

# DIGITAL RESOURCES FOR FUNCTIONAL NUTRITION PROFESSIONALS

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*DIFM is your link to evidence-based resources in integrative, holistic, and functional medicine. This Functional Nutrition resource guide provides a way for you to explore educational opportunities in integrative and functional nutrition, including accredited degree programs, online certificates and training, scientific research, peer-reviewed journals, websites and other information regarding the use of integrative, functional, complementary, and alternative therapies. All blue text are links!*

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## Academic Programs & Degrees

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*Non-profit and accredited by one of the six regional accrediting agencies recognized by the United States Department of Education.*

### **Bastyr University**

Encompasses an integrative “whole food” approach – a study of food in its entirety, its individual components, and how it affects the human body. Degrees offered: 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 / Dietetic Internship

### **University of Kansas School of Medicine**

**Online Graduate Dietetics and Integrative Medicine (DIM) 12 hour Certificate:** Four Online graduate classes: Introduction to DIM, Inflammation and Immune Regulation, Dietary and Herbal Supplements, Nutrigenomics and Nutrigenetics in Health and Disease. *KUMC Online Class tuition offers in state tuition rates.*

**Dietetic Internship Fellowship and MS in Dietetics with Integrative Nutrition emphasis:** Candidates must have 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.

## Certificate & Training Programs

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### **Rutgers MS in Health Science Integrative Health and Wellness**

30 credits for licensed health professionals

### **Rutgers Graduate Certificate in Complementary and Alternative Medicine (CAM)**

18 credits for licensed health professionals

### **Rutgers Graduate Certificate in Health Coaching**

18 credits for licensed health professionals

### **Rutgers Graduate Certificate in Integrative Medicine Research**

18 credits for licensed health professionals

**The Integrative and Functional Nutrition Academy™** is a 100% online training program in functional nutrition. Co-founded by two DIFM DPG members, this comprehensive curriculum offers 33 fully loaded modules and toolkits with 233 CPEUs approved by the Commission on Dietetic Registration.

### [iHELP Program, Arizona Center for Integrative Medicine](#)

*Nonprofit educational organization and DIFM Network Partner*

Training includes 120 hours of integrative and nutritional medicine online training for license health professionals, culminating in a 3 day retreat. *Note: DIFM Network with member discounts*

### [Functional Nutrition Course \(FNC\), Institute for Functional Medicine](#)

*Nonprofit educational organization and DIFM Network Partner*

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. *Note: DIFM Network with member discounts*

### [Institute for Functional Medicine Certification Program \(IFMCP\)](#)

*Nonprofit educational organization and DIFM Network Partner*

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.

### [University of Miami Integrative and Complementary Academic Medicine Programs](#)

Two-day annual conference focuses on evidenced based science and treatment protocols combining clinical nutrition and dietary changes with conventional medicine.

## ***Books & Textbooks***

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### **Functional Medicine**

*21<sup>st</sup> Century Medicine: A New Model for Medical Education and Practice*. David Jones, MD, Laurie Hofmann, MPH, Sheila Quinn. Free E-Book available through the Institute for Functional Medicine

*Textbook of Functional Medicine, 2010*. Published by the Institute for Functional Medicine.

*Clinical Nutrition, A Functional Approach Textbook*. Second Edition. Published by the Institute of Functional Medicine. 2004.

## **Natural Medicine**

*Textbook of Natural Medicine* 4<sup>th</sup> Edition by Joseph Pizzorno, ND and Michael Murray, ND. 2012

*The Encyclopedia of Natural Medicine*, Third Edition. Michael T. Murray and Joseph Pizzorno. 2012.

## **Nutrition from a Natural Medicine Perspective**

*Krause's Food and the Nutrition Care Process, 13<sup>th</sup> Ed.* By L Kathy Mahan, MS, RD, CDE; Janice Raymond, MS, RD, CD; and Sylvia Escott-Stump, MA, RD, LDN. 2011

*Nutritional Medicine*, Alan R. Gaby, MD. 2011

*Advancing Medicine with Food and Nutrients, Second Edition.* By Ingrid Kohlstadt. 2012

## **Popular Books with Integrative Nutrition Clinical References**

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

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

*Digestive Wellness*, 4<sup>th</sup> Edition, Elizabeth Lipski, PhD, CCN, CHN. 2011

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

*Healing with Whole Foods: Asian Traditions and Modern Nutrition*, 3<sup>rd</sup> Edition, Paul Pitchford. 2002

*In Defense of Food: An Eater's Manifesto*, Michael Pollan. 2009

*The Inside Tract: Your Good Gut Guide to Great Digestive Health*, Gerard E. Mullin, MD and Kathie Madonna Swift, MS, RD, LDN. 2011

*The Longevity Kitchen*, Rebecca Katz and Mat Edelson. 2013

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

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

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

*The Web That Has No Weaver: Understanding Chinese Medicine*, Ted Kaptchuck, OMD. 2000

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

*The Disease Delusion* by Jeff Bland

*Gut Balance Revolution* by Gerard Mullin

*The Wahl's Protocol* by Terry Wahls M.D. and Eve Adamson

*The Elimination Diet* by Tom Maltere

*Complete Handbook of Quantum Healing, The: An A-Z Self-Healing Guide for Over 100 Common Ailments* by Deanna Minich

## Conferences

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### [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.

### [Food As Medicine](#)

The Center for Mind-Body Medicine's Food as Medicine 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!

### [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, Illuminating the Energy Spectrum, and Cardiovascular and Metabolic Dysfunction.

### [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.

### [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.

### [International Conference on Human Nutrition and Functional Medicine](#)

*International College of Human Nutrition and Functional Medicine*

Topics include the history of functional medicine, functional inflammomology, integrative pharmacology, mind-body medicine and nutrition for the brain, mitochondrial nutrition, obesity, diabetes, cancer, and optimal daily diet and lifestyle.

### [Personalized Lifestyle Medicine Institute](#)

The Personalized Lifestyle Medicine Institute has created an educational portal where you can view and learn from the extraordinary speakers at our annual Thought Leaders Consortium

For more conferences, visit the *Integrative Medicine Clinician's Journal* annually updated list of integrative medicine conferences.

## Websites

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### [Dietitians in Integrative and Functional Medicine](#)

The official website of the Dietetic Practice Group, Dietitians in Integrative and Functional Medicine (DIFM).

### [Center for Science in the Public Interest](#)

Independent, non-profit consumer health group providing nutrition and food product information.

### [World's Healthiest Foods](#)

A database on food recommendations for disease states, recipes, and research-based information on specific whole foods.

### [Environmental Working Group](#)

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

### [Dr. Andrew Weil](#)

Includes comprehensive medical, nutrition, and supplement information with a large searchable database.

### [Linus Pauling Micronutrient Research Center](#)

Researchers at the Linus Pauling Institute investigate the role that vitamins and essential minerals (micronutrients) and chemicals from plants (phytochemicals) play in human aging, immune function, and chronic diseases, especially heart disease, cancer, and neurodegenerative diseases.

### [National Center for Complementary and Integrative Health](#)

NCCIH conduct and support research and provide information about complementary health products and practices.

## Resources for Natural Products

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[Natural Medicines Database](#) is a database and online resource for natural supplements and the scientific evidence on safety and effectiveness. There are over 1,000 active ingredient monographs broken down into 15 sections and include “Effectiveness Ratings” and “Safety Ratings” for each one. The database also includes all potential interactions with regular prescription medications, other supplements, lab tests, foods, etc. *Free access with DIFM Membership.*

[Napralert](#) is a database of all natural products, including ethnomedical information, pharmacological/biochemical information of extracts of organisms in vitro, in situ, in vivo, in humans (case reports, non-clinical trials) and clinical studies. The cost to retrieve a list of citations and a summary of the relevant ethnomedical, pharmacological, and/or phytochemical information is based on the number of citations that are retrieved.

### [Office of Dietary Supplements](#)

The Office of Dietary Supplements (ODS) fact sheets give a current overview of individual vitamins, minerals and other dietary supplements. ODS has fact sheets in two versions—Health Professional and Consumer. Both versions provide the same types of information but vary in the level of detail.

### [The Natural Products Association](#)

The first and only natural certification in the U.S., more than 1,100 products and ingredients have been certified under the [NPA Natural Seal](#).

### [Consumer Lab](#)

[ConsumerLab.com](#) provides independent test results, reviews, ratings and comparisons of vitamins, supplements, herb and nutrition products to consumers.

## Resources for Drugs & Supplements

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[AND Position Statement on Fortification and Nutritional Supplements](#). The full position paper appears in the December 2009 Journal of the American Dietetic Association.

[Expert Report on Functional Foods: Opportunities and Challenges](#). The Institute of Food Technologists commissioned an expert panel to review available scientific literature related to functional food development. The report suggests the industry is not keeping up with science.



**MedLine Plus** has extensive information from the National Institutes of Health and other trusted sources on over 950 diseases and conditions. There are directories, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials. The site features information about prescription and over-the-counter medication from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland.

## *Journals of Interest*

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*As a DIFM member, you get FREE digital subscriptions to the following three integrative health journals (a \$193 value).*

- *IMCJ Integrative Medicine: A Clinician's Journal*
- *ATHM Alternative Therapies in Health and Medicine*
- *Advances in Mind-Body Medicine*

*Many of these journals provide a gateway to whole foods, dietary supplements, environmental nutrition and holistic, integrative and functional medicine resources. DIFM does not have editorial or other control over the journal content and does not endorse any particular product or service. The views expressed are those of the authors and do not necessarily reflect the policies and/or official positions of the Academy of Nutrition and Dietetics.*

Advances in Mind/Body Medicine  
 Alternative and Complementary Therapies  
 Alternative Medicine Review (final publishing date of 2012)  
 Alternative Therapies in Health and Medicine  
 BMC Complementary and Alternative Medicine  
 Canadian Interdisciplinary Network for CAM Research  
 Chinese Journal of Integrative Medicine  
 Complementary Therapies in Clinical Practice  
 Complementary Therapies in Medicine  
 European Journal of Integrative Medicine  
 Evidence based Complementary and Alternative medicine eCAM  
 FACT – Focus on Alternative and Complementary Therapies  
 Functional Medicine Journal  
 Functional Medicine Update – FMU Synthesis (audio journal by Dr. Jeffrey Bland)  
 Global Advances in Health and Medicine  
 Journal of Alternative Medicine Research

[Journal of Complementary and Integrative Medicine](#)  
[Journal of Complementary Medicine Online](#)  
[Journal of Human Genetics](#)  
[Integrative Cancer Therapies](#)  
[Integrative Medicine Insights](#)  
[Integrative Medicine: A Clinician's Journal](#)  
[Journal of Alternative and Complementary Medicine](#)  
[Journal of Medicinal Food](#)  
[Topics on Integrative Health Care](#)  
[Townsend Letter – The Examiner of Alternative Medicine](#)  
[American Journal of Clinical Nutrition](#)  
[Cancer Epidemiology Biomarkers and Prevention](#)  
[European Journal of Clinical Nutrition](#)  
[Explore: The Journal of Science and Healing](#)  
[International Journal of Gastroenterology and Hepatology](#)  
[Journal of Nutrition](#)  
[Nature](#)  
[Journal of the Academy of the Nutrition and Dietetics \(JAND\)](#)

## *Journal Databases*

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[Biomed Central](#)

[Free Medical Journals](#)

[MedBio World \(US\)](#)

Comprehensive list of journals currently available that publish articles on Complementary and Alternative Medicine.

[The International Bibliographic Information on Dietary Supplements](#)

The IBIDS is a database of published, international, scientific literature on dietary supplements, including vitamins, minerals, and botanicals.

## *Newsletters*

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[Vegetarian Nutrition](#)

[The Integrative RDN](#)

[CSPI](#)

[HENPEN](#)

[Environmental Nutrition](#)

# Nutritional Genomics

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## Specific to Educators

Learn.Genetics - uses interactive animations to explain genetics to students and the general public. <http://learn.genetics.utah.edu>

Teach.Genetics – includes printable lesson plans. <http://teach.genetics.utah.edu/>

## Other Websites

International Society of Nutrigenetics/Nutrigenomics <http://www.isnn.info/>

Journal of Nutrigenetics and Nutrigenomics  
<http://www.online.karger.com/ProdukteDB/produkte.asp?Aktion=JournalHome&ProduktNr=232009>

McInerney J. NCHPEG CME Broadcast “Race, Genetics, and Health Care: What we know and what it means for your patients.” 20 April 2006  
<http://www.nchpeg.org/>

National Geographic: The Genographic Project  
<https://www3.nationalgeographic.com/genographic/>

NIH Announces New Initiative in Epigenomics  
<http://www.nih.gov/news/health/jan2008/od-22.htm>

NuGo <http://www.nugo.org>

Penn State’s Nutrigenomics <http://nutrigenomics.psu.edu/>

The NCMHD Center of Excellence for Nutritional Genomics  
<http://nutrigenomics.ucdavis.edu/>

## Genetic Testing

### Commercialized Nutritional and Predictive Genetic Testing\*

| <u>Company</u>          | <u>Brand/Test Name</u>                 | <u>Market</u>          | <u>Sample Test</u>        |
|-------------------------|--|------------------------|---------------------------|
| Genova Diagnostics      | Genovations                            | Practitioner           | Whole blood, cheek swab   |
| Interleukin Genetics    | Inherent Health                        | Consumer, Practitioner | Cheek cells (cheek swab)  |
| Pathway Genomics        | Pathway Fit                            | Practitioner           | Cheek cells (cheek swab)  |
| Kimball Genetics        | APOE, Celiac, MTHFR, HFE, CF, Warfarin | Practitioner           | Whole blood or cheek swab |
| Enterolabs              | Gluten Sensitivity Gene Test           | Consumer               | Stool sample              |
| Myriad Genetics         | BRACAn alysis (others)                 | Practitioner           | Whole blood               |
| Nutrigenomix            | Nutrigenomix                           | Dietitian              | Saliva                    |
| Quest Diagnostics       | MTHFR, HFE genetic tests               | Practitioner           | Whole blood               |
| LabCorp                 | MTHFR, HFE genetic tests               | Practitioner           | Whole blood               |
| Prometheus Laboratories | Celiac, lactose intolerance genetics   | Practitioner           | Whole blood               |

*\*This list of testing products is for information purposes only. DIFM does not specifically endorse these companies' products. Practitioners should carefully evaluate these products before deciding to use them.*

## *DIFM Member Benefits*

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### Why Join DIFM?

Dietitians in Integrative and Functional Medicine (DIFM) is a specialty practice group of nutrition practitioners whose core philosophy centers around a holistic, personalized approach to health and healing. Our members integrate a variety of nutrition therapies including whole foods, tailored supplements and mind body modalities in clinical practice.

21st century nutrition practice demands forward thinking professionals with a wide range of skills in systems biology, nutritional genomics, sustainable food systems, and dietary supplements who utilize a broad range of holistic modalities to provide personalized nutrition care. Integrative Nutrition RDNs recognize that each person has their own genetic, biochemical, environmental, and lifestyle influences that uniquely impact health and healing. To survive and thrive in this evolving health care environment, DIFM will support you in expanding your knowledge and skills in integrative and functional nutrition therapy through education, advocacy and networking.

### Member Benefits

- Free annual subscription to the Natural Medicines Database, a comprehensive, trusted source for evidence-based research on dietary supplements (value \$100+)
- Quality Integrative Nutrition RD newsletter, The Integrative RDN, is published quarterly: four print issues, each with expanded electronic versions archived on the website. Two free CPE articles each year, and full access to archived issues.
- Webinars and discounts on continuing education opportunities and materials
- Emerging research on Nutritional Genomics available via our website and newsletter
- Intellectual debate and progressive information available through the DIFM members-only Yahoo Groups forum/electronic mailing list (EML)

## Networking

Develop relationships with state of the art professional organizations offering excellent discounts on network programs and services.

- Connect with other DIFM members through our “Member Search” database
- Opportunity to market your practice to consumers, clinicians, and health care organizations seeking personalized care from integrative and functional nutrition practitioners through our website’s “Find an Integrative RDN”
- Active student forum and student participation in all DIFM events and activities
- Social media groups including Twitter and Facebook
- Invitation to apply for educational stipends
- Invitation to apply for two awards – DIFM Excellence in Service Award and DIFM Excellence in Practice Awards. Awardees each receive \$500.
- Membership Totaling over 4000 members

### Our Networks include:

- [American Botanical Council](#)
- [Arizona Center for Integrative Medicine](#)
- [The Center for Mind Body Medicine](#)
- [The Institute for Functional Medicine](#)
- [International Society of Nutrigenetics/Nutrigenomics](#)
- [University of Kansas School of Medicine, Departments of Integrative Medicine and Dietetics and Nutrition](#)

**FREE digital subscriptions to three integrative health journals for DIFM Members- a \$193 value- free! for DIFM members.**

- IMCJ Integrative Medicine: A Clinician’s Journal
- ATHM Alternative Therapies in Health and Medicine
- Advances in Mind-Body Medicine

## DIFM Newsletter: The Integrative RDN

*The Integrative RDN*, DIFM’s newsletter, is designed to improve and build upon your understanding of integrative and functional nutrition therapies.

- Content rich articles with CEU opportunities
- Timely information on cutting-edge topics
- Clinical practice pearls
- Translation of research into practice
- Frequently asked questions about functional and integrative nutrition therapies
- Download Sample Newsletter [HERE](#).

## DIFM Member Events

- Business meetings, continuing education events, and other activities
- Webinars offered throughout the year on a variety of hot topics in integrative and functional medicine
- Mind Body Happy Hour at FNCE exploring various modalities such as yoga, qi gong, aromatherapy

## Academy Voice and Advocacy

- DIFM Representation in the Academy House of Delegates
- Authoring and/or reviewing JAND position articles
- Participation in the Academy's Council on Future Practice

*To take advantage of all these benefits, [JOIN DIFM NOW!](#)*