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 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 Dietetics and Nutrition**

   **Description:**
   - **Non-degree Online Graduate Dietetics and Integrative Medicine (DIM) 12 hour Certificate:** Four Online graduate classes of 3 CE/semester over one year: Introduction to DIM, Inflammation and Immune Regulation, Dietary and Herbal Supplements, Nutrigenomics and Nutrigenetics in Health and Disease. Prereq: B.S.; Prereq or concurrent: genetics; or by approval of instructor.

   **DIFM members:** in-state tuition rates.

   **Degree:** Dietetic Internship Fellowship and MS in Dietetics & Nutrition with Integrative Nutrition emphasis: For candidates having completed a BS including pre-requisites for an Academy of Nutrition and Dietetics approved dietetic internship. The goal is to
provide intensive experience in the integrative medicine clinic and 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.  
**Websites:**  [http://integrativemed.kumc.edu](http://integrativemed.kumc.edu) and [http://dietetics.kumc.edu/Integrative Medicine](http://dietetics.kumc.edu/Integrative Medicine)

**KUMC Contact:**
Rachel Barkley, MS RD LD, Dietetic InternshipDirector  rbarkley@kumc.edu

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**ADDITIONAL CERTIFICATE AND TRAINING PROGRAMS**

1. **Rutgers MS in Health Science Integrative Health and Wellness**  
   30 credits for licensed health professionals  
   **Website:** [http://shrp.rutgers.edu/dept/primary_care/ICAM/masters.html](http://shrp.rutgers.edu/dept/primary_care/ICAM/masters.html)

2. **Rutgers Graduate Certificate in Complementary and Alternative Medicine (CAM)**  
   18 credits for licensed health professionals  
   **Website:** [http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html](http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html)

3. **Rutgers Graduate Certificate in Health Coaching**  
   18 credits for licensed health professionals  
   **Website:** [http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html](http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html)

4. **Rutgers Graduate Certificate in Integrative Medicine Research**  
   18 credits for licensed health professionals  
   **Website:** [http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html](http://shrp.rutgers.edu/dept/primary_care/ICAM/education/certificate.html)

5. **HELP Program, Arizona Center for Integrative Medicine**  
   *Nonprofit educational organization and DIFM Network Partner*  
   **Description:** 6 months, 120 hours Integrative and nutritional medicine online training for license health professionals, culminating in 3 day retreat  
   **Director:** Andrew Weil, MD  
   **Website:** [http://integrativemedicine.arizona.edu/education/online_courses.html](http://integrativemedicine.arizona.edu/education/online_courses.html)  
   **Note:** DIFM Network with member discounts (see Member Only Section of www.integrativeRD.org for current discounts)

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

7. Institute for Functional Medicine Certification Program (IFMCP)
   *Nonprofit educational organization and DIFM Network Partner*
   **Description:** The overall goal of The Institute for Functional Medicine's Certification Program (IFMCP) is to deepen and broaden the expertise and knowledge base of clinicians in the principles and practice of functional medicine. The certification includes the completion of Applying Functional Medicine in Clinical Practice® (AFMCP) course and six Functional Medicine Advanced Practice Module® (APMs) and written exams for each. Only licensed healthcare practitioners having graduated from accredited programs are eligible for this program.
   Note: DIFM Network with member discounts (see Member Only Section of www.integrativeRD.org for current discounts)

   **Description:** Two-day annual conference focuses on evidenced based science and treatment protocols combining clinical nutrition and dietary changes with conventional medicine.
   **Website:** [http://cim.med.miami.edu/education/clinical-nutrition](http://cim.med.miami.edu/education/clinical-nutrition)

**BOOKS AND TEXTBOOKS**

**Functional Medicine**


**Natural Medicine**

**Nutrition from a Natural Medicine Perspective**


**Popular Books with Nutrition-Related Clinical Pearls**

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

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

3. *The Detox Prescription*, Woodson Merrel, MD and Mary Beth Augustine, MS, RDN and Hillari Dowdle. 2013


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


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

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

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


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

JOURNALS

1. Alternative Medicine Reviews
   Note: This journal has temporarily suspended publication due to funding issues, but archived articles are available online.
   http://altmedrev.com/

2. Alternative Therapies in Health and Medicine
   http://www.alternative-therapies.com/

3. BMC Complementary & Alternative Medicine
   http://www.biomedcentral.com/bmccomplementalternmed

4. Integrative Medicine: A Clinician’s Journal
   http://www.imjournal.com/

5. Journal of Alternative and Complementary Medicine
   http://www.liebertpub.com/acm

6. Journal of Alternative and Complementary Therapies
   http://www.liebertpub.com/act

7. Townsend Letter, The Examiner of Alternative Medicine
   http://www.townsendletter.com/

CONFERENCES

1. Integrative Healthcare Symposium (IHS)
IHS is a well-established conference focusing on the current and ever-changing issues of integrative medicine and offers dietitians the opportunity to stay current on the scientific research while networking with like-minded health professionals. 
http://www.ihsymposium.com/annual-conference/

2. **Food As Medicine**  
   *Center for Mind-Body Medicine*  
   Food as Medicine’s 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!  
   http://cmbm.org/professional-trainings/food-as-medicine/

3. **Institute for Functional Medicine Annual International Conference**  
   IFM’s annual conference is a three-day conference covering a specific area within functional medicine taught by top functional medicine practitioners. Topics have included Functional Perspectives on Food and Nutrition (2014), Illuminating the Energy Spectrum (2013), and Cardiovascular and Metabolic Dysfunction (2012).  
   http://www.functionalmedicine.org/

4. **Nutrition & Health: State of the Science and Clinical Applications**  
   *Arizona Center for Integrative Medicine at the University of Arizona College of Medicine*  
   This annual conference assembles internationally-recognized researchers, clinicians, educators, and chefs, all of whose work focuses on the interface between nutrition and healthful living.  
   http://nutritionandhealthconf.org/

5. **Annual Science and Clinical Application of Integrative Holistic Medicine**  
   *Scripps Center for Integrative Medicine and the American Board of Integrative Holistic Medicine*  
   Annual conference includes a current review of the art and science of integrative holistic medicine as well as an opportunity for personal renewal and meaningful connection with other participants.  

6. **International Conference on Human Nutrition and Functional Medicine**
International College of Human Nutrition and Functional Medicine
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.
http://www.intjhumnutrfunctmed.org/

For more conferences, visit the Integrative Medicine Clinician’s Journal annually updated list of integrative medicine conferences.
http://www.imjournal.com/index.cfm/fuseaction/Content.Main/id/47

WEBSITES

1. Dietitians in Integrative and Functional Medicine: www.IntegrativeRD.org
   The official website of the Dietetic Practice Group, Dietitians in Integrative and Functional Medicine (DIFM).

2. Natural Medicines Comprehensive Database: http://naturaldatabase.therapeuticresearch.com
   A database and online resource offering information about natural supplements and the scientific evidence on safety and effectiveness. The site includes monographs and information about potential interactions with foods, drugs other herbs, etc. Access to this site is free with DIFM membership.

3. Center for Science in the Public Interest: www.cspinet.org
   Independent, non-profit consumer health group providing nutrition and food product information.

   A website offering video interviews and blog articles by top functional and holistic practitioners. The site features a monthly main topic, and also includes information about 12 key health conditions.

5. World’s Healthiest Foods: www.whfoods.com
   A database on food recommendations for disease states, recipes, and research-based information on specific whole foods.

   Database of published research, for those who want their research straight from the source. Abstracts available on all published and peer-reviewed research.

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

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

9. National Center for Natural and Complementary Alternative Medicine (NCCAM)
National Institutes of Health, US Dept. of Health & Human Services offers overview of Complementary Medicine

*Do you have an online resource that has been helpful to you? Please let us know! Write to DIFM Communications Chair, Mary Purdy at [Mary@NourishingBalance.com](mailto:Mary@NourishingBalance.com)*