand which nutritional supplements and detoxification products are useful and why. Explore new ideas that enlighten and expand the mind from cutting-edge authors and experts. Hear from former patients as they share their miraculous healing journeys.



## Resources

**Living Plate Rx, [www.livingplaterx.com](http://www.livingplaterx.com)** Weekly meal plans created by Registered Dietitians to help you meet your health goals

**Probiotic Advisor:** [www.probioticadvisor.com](http://www.probioticadvisor.com)  
Clinical database of probiotic research and brand names

### **Practice Management and Telehealth Software:**

Healthie, [www.gethealthie.com](http://www.gethealthie.com)

Kalix, [www.kalixhealth.com](http://www.kalixhealth.com)

Practice Better, [www.practicebetter.com](http://www.practicebetter.com)

Simple Practice, [www.simplepractice.com](http://www.simplepractice.com)