Q: I’m interested in educational opportunities for integrative and functional nutrition. Where can I find these?

A: There are many ways to acquire more education around integrative and functional nutrition whether it is an accredited graduate program or a helpful journal. We have included some resources below. Please note that there is an extensive integrative community with many opportunities for learning, but we have included just a few to at least get you started.

**ACADEMIC PROGRAMS/DEGREES**
(Non-profit and accredited by one of the six regional accrediting agencies recognized by the United States Department of Education)

1. **Bastyr University**

   **Description:** encompasses a “whole food” approach – a study of food in its entirety, its individual components and how it affects the human body. The faculty in the Department of Nutrition and Exercise Science at Bastyr prepares students to meet the nutritional needs and challenges of individuals and equips graduates with the tools to make an impact on societal and global scales  
   **Degrees:** BS in Nutrition, Nutrition & Culinary Arts, Nutrition & Exercise Science, Nutrition / Didactic Program in Dietetics, Herbal Sciences  
   MS in Nutrition (Research Track), Nutrition / Didactic Program in Dietetics, Nutrition & Clinical Health Psychology  
   **Non-Degree Programs:**  
   Dietetic Internship  
   **Website:** [http://www.bastyr.edu](http://www.bastyr.edu)

2. **University of Kansas School of Medicine, Departments of Integrative Medicine and Family Medicine**

   **Description:** for candidates having completed a BS including pre-requisites for an Academy of Nutrition and Dietetics approved dietetic internship. The goal is to create a nutrition professional knowledgeable in integrative and functional nutrition care to function as a skilled practitioner and member of multidisciplinary and integrative patient care teams. (To begin Academic Year 2012-2013)  
   **Degree:** MS in Dietetics & Nutrition with Integrative Nutrition emphasis  
   **Non-degree:** Dietetic Internship, Integrative Nutrition track  
   **Websites:** [http://integrativemed.kumc.edu](http://integrativemed.kumc.edu) and [http://dietetics.kumc.edu/Integrative Medicine](http://dietetics.kumc.edu/Integrative Medicine)
## ADDITIONAL TRAINING PROGRAMS

1. **Rutgers MSHS Integrative Health and Wellness degree** (30 credits for licensed health professionals)

2. **Rutgers Graduate Certificate in CAM** (18 credits for licensed health professionals)

3. **Rutgers Graduate Certificate in Health Coaching** (18 credits for licensed health professionals)

4. **Rutgers Graduate Certificate in Integrative Medicine Research** (18 credits for licensed health professionals)

5. **Arizona Center for Integrative Medicine- Nonprofit educational organization and DIFM Network Partner**
   
   iHELP Program (6 months, 120 hours, culminating in 3 day retreat, for license health professionals)
   
   **Note:** DIFM Network with member discounts (see Member Only Section of www.integrativeRD.org for current discounts)
   
   **Description:** Integrative and nutritional medicine online training

   **Director:** Andrew Weil, MD

   **Website:** [http://integrativemedicine.arizona.edu/education/online_courses.html](http://integrativemedicine.arizona.edu/education/online_courses.html)

6. **Institute for Functional Medicine- nonprofit educational organization and DIFM Network Partner**
   
   **Note:** DIFM Network with member discounts (see Member Only Section of www.integrativeRD.org for current discounts)

   Functional Nutrition Course (FNC):

   **Description:** In response to the epidemic of lifestyle-related chronic illnesses – now classified as lifestyle syndromes – The Institute for Functional Medicine developed the Functional Nutrition Course (FNC) to provide nutrition assessment and clinical management skills for primary care and nutrition professionals

   **Website:** [www.FunctionalMedicine.org](http://www.functionalmedicine.org) or [http://www.functionalmedicine.org/listing.aspx](http://www.functionalmedicine.org/listing.aspx)

7. **Scripps Health - A Leader in the Prevention, Diagnosis and Treatment of Disease**, Scripps Health is a $2.5 billion private, nonprofit, integrated health system in San Diego, California that is ranked among the top 15 health systems in the nation and treats a half-million patients annually. [http://www.scripps.org/](http://www.scripps.org/)

BOOKS AND TEXTBOOKS

Functional Medicine


Natural Medicine


Nutrition from a Natural Medicine Perspective


JOURNALS

CONFERENCES

   The IHS is a well-established conference focusing on the current and ever-changing issues of integrative medicine and offers dieticians the opportunity to stay current on the scientific research while networking with like-minded health professionals.

2. **Food As Medicine – The Center for Mind-Body Medicine Annual Conference**
   ([http://cmbm.org/professional-trainings/food-as-medicine/](http://cmbm.org/professional-trainings/food-as-medicine/)) - Food as Medicine’s remarkable faculty includes the country’s leading lifestyle medicine clinicians and researchers as well as some of our most gifted holistic nutritionists, mind-body practitioners, patient advocates, and chefs. Participants will leave grounded in the fundamentals of sound nutrition, knowledgeable about cutting-edge research, and prepared to confidently and compassionately guide their patients toward practical life-giving healthy nutrition. Whole food is served, too!

3. **2013 International Conference on Human Nutrition and Functional Medicine**
   ([http://www.intjhumnutrfunctmed.org/](http://www.intjhumnutrfunctmed.org/)) - Topics include the history of functional medicine, functional inflammology, integrative pharmacology, mind-body medicine and nutrition for the brain, mitochondrial nutrition, obesity, diabetes, cancer, and optimal daily diet and lifestyle.

4. **Institute for Functional Medicine** has conferences and training programs throughout the year. [www.IFM.org](http://www.IFM.org)

5. **Dr. Weil’s Nutrition and Health Conference** ([http://nutritionandhealthconf.org/](http://nutritionandhealthconf.org/)) - A yearly gathering of researchers, clinicians, educators, and chefs from all over the world. It is presented by the Arizona Center for Integrative Medicine and often held at the University of Arizona’s College of Medicine, this conference focuses on the link between nutrition and health.

For a more comprehensive list, visit the Integrative Medicine Clinician’s Journal’s annually updated list of integrative medicine conferences.
WEBSITES


2. **Center for Science in the Public Interest: [www.cspinet.org](http://www.cspinet.org)**: Independent, non-profit consumer health group. Unbiased and cutting edge nutrition and food product information


4. **PubMed: [www.pubmed.gov](http://www.pubmed.gov)**: For those who want their research straight from the source. Abstracts available on all published and peer-reviewed research.


6. **Dr. Andrew Weil: [www.drweil.com](http://www.drweil.com)**: Website of Dr. Andrew Weil. Includes comprehensive medical, nutrition and supplement information with a large searchable database.


LIST SERVS® & ONLINE GROUPS OF INTEGRATIVE PRACTITIONERS

1. **IFMNTmentorgroups@gmail.com**  Susan Allen, RD, CCN, Virtual Mentoring Groups: Integrative and Functional Medical Nutrition Therapy. Beginning/Advanced Spring Sessions Start May 21st *IFMNT Case Studies Practice Groups; One-on-one Professional Coaching.

2. **http://www.innovativehealing.com/**  Liz Lipski, PhD, CCN, CDN, CHN, offers small group mentoring courses for new practitioners and Advanced Nutrition forms for experienced practitioners

3. **http://groups.yahoo.com/neo/groups/Nutrition_Reports/info**  This forum is for the dissemination of nutrition and health-related research and news for use by health professionals. It is a private and unlisted group. Membership is by invitation only
Do you have an online resource that has been helpful to you? Please let us know! Write to DIFM Communications Chair, Mary Purdy @ Mary@NourishingBalance.com