The Dietitians in Integrative and Functional Medicine (DIFM) Standards of Practice (SOP) and Standards of Professional Performance (SOPP) were published in the June 2011 issue of the Journal of the American Dietetic Association. The SOP addresses personalized nutrition care and activities related to person-centered care. The SOPP are authoritative statements that describe a competent level of behavior in the professional role. To serve as a visual guide of core concepts in Integrative and Functional Medicine Nutrition Therapy (IFMNT), three advanced practitioners of IFMNT, Kathie Madonna Swift, MS, RD, LDN, Diana Noland, MPH, RD, and Elizabeth Redmond, PhD, MMSc, RD, LD created the IFMNT Radial, which was unveiled within the SOP/SOPP.

The IFMNT Radial was established as an integrated conceptual framework to assist the dietitian in practice. The circular architecture of the Radial allows for the evaluation of complex interactions and interrelationships among food choices and other key factors and determinants of health. The Nutrition Care Process of assessment, diagnosis, intervention, monitoring, and evaluation is at the core of the Radial. Food is a determining factor in health and disease and a source of biological information that influences, and is impacted by, five key areas: Lifestyle; Systems (signs and symptoms); Biomarkers; Metabolic Pathways/Networks; and Core Imbalances. Adjacent to these key areas and encompassing the Radial are precipitating factors that can affect the individual, which should be evaluated in the nutrition care process. These include: allergens and intolerances; negative thoughts and beliefs; environmental exposures; and pathogens.

Following is a brief description of each of the five key factors affecting health, as depicted by the IFMNT Radial. This information will be helpful in understanding the main components of the Radial, and the interplay between these elements.

**Lifestyle:** Health promoting lifestyle factors can significantly decrease total body burden, which can reduce the risk of chronic disease development and progression. “Food as medicine” and the twin partnership of nutritional science [or nutritional biology?] and the art of nourishment are cardinal tenets of the Radial’s lifestyle sphere. A whole-foods, plant-centered diet that embraces one’s unique biochemistry, culture and traditions provides the foundation for optimal health. Other lifestyle pillars of health include movement/
testing and diagnostics, along with integrative and functional laboratory testing, are vital tools of nutritional assessment.

Metabolic Pathways: Free flowing metabolic pathways are important for keeping metabolism moving forward in a constant and collaborative cycle of building and degradation. It is important to understand these individual pathways and networks, as well as the differences in how conventional medicine and integrative and functional medicine regard these pathways. Conventional medicine generally looks for true metabolic blocks, while a core feature of IFMNT is the evaluation of the function and flow of the pathways. An IFMNT practitioner looks for the many reasons and repercussions of impairments in metabolic pathways, and the ability to support impaired metabolic flow and the function of systems. Pathways are generally dependent on enzymes; enzymes have co-factors and common co-factors are vitamins and minerals.

Core Imbalances: Core clinical imbalances underlie various disease conditions. Those imbalances can arise from disease-promoting lifestyle factors that can include diet, physical activity, and stress. Additionally, a unique set of genetic and biochemical predispositions may trigger metabolic disruption. The fundamental physiological processes include communication, both inside and inside the cell; bioenergetics, or the transformation of food into energy; replication, repair, and maintenance of structural integrity, from a cellular level to that of the whole body; elimination of waste; protection and defense; and transport and circulation. Imbalances are the precursors to the signs and symptoms by which we detect and label (diagnose) organ system disease. Improving balance in the patient’s environmental inputs and the body’s fundamental physiological processes is vital to restoring health, and involves much more than simply treating symptoms. IFMNT uses the patient’s story and the information gained from each sphere of the Radial, including assessment of core clinical imbalances, to provide a comprehensive approach to improve both the patient’s environmental inputs and his or her physiological function.

The IFMNT Radial is a valuable clinical tool for 21st century health care. It is a dynamic compass that integrates both evidence-based and practice-based concepts. We hope you will embrace it and use it to transform the health of our nation.

Integrative Nutrition: Essential Tools for Practice
...Building Your Future Now

An increasing number of patients are seeking complementary and alternative therapies for health and healing and it is expected that the demand for integrative clinicians will grow significantly. This workshop will review a new framework for 21st century practice and demonstrate how the nutrition care process is utilized within an integrative and functional medicine model. The workshop speakers will include both didactic and experiential components in their lectures, including the key aspects of an integrative nutrition assessment and a nutrition-focused physical exam. The participant will expand their nutrition toolkit, gain practical knowledge, and develop their skills to maintain a competitive edge.

Saturday, September 24, 2011 8AM to 3:30PM
San Diego Marriott Marquis and Marina, Marriott Hall, Salon 3

Registration fee: $99 for DIFM members ($129 after 9/14/11) * $129 for Non DIFM members ($159 after 9/14/11)

*please indicate any dietary preferences: gluten free ___ dairy free ___ vegetarian ___

Name: 
Address: 
City/State/Zip code: 
Payment method: ____ Check ____ Credit Card
Name of Cardholder:
Credit Card #: Expiration Date:
Amount: Today's Date:
Cardholder's Signature: (Accounting 118-410-3160-3805)

Payments may be mailed to: American Dietetic Association P.O. Box 97215 Chicago, IL 60607
Credit card payments can also be faxed to ADA @ 312-899-5338 or Emailed to DPGAAccounting@eattight.org
For more information visit our website: www.integrativeRD.org or email us at info@integrativeRD.org

* Lunch is not guaranteed if registration is received after 9/14/11
Greetings!

Welcome to the Dietitians in Integrative and Functional Medicine Dietetic Practice Group (DIFM DPG)! The decision to join this innovative and forward thinking practice group has come at a wonderful time and we sincerely appreciate your membership. Who we are can best be summarized by our mission and vision:

**Vision:** Optimize health and healing through integrative medical nutrition practices.

**Mission:** Empower members to be leaders in evidence-based practice including personalized genomics, holistic healthcare, and functional nutrition therapies.

The goal of your Executive Committee is to continue the advancement of the dietetics profession as a trusted source in integrative and functional medicine. To this end, we will work diligently to provide you with a comprehensive portfolio of nutrition tools that have the potential to enhance and transform your practice and ultimately the health of your clients and our nation.

Some of the many DIFM member benefits you will receive include:

- **Newsletter:** This favorite DIFM member benefit features articles and news by you, our members, as well as CPE articles. The newsletter is delivered right to your email inbox, and annually in the fall a printed copy is mailed. The newsletter archives are also available on our website.

- **DIFM Website:** The hub for all things DIFM can be found at [www.IntegrativeRD.org](http://www.IntegrativeRD.org), featuring updates on timely topics including nutritional genomics, dietary supplements, and upcoming learning opportunities.

- **Natural Medicines Comprehensive Database:** Unlimited access to a premier evidence-based, peer-reviewed database on natural products and dietary supplements, complete with an introductory webinar for maximizing user experience.

- **Find A DIFM:** A continuously-updated database of DIFM RDs for patients and practitioners interested in finding a DIFM dietitian. [See instructions below]

- **Networks:** Exceptional educational opportunities exclusively for DIFM members, including webinars, discounts to “Food As Medicine” and other in-demand conferences, and other great resources offered in relationship with The Center for Mind Body Medicine (CMBM), Institute for Functional Medicine (IFM), American Botanical Council and Omega 3 Learning Consortium, just to name a few.

- **Annual Events Timed to the American Dietetic Association (ADA) Food & Nutrition Conference & Expo (FNCE) and Beyond:** Join us in San Diego, September 2011! See date announcements below.

- **DIFM Eblasts:** DIFM News Straight to Your Inbox! Receive important information and updates via DIFM Eblasts. We will not overwhelm your inbox, but do take note of all DIFM Eblasts so you won’t miss out on important and timely news. This is how we keep you in-the-know on upcoming webinars, discounts to seminars and more. Be sure to keep your email address up-to-date in your ADA profile.

- **DIFM Electronic Mailing List (EML):** This member discussion forum is your opportunity to network, learn from and share with your DIFM colleagues. [Please see below for instructions on how to join the EML]

- **Awards and Stipends:** Financial awards offered annually to interested and qualified members, including student members: The Excellence in Practice Award, Excellence in Service Award, and stipends to attend integrative nutrition events. For more information, please visit [www.IntegrativeRD.org](http://www.IntegrativeRD.org)

- **Member Directory:** Your connection to other DIFM members listed by state.

- **Webinars:** Free webinars exclusively for DIFM members, many offering CEU credits on timely topics relevant to integrative and functional medicine.

New Member Webinar: To ensure you get the most from your DIFM membership, you will receive an invitation to participate in a webinar to discuss in detail how to maximize benefits provided to you as members. Announcements are made by Eblast.

- **Volunteer for DIFM:** Many opportunities exist, including elected positions and appointed positions, or utilizing your special skill to help out with a short-term project. We welcome your interest, ideas and involvement! For more information on how to get involved, please email us at info@IntegrativeRD.org.

- **DIFM Specialty Board Certification Credentialing Task Force:** A committee has been formed that is working diligently toward a Board Certification for RDs in Integrative and Functional Medicine. Stay tuned for further updates and announcements.

We encourage you to get involved in the leadership and fellowship of the DPG - making a difference and helping to steer the course of Dietitians in Integrative and Functional Medicine. Again, your friends and colleagues welcome you.

Healthy regards,
Kathy
Kathy Moore, RD, CCN
Chair, DIFM DPG 2011-2012
Your DIFM Member Benefits at a Glance
A reference guide to YOUR DPG

“HELP and HOW TOs” for navigating the website
To gain access to the Member Benefit section of our website, register for membership on the DIFM EML/Yahoo Listserv, access the Natural Medicines Comprehensive Database, or add your listing to the “Find a DIFM” database, please follow the steps below:

• To log in and create your unique DIFM password:
Go to www.IntegrativeRD.org and click on “Register now” link in the “No password” box on the right side of the homepage. Input your 8-digit ADA member number and your last name (with first letter capitalized). The next screen should state that your membership is confirmed, and you may click on the “set up your password” link. After you have created your password, you may then log in using your 8-digit ADA member number and your unique password to gain access to the members’ section of the website.

Please note: passwords are case sensitive. And, if you forget your password, you may retrieve it by clicking on the “Register now” link and following the steps above.

• To sign up for the DIFM EML:
Click on the hyperlink below to join the DIFM EML, an online discussion group for DIFM Members, http://health.groups.yahoo.com/group/DIFM_Listserv/ and follow the steps below. **Important! Please remember to include your full name and ADA Member Number in the message box when you request the EML membership**

After you click the link above, the DIFM group page will appear where you will then click on “Join This Group” located above our logo. Next, sign in with your Yahoo! ID or email. If you do not have a Yahoo! ID or email, please create a new account and then JOIN. Your membership request will then be sent to the group moderator for approval **before joining the discussion forum, please read the Online Discussions Netiquette and Terms of Use.**

The instructions to join are also listed on the DIFM website, www.IntegrativeRD.org.

Click the tab labeled “DIFM EML” located under the “Member Services” tab and follow the instructions.

• To log into the Natural Medicines Comprehensive Database:
First, log into the DIFM website, www.IntegrativeRD.org with your ADA member # and your unique DIFM password that you have created. Next, click on the “Database-Natural Medicines” tab found on the left side of the homepage. Lastly, click on the “Natural Medicines Comprehensive Database” logo to go directly to their database.

• To add your information to the Find A DIFM section:
First, log into the DIFM website, www.IntegrativeRD.org with your ADA member # and your unique DIFM password that you have created. Under the “Member Services” tab, click on “Find a DIFM” and then the link at the bottom of the page “Add Me to the Database.”

Questions? Problems? Contact us at info@IntegrativeRD.org or 1-800-279-6880

NOTE: This information is provided as an insert to allow members to retain for future reference.

DPF Leaders 2010-2011

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Summer Supplement Insert
www.integrativeRD.org
Sarah Harding Laidlaw, MS RD MPA
1045 Raptor Circle
Mesquite, NV 89027

Generous sponsor of DIFM Spring Leadership Retreat to Gaia Herb Farm in Brevard, NC

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The views expressed in this newsletter are those of the authors and do not necessarily reflect the policies and/or official positions of the American Dietetic Association.

We invite you to submit articles, news and comments. Contact us for author guidelines.

Send change-of-address notification to the American Dietetic Association, 120 South Riverside Plaza, Ste. 2000, Chicago, IL 60606-6995.

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- Student members: $15/year

For international orders for individuals ineligible for ADA membership, please add $5 shipping and handling for the printed issue available in the fall. Make checks payable to DIFM DPG#18 and mail to DIFM DPG Dietitians in Integrative and Functional Medicine, PO Box 3624, Pittsfield, MA 01202. ISSN 1524-5209

Those of you who would like to contribute an article or have topics that you would like to see in future issues, please feel free to drop me an email or give me a call – peaknut@cascadeaccess.com or 702-346-7968 – or contact any one of the capable DIFM leaders listed on the supplement insert intended for your use as reference for leaders and member benefits 2011-2012.