

NUTRITION COUNSELING

GUIDEBOOK & COURSE OVERVIEW





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A portrait of Andrea Nakayama, a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a blue and purple floral patterned top. Her hands are visible at the bottom of the frame, holding a pair of red-rimmed glasses. A semi-transparent purple rectangular box is overlaid on the lower half of the image, containing white text.

Andrea Nakayama's approach to Nutrition is the future of healthcare because it meets the needs of both the clients and those who serve them, creating partnerships and health solutions that WORK.



What will a change in healthcare *really* take?

It might surprise you, but the answer might be YOU.

As you've probably noticed, our healthcare system isn't working for everyone. It isn't working for the chronically ill, and it isn't working for many coaches and practitioners—conventional, holistic, integrative, and even Functional practitioners are suffering.

There are two main reasons for this:

1

The current system is based on thinking that doesn't serve people with complex and chronic issues

2

There is a type of practitioner that is desperately needed, and is in high demand, but is in *short supply*

YOU may be the solution to both of these issues.

With the right training, an understanding of proven systems, and the proper tools in your toolbox, you could become that practitioner we need.





There is no quick-fix for learning the skills you need to transform healthcare, but it's exactly the quick-fix that we need to move away from.

Yes, the shortcut to success is seductive.

That's why it's so common. (And why there are so many of these shortcuts available to us.)


Seven Steps. Ten Tips. This protocol or that. The one supplement that will solve all your woes (and your client's too)...

And yet those shortcuts only work some of the time, for some of the people who try them. This is why many patients are on a treadmill that leads from one of these shortcuts to the next (and repeat the same, with little results and no root cause resolutions.) As an example, the multi-billion dollar diet-shake industry has done little to impact rates of obesity (and yet the carrot still dangles.)

So no, there is no shortcut.

But there *is* a way for you to learn a new way of helping people that WORKS.





This way of practicing, once you understand it, makes complex cases simpler because you'll understand WHY someone fell ill, and therefore how to help them find their unique way towards resolution.

You'll need to learn a few systems—both body systems and organizational systems. And you might need to *unlearn* what you've been taught about how healing happens. And you'll have everything you need to create both clinical and business success.

Once you do, you'll have the skills to join forces with a community of coaches, practitioners, and aspiring health and nutrition clinicians to solve the biggest problems we have in healthcare.

You'll have the tools and mindset shifts you need to help the chronically ill who desperately need your help.

You'll have leadership skills to put yourself out there in your community, and to connect with other practitioners (even MDs) if you choose.

**And you'll have everything you need to
create both clinical and career successes
and outcomes.**



This Nutrition Counseling Guidebook & Course Overview is your first step.

What I share will be a bit of a reframe of your current thinking. And it may not seem as sexy as the shortcut or quick-fix at first glance. But I promise that unlike the supposed one-size-fits-all approach, this reframe will give you the perspective you need to have success in practice and with your clients' or patients' health and healing journeys, no matter how they may present.

In this guide you'll find:

Functional Nutrition Overview:

The systems and tools that **WORK** for both clients and practitioners


p9

Nutrition Course Overview:

The 10-month online immersion that gives you the skills you need to work with any client, no matter their signs, symptoms or diagnosis.

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Complex clients are the new norm. They're not getting served by pat protocols. This is where you come in. And here is your guide.



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redefining healing

Honestly, I'm concerned that we're doing healing all wrong, and, as a result, leaving too many people behind—sick, tired, and suffering. And that's not OK with me. I'm guessing it's not OK with you either.

We're skipping ahead to the sexy 'solution' that presumably addresses a health manifestation that's at the end of the chain of events. In so doing, we 'pass GO' prematurely, and, sadly, we miss the fundamental steps to true healing. We may end up with a temporary band-aid, but **when we avoid addressing the underlying root causes**, they'll likely crop up in places other than those that the band-aid has concealed, leaving us continuously chasing symptoms rather than finding sustainable resolutions.

ROOT CAUSE

Root cause resolution means we ask WHY, not WHAT. Yet in order to find the roots (and there are likely many), we need to clear the mud from the waters, so that we can see with more certainty.



No longer should those suffering be at the mercy of multisyllabic diagnoses, or professionals who don't have time for them. They need not rely on practitioners who don't have the bandwidth (or, let's face it, scope of knowledge) to explain WHY these diagnoses came into being and what they can do to remedy the biological ecosystem in which they arose. And, again, that's where you come in.

You can be part of the new healthcare paradigm.

Working fully within your scope of practice, you can highlight where health and healing truly begin, differentiate what you do in the field of health and medicine, and make a difference, like you are meant to do.





The solution you're seeking—to help more people get better and to differentiate your work from others—may not be found where you're looking.

Have you ever heard the story of the man looking for his lost keys?
The allegory has many versions. Here is one of them:

A police officer sees a man intently searching the ground near a streetlight and asks him the goal of his quest. The man replies that he's looking for his keys, and the two men search under the streetlight together for a while. After a few unsuccessful minutes, the officer asks whether the man is sure he dropped his keys near the streetlight.

"No," he replies. "I lost them in the park."

"Then why are we looking here?" asks the officer.

"The light is much better here."

This is called the streetlight effect—when we look for something only where it is easiest to look, and not where it is most likely to be found.

In our scenario, the park, where the keys lay hidden, is "upstream." The street, where the light seems to shine brightest, is "downstream." It's downstream where the signs, symptoms and diagnoses present themselves and we can easily "see" them. (Eczema on the arms, fungus on the toenails, baggy eyes, a bulging belly, and even the obvious marker on a lab that points to a nutrient or hormonal deficiency, or a constellation of signs, symptoms, and markers that add up to a specific diagnosis. This is where the light shines.)

But we need to go looking upstream so we can ask WHY those signs, symptoms, and diagnoses came to be in the first place. What made them occur?



People are getting sicker and sicker. We know this. Take a look at this small but diverse handful of clients that entered our clinic at the Functional Nutrition Alliance recently:

Joanne, a 44-year-old cardiac surgeon, presented with an eczema-type rash around her mouth increasing over the last 3 years. Her food reactions were getting more severe and she was on a seemingly 'safe' diet of bone broth and several other foods for a week prior to our session. She was on 24 supplements and 3 medications, and her rash and reactions were continuing to intensify. Other things to note: she was not having daily bowel movements and her issues improved greatly when she left town for a trip. She is currently working with 3 different NDs to try to resolve her issues.

Jack is a 5-year-old who came to us having just healed from his 3rd consecutive year with pneumonia. He's struggled with seasonal allergies and eczema and his asthma is requiring steroids and increasingly more intervention. He's a sensitive and reactive kid who is generally amped up and anxious. His parents would like to understand the connections between all his symptoms and discover what's driving them. He is young, and they hope they can get his body back on the right track.

Willow is a 25-year-old female who came to us with back pain for over 15 years and a recent diagnosis of Ankylosing Spondylitis. She also reported severe jaw and throat pain, chronic gut issues including stomach ulcers and SIBO (small intestinal bacterial overgrowth), sinus infections, itchy rashes, and decreased immunity.

She has completed several Whole30s and was just finishing up a month of AIP (Autoimmune Paleo Protocol) when we saw her. Her rheumatologist wants to prescribe biologics or NSAIDS (but she couldn't take these due to her ulcer history), and she's hoping to control her pain and uncover the cause of her gut issues.

Fiona is a 58-year-old Australian woman presenting with multiple hormone imbalances, blood sugar irregularities, anxiety, IBS symptoms, and a candida diagnosis. Though she's had extensive testing and completed programs offered by several of the top doctors, her symptoms persist. She's not sure where to go from here and wants to address these issues before they get further out of balance.

Do you see cases like this too?

If not, I'm guessing you will. They'll end up in your practice (or your life), whether you specifically target your marketing to this population or not. I know this because I'm sharing only a handful of stories with you now, but there are dozens more that come our way, and millions more waiting for your clinical expertise.

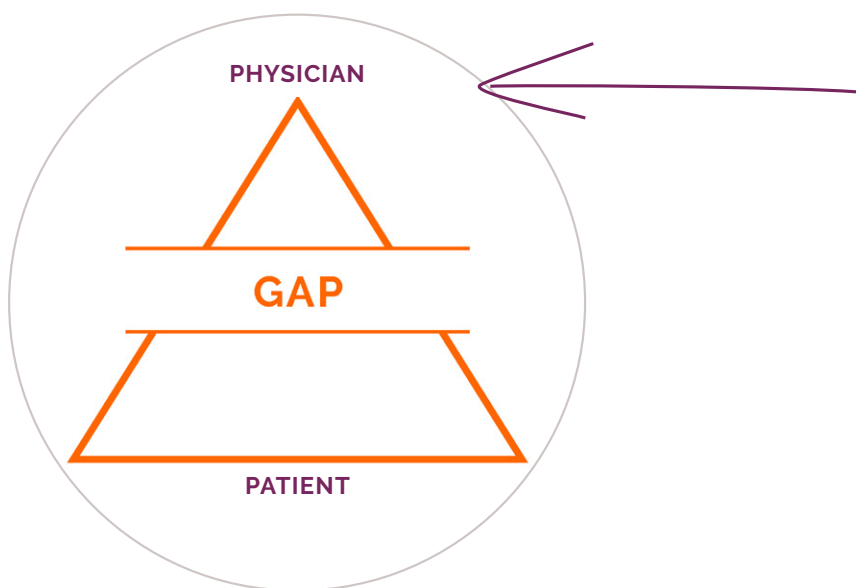
There is a growing population of chronically ill patients with conditions that are triggered by *many factors*. There isn't one cause for their issues, and therefore there isn't a quick or singular solution.

The good news is that there are new ways of thinking about health and healing. And science is leading the way with fields of study such as Precision Medicine (where we recognize that everyone is unique), Omics (where the interconnections between systems are being studied), and Epigenetics (which shows us that our genes are not our destiny, since their expression is greatly impacted by the sum of our choices, patterns and histories). **Functional Medicine** is one form of medicine that takes these principles into account and is up to the task of treating these patients who are just not getting better with the band-aid approach. (But, as you'll see, Functional Medicine needs *your help!*)

FUNCTIONAL MEDICINE

A therapeutic focus on restoring the optimum function of the body and its organs, that works with systems and frameworks towards resolving the root causes of any sign, symptom, or diagnosis, with a highlight on the importance of diet and lifestyle modification as part of its approach.

Yet there's a key problem that we're facing in the field of Functional Medicine. We're also facing this problem in Integrative Medicine, Holistic Medicine, Naturopathic Medicine and all other fields that aim to take into account the whole individual. The problem we're all facing is a GAP that exists in each of these models.



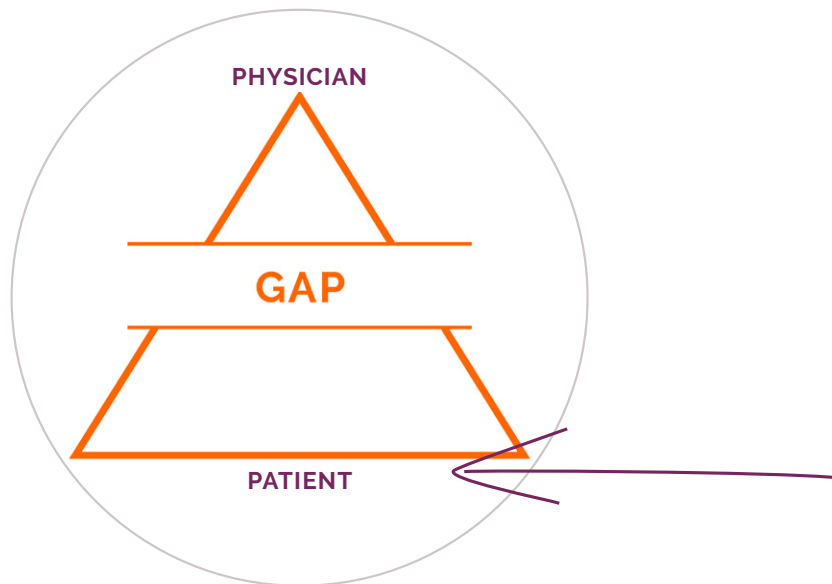
As you can see, at the top of the pyramid or triangle that I'm going to use to illustrate this GAP, you'll find the Physician. That physician may be technically trained to see the whole person, appreciate the role of the web of interactions in the body, and value the role of diet and lifestyle modification in the treatment plan.

The physician may even have a vantage point of the whole terrain (and we celebrate that!).

Yet she cannot possibly tend to every detail in the therapeutic plan. And we cannot really ask her to! (Hello burnout.)

In fact, and in all honesty, she doesn't necessarily have the time, patience, or even the skillset to determine a patient's relationship to things like habit change, a true understanding of the impact of their daily choices on their

own body's systems, the sociological or economic factors that prevent that patient from executing on the scope of the desired plan, or even how to pivot when a protocol doesn't go as expected. That protocol could be in relation to a diet or lifestyle modification, an added nutrient, or even a pharmacological intervention.



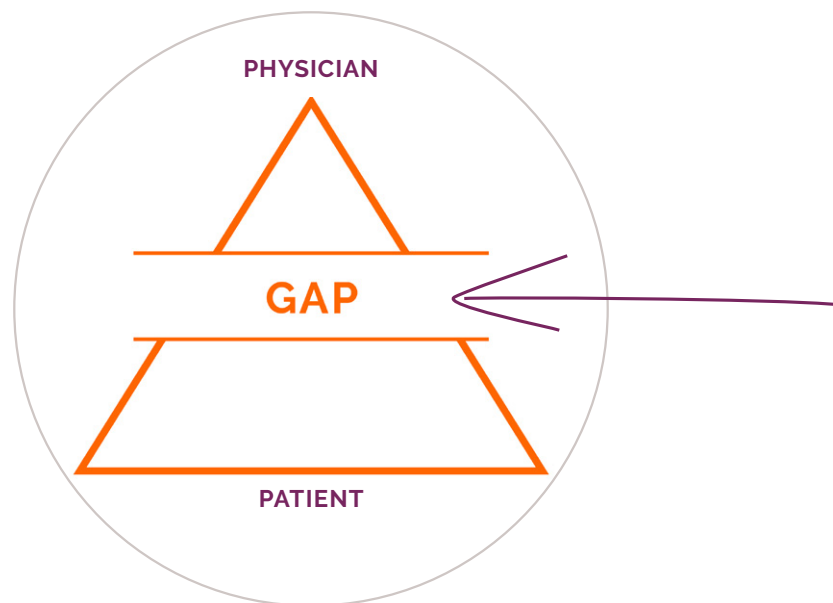
At the base of that triangle or pyramid is the **PATIENT.**

The patient is responsible for a wide spectrum of self-care in order to see results. She likely cannot see the whole picture. She doesn't have the 30,000 foot vantage point of the physician because she's (understandably) stuck in the weeds, dealing with her signs and symptoms and the challenges she faces for myriad reasons, day in and day out.


In our paradigm, the patient is the Worker. She truly has to do *all* the work to get better (whether she realizes it yet or not). And, to be clear, the 'work' is not spending more time or money looking for that one, unparalleled pill, protocol, or practitioner. The work is the everyday effort. And without direction and support (which we'll define as a therapeutic partnership that delivers *clinical education and counseling*) it can often feel overwhelming and even futile. (*Seriously, why bother?!*)

This model—a model with a CEO who has a 30,000 foot vision and the capacity to address a number of key and necessary factors with excellence (but not all of them), and a worker who is deep in the weeds, spinning her wheels trying to “execute” on the plan—has a GAP.

Can you see it?



The triangle itself is the therapeutic relationship. And yet between the tip and the base is a big, gaping, unoccupied GAP—an opportunity for a different scope of clinical intervention and the potential for more efficacious and sustainable healing.



There's a GAP in the Functional Medicine model—an opportunity for a different type of practitioner—one that you can become.

It's in part because of this GAP that people are getting sicker and sicker.

Despite the hard work and know-how of the Functional Medicine, Integrative, or Holistic doctors, they cannot possibly fill the GAP, and shouldn't be expected to. Again, they don't have the time. And many aspects of clinical care are out of their sphere of competence.

The patients can't fill the GAP because they don't have the knowledge (or the clarity of vision.) The patients cannot make the connections between the foods they're limiting because they cause digestive distress, their hormone imbalances, brain fog, and disrupted sleep. They don't know why their body is so reactive and sensitive, and the truth is, nobody is helping them to expose how what they do every day—the foods they do or do not eat, the air they breathe, the sheets they sleep on, their water quality, and so on—impacts their particular body and journey to healing.

When you fill the GAP, you solve two of the problems in the current healthcare terrain:

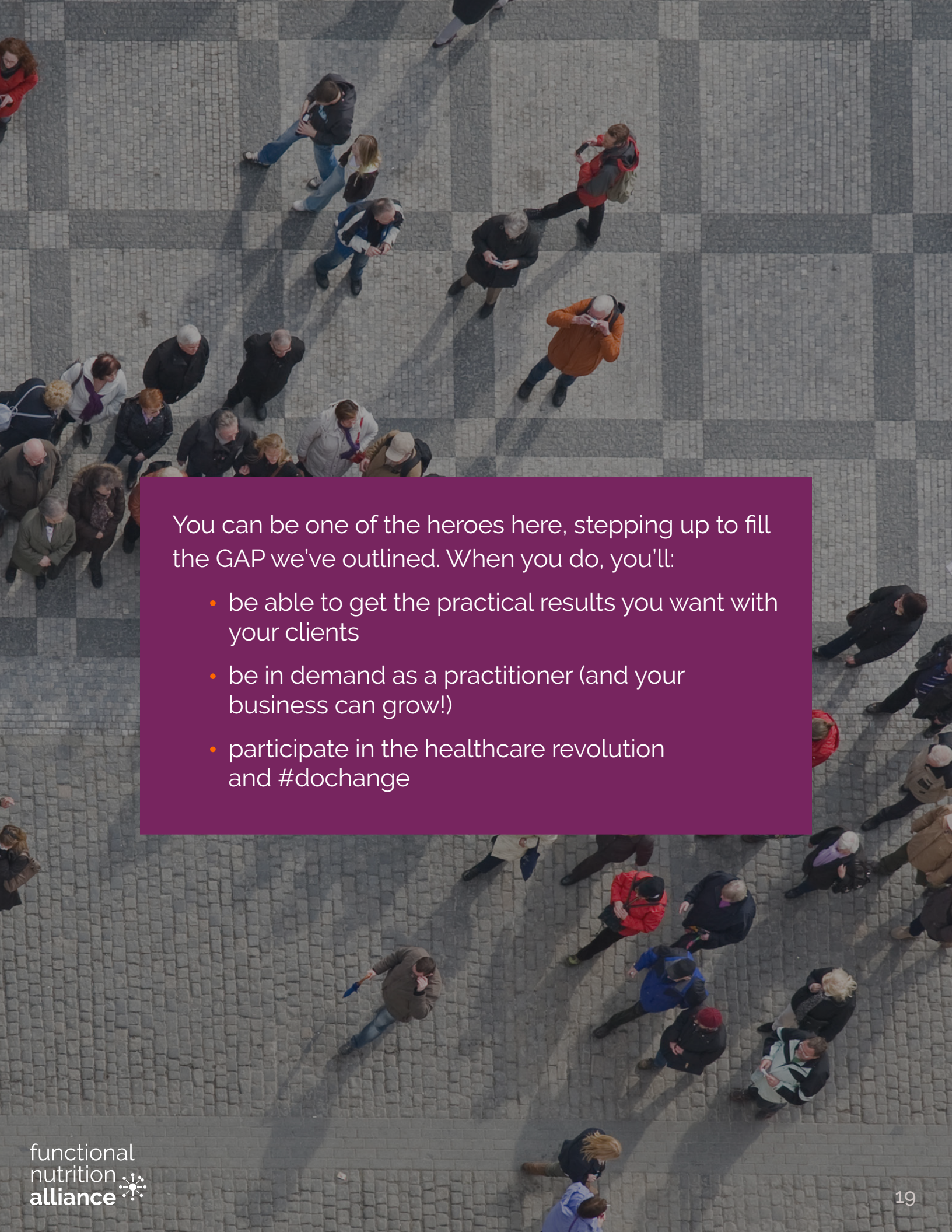
- **Physicians get the support they need**
- **Patients get the support they need**

Win-win!

(I'll confess, I love the win-wins. Don't you?)

But here's the best news yet....

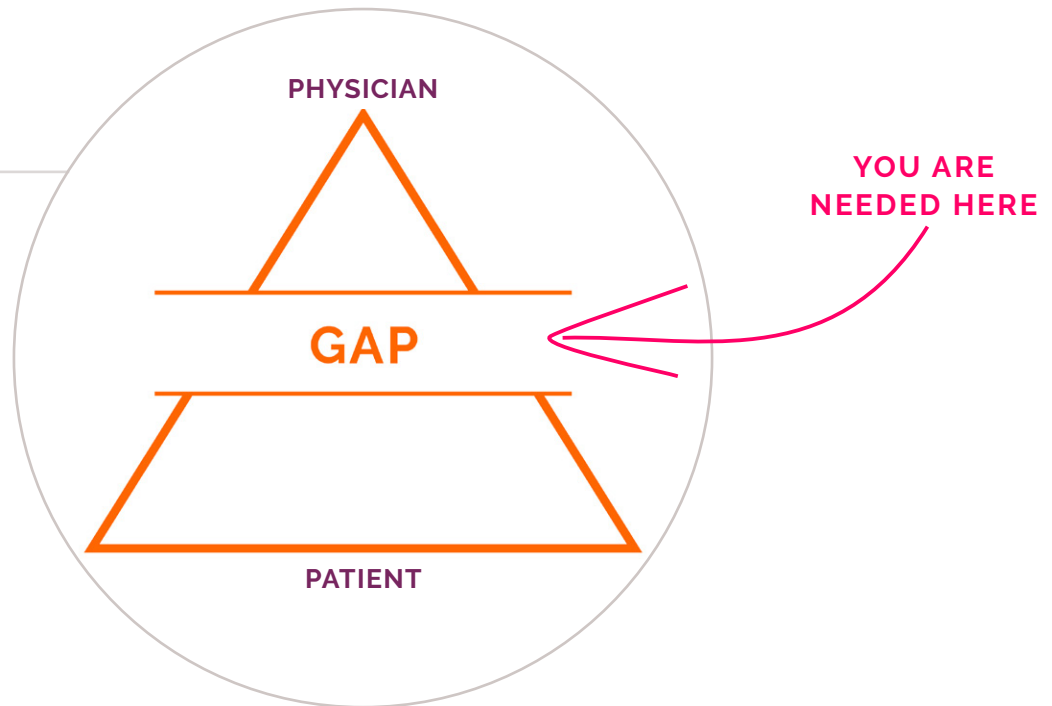
When you fill the GAP, you can finally see your unique place on the team. And when you know how, you can work within your own scope of practice and still serve the team and the end results.

An aerial photograph of a large group of people walking on a plaza paved with large, square, grey and white checkered tiles. The people are dressed in winter clothing, including coats, scarves, and hats. They are scattered across the frame, some walking in groups and others alone. The perspective is from directly above, looking down at the crowd.

You can be one of the heroes here, stepping up to fill the GAP we've outlined. When you do, you'll:

- be able to get the practical results you want with your clients
- be in demand as a practitioner (and your business can grow!)
- participate in the healthcare revolution and #dochange

Let me show you that diagram again:



Are you getting as excited as I am about the possibilities?

Can you see where you fit into this new paradigm?

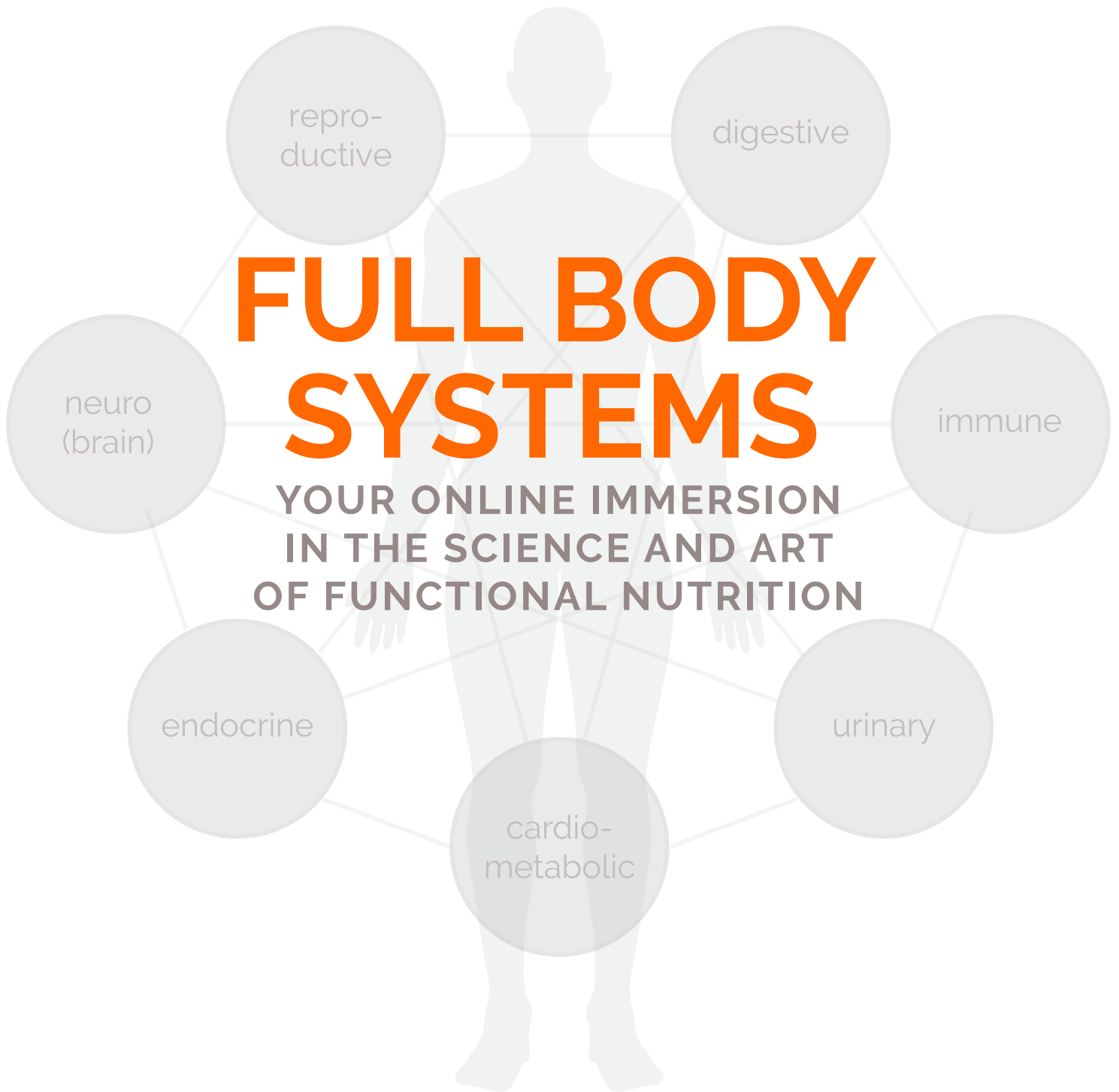
**I can. And I have. And this is exactly where the
Full Body Systems program comes into play.**

You are the solution to this problem.

You fill this GAP!

And I'll help you do it.

INTRODUCING...



GET CONSISTENT RESULTS FASTER. TURN CLIENTS
INTO RAVING FANS. GET MORE REFERRALS.

Full Body Systems is the core curriculum in Andrea Nakayama's Functional Nutrition Alliance

This comprehensive 7-module online immersion program will give you:



The systems and tools you need to uncover the unique root causes of your clients' issues (even the tough and tricky cases)



The skills to create individualized treatment plans for your clients, so they feel seen and get better results



Insights into the Art of Counseling, allowing you to positively influence your clients to take action and commit to their health goals



Everything you need to improve your results, boost your confidence, and become the go-to practitioner who can help anyone

Full Body Systems is for coaches, practitioners, and aspiring nutrition counselors who want to get breakthrough results with every client, creating a stream of referrals coming into your practice.

what's included

7 Intensives, each covering a different biological system:

DIGESTIVE INTENSIVE

Understand how this is truly the root of health and can affect (positively or negatively) all the systems of the body

IMMUNE INTENSIVE

Discover the keys to immunity and how auto-immune challenges can be reversed

URINARY INTENSIVE

Adrenal issues, problems with blood pressure, water retention, prostate issues and interstitial cystitis are on the rise and you can uncover their causes

CARDIOMETABOLIC INTENSIVE

Understand how to work with clients and patients with heart disease (it's easier than you think)

ENDOCRINE INTENSIVE

Unlock hormone imbalances with a greater understanding of blood sugar, cortisol and the cascade of hormones that impact the health of your clients

NEURO INTENSIVE (BRAIN)

Prepare to help those with mood disorders, "leaky brain" and even traumatic brain injuries

REPRODUCTIVE INTENSIVE

Puberty to menopause and everything in between are now within your reach to address in practice

Through this course, you'll get tools for:

- Talking about what you do
- Enrolling prospective clients
- Initial session
- Keeping clients coming back
- Creating compliance
- Cracking cases/getting to the root causes
- Building your practice
- Expanding your reach/influencing healthcare at large

Full Body Systems also includes:

9 2-hour Q+A Sessions with founder, teacher, and Functional Medicine Nutritionist Andrea Nakayama where you'll get real mentorship with pressing questions answered in real time

15 60-minute Q+A Sessions with two Nutritionists on Andrea's clinical team where you'll discover exactly how to apply the course content to get real results in your practice

Daily access to a dedicated Message Board where you can ask your questions of Andrea and her team at any time, receive regular support and answers to your most challenging questions between classes (and search the immense database of conversations from years past to learn from previous courses). It's a second classroom and like a Functional Nutrition Google for your practice!

Bonus sessions designed by Andrea on key issues of interest to the community no matter your scope (from kids' immunity to tactics on completing a Client Action Form to working with serum lab values)

Over 45 Guest Health & Medical Expert Interviews with experts in the field that you know, love or have yet to meet but Andrea can't wait to introduce you to

continued on next page...

Full Body Systems also includes (continued...)

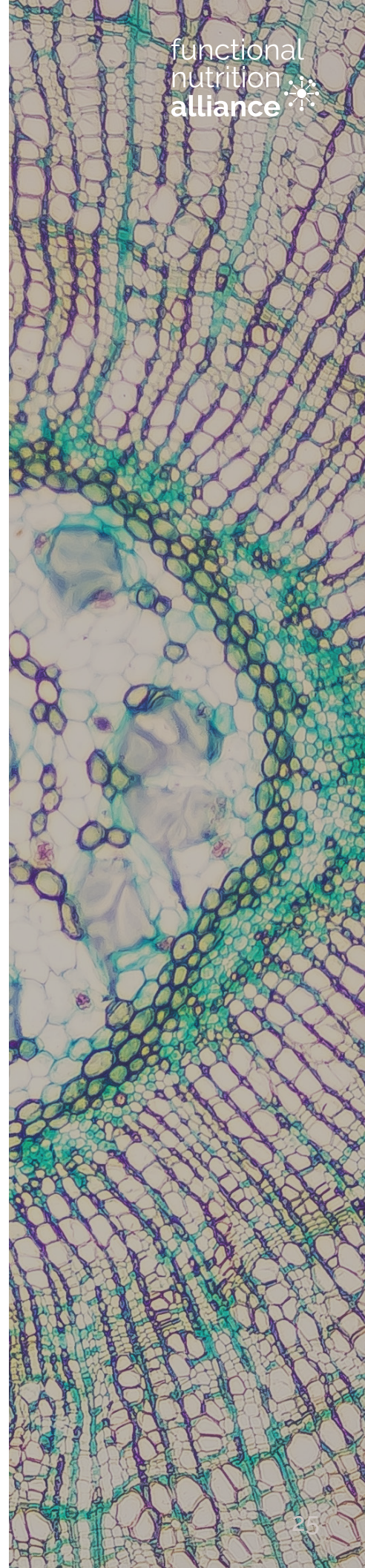
Done-4-You Protocols detailing Andrea's clinical favorites for select conditions

Book lists detailing Andrea's favorite resources

Andrea's Functional Nutrition Toolkit with the tools that Andrea's team actually uses in her clinic at the Functional Nutrition Alliance

Images, outlines, handouts, resource articles and more materials that you can use to solidify the information discussed in class and help explain things in your own practice!

Certification Once you complete your training and pass the certification exams, you will be certified as a Functional Nutrition Alliance Certified Functional Nutrition Counselor (CFNC)





how it works

- Self-paced online program consisting of 7 modules, typically completed in 10 months
- Both audio recordings and written transcripts available for each class, so you can listen or read the curriculum at your convenience
- Searchable Message Board (it's like Google for Functional Nutrition!) available 24 hours a day, allowing you to get your questions answered and receive individual support from Andrea and her own team of expert Nutritionists
- Live Question and Answer sessions with Andrea for each Intensive
- Eligibility for CEUs with NANP, NBHWC and HCA upon completion of an exam
- Lifetime access to the course materials plus the option to enroll in the course a second time (for continued mentorship and support)
- Upon completion of Full Body Systems, and success with the Certification exams, you will be certified as a Functional Nutrition Alliance Certified Functional Nutrition Counselor (CFNC). We also have an ever-growing list of accreditations and opportunities for continuing education units available to you. [Check our website](#) for up-to-date details.

A woman with long, curly brown hair is smiling at the camera. She is wearing a blue and white patterned dress. She is holding a large binder with both hands, and the binder is open, showing several pages. The background is a plain, light-colored wall.

what you will learn

MODULE 1

digestive intensive



- Understand the digestive system from top to bottom so you have confidence to help clients with a variety of digestive symptoms and diseases.
- Learn why healthy digestion is the key to resolving nearly all health issues—even if your client doesn't have digestive symptoms.
- Strategies to treat microbial imbalances including parasites, candida, infections, and more.
- Learn how to address heartburn, acid reflux and GERD—even for clients who are taking acid-blocking drugs.
- Gain a better understanding of Leaky Gut—why everyone is talking about it, how to determine if a client has it, and what you can do about it.
- Top foods to help heal the digestive tract and how to help your clients include them in their daily routine.
- Understand the key supplements to aid digestive healing and know how to use them in a protocol for your clients.



MODULE 2

immune intensive

- Learn how the immune system works and why symptoms like seasonal allergies and food sensitivities occur in the first place.
- Gain a true understanding of inflammation and learn how to help your clients reduce inflammation in their bodies.
- Know how to identify if someone has a food sensitivity and what to do about it.
- Understand autoimmunity and learn how to address all types of autoimmune conditions including Hashimoto's, rheumatoid arthritis, multiple sclerosis and more.
- Learn how to support a client with a cancer diagnosis through food, supplements and lifestyle changes.
- Discover the immune system heroes: foods, supplements and lifestyle practices that make the biggest impact for immune system support.
- Find out which foods dampen and distract the immune system so that you can help your clients avoid them.



MODULE 3

urinary intensive

- Understand the importance of the urinary system and how it impacts your health.
- Discover how to help clients alleviate water retention and uncomfortable bloating.
- Help clients treat and prevent urinary tract infections (UTIs) with food, supplements and lifestyle changes.
- Learn how to help clients manage the symptoms and pain associated with Interstitial Cystitis.
- Strategies for avoiding kidney stones and tools to help eliminate them and mitigate the pain if they do occur.
- Understand how the kidneys function so you can help clients with chronic kidney disease or kidney failure.

MODULE 4

cardiometabolic intensive



- Gain a deep knowledge of how the cardiovascular system functions.
- Understand the symptoms and causes of cardiovascular disease (CVD)—the number one killer in the US and other western countries.
- Learn how to assess blood lipid panels, cholesterol levels and other key lab markers to determine if your client is at risk for cardiovascular disease.
- Get the truth about dietary fats and find out which fats you should (and should not) be recommending to your clients.
- Understand how statins work and learn about alternatives for your clients—even if they have been taking statins for years.
- Learn how meditation and mindfulness based practice can have an impact on your client's heart health.



MODULE 5

endocrine intensive

- Understand the symphony of hormones and how the endocrine system functions.
- Gain insight on why blood sugar balance is key for treating nearly all symptoms and diseases.
- Strategies to help clients with blood sugar issues including metabolic syndrome, insulin resistance and diabetes.
- Know the symptoms and causes of adrenal fatigue to help clients determine if it's a factor in their health.
- Learn the key herbs and supplements to support adrenal health to help your clients reverse adrenal fatigue.
- Understand how hormone imbalance can impact insomnia and what to do about it.
- How to address hypothyroid and Hashimoto's through food, supplements and lifestyle practices.

MODULE 6

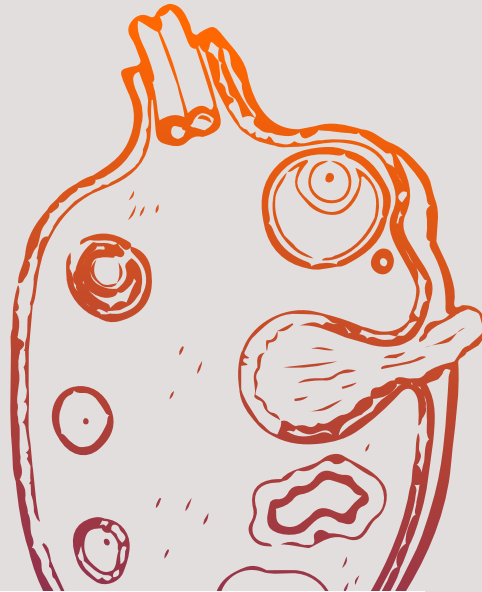
neuro intensive



- Understand the Gut-Brain connection and how psychological and mental challenges can stem from the digestive system.
- Strategies for addressing ADHD and autism spectrum disorders.
- Learn how to help clients heal from a traumatic brain injury including concussions, strokes and surgery.
- Find out which therapies and protocols can effectively increase your client's brain power (and yours, too).
- Understand what's happening with Alzheimer's and dementia so you can help clients prevent or manage the disease and associated symptoms.
- Understand the aging process and how it affects the brain, so you can help your clients maintain their memory and cognitive function.
- Find out the key foods and supplements for alleviating depression and anxiety

MODULE 7

reproductive intensive



- Gain a deep understanding of how the female reproductive system functions.
- Uncover how to reduce the symptoms associated with Premenstrual Syndrome (PMS).
- Understand estrogen dominance including how to identify it and the key steps to addressing it.
- Know the foods, supplements and lifestyle practices to help address PCOS, fibroids and endometriosis.
- Gain insight on the causes of infertility and learn how to help your clients increase their chance of getting pregnant.
- Find out the best foods for Mama and baby for pregnancy, breastfeeding and beyond.
- Strategies to help relieve the symptoms associated with menopause including hot flashes, night sweats, weight gain, and brain fog.

Certification

- Earn the title of FxNA Certified Functional Nutrition Counselor
- Add these letters after your name: CFNC
- Receive FxNA Certified printable certificate
- Receive FxNA Certified digital badge for your website
- Create a virtual dispensary with [FullScript](#)
- Apply for Board Certification with the [American Association of Drugless Practitioners \(AADP\)](#) *Note that this requires a separate application and payment to AADP*
- Apply for Board Certification with the [American Natural Wellness Coaches Board \(ANWCB\)](#) *Note that this requires a separate application and payment to ANWCB*




CERTIFICATION REQUIREMENTS

- Listen to the audio classes and complete the coursework for all seven Full Body Systems Intensives
- Pass the final exam for each of the Intensives with an 80% or higher (You can utilize your notes and you may take each exam up to 3 times)
- Pass the Full Body Systems Final Exam (100 questions) with an 80% or higher (You can utilize your notes and you may take the exam up to 3 times)

ADDITIONAL NOTES

- You will have 6 months after the Full Body Systems Final Exam opens to complete the Certification requirements
- It is not required that you complete the Full Body Systems Certification. If you do not wish to earn the Certification, you can simply listen to the course content and participate in the course at your own pace.



who's behind
Full Body Systems?

meet
Andrea
Nakayama

Hi, I'm Andrea, and over the past several years I've supported over 7,000 coaches and practitioners (including Nurse Practitioners, Health Coaches, Nutritionists, Naturopathic Doctors and more) to have a system that consistently delivers better results with their patients and clients. But what you might not know about me is that just 10 years ago, I was the patient. I was sick and struggling with Hashimoto's Disease, not sure where to turn. Not only was I not helping other practitioners build successful practices, I wasn't even a practicing health professional at that point.

I kept going to doctors who knew exactly how to take my symptoms away (temporarily) with medication, but they didn't know how to reverse the negative effects of the illness. This experience thrust



me into my studies to become a health professional, and from day 1 I knew I wanted to not just say I was treating the root causes of my clients' issues, but *actually do it* and reverse serious illness.

When I began my work as a practitioner in 2009, I was astounded by how quickly my practice grew. I went from having a small solo practice to having a waiting list to running a virtual wellness center where I had to hire additional nutritionists. I even helped the most desperate people with the toughest cases including autoimmune issues such as Crohn's Disease, Hashimoto's and MS, as well as those with cancer and undiagnosed health challenges.

Most of the patients who came to my offices did so because they heard from their friends that I was able to get results where other practitioners did not. In fact, my practice grew for the first 5 years without *any* advertising. It was all word-of-mouth. When I spoke with my colleagues, I realized that I was having exponentially greater success than others who had the same tools and the same educational background as I did. I wanted to help my fellow colleagues thrive in practice, so I went on a mini-mission to figure out why my practice was so different, and what made my success so unique...

To help others have the same success that I've had, I've spent the last several years leading the Full Body Systems online immersion. I lead this program each year because it teaches you how to have a truly Functional practice—how to practice TRUE root cause resolution, create client compliance, and develop a practice that naturally scales based on the great results you're getting with your clients. Since starting Full Body Systems in 2012, we've had coaches, practitioners, and aspiring nutrition counselors from over 67 countries (and counting!) complete the program.

more about Andrea

In everything she does, Andrea brings her keen investigative prowess, vast knowledge of physiology, deep respect for each individual, and a true passion and love for her work. Andrea has won the National Association of Nutrition Professionals (NANP) Impact award and the NANP Service Award for her leadership in the field of nutrition, as well as the Evolution of Medicine Media of the Year award for her podcast, *The 15-Minute Matrix*. She has been featured in Oprah's *O Magazine* and Martha Stewart's *Whole Living*, and has made regular contributions to *Experience Life Magazine* and numerous online conferences including Sean Croxton's Second Opinion Series, where she is a crowd favorite. She was also a co-producer of the Hashimoto's Institute Summit and practitioner training program. Andrea is now regularly consulted as the nutrition expert on the medical teams for the toughest clinical cases in the practices of world-renowned doctors.



what our students are saying



"The FBS program is exceptional!! It has totally and completely changed the way I practice nutrition. I practice Functionally. Andrea's teachings have enabled me to be able to explain the "whys" to clients and have given me confidence which is very empowering. **I'm finally comfortable in seeing clients and not nervous that I don't know enough...** I plan to take the FBS program again this year and hopefully the FNLP certification as well."

Sandi Cohen, NC



"Are you asking yourself any of these questions: What classes should I take to help me coach my clients more effectively and with more confidence? Is this course really going to teach me more and will it be money well spent?"

I am a Functional Chiropractor in Los Angeles and have completed both Full Body Systems and the FNLP certification and I have had **POSITIVELY-beyond-my-expectation** experiences. Andrea has harnessed the art and science of teaching. **Not only will you learn information that you have never heard before, you will FINALLY understand it!!**

Most importantly YOU will become and evolve into the practitioner or coach you have always dreamed of. With Andrea's coaching, *the sky is the limit!*

If you are looking for QUALITY mentorship, you are fortunate to have found Andrea. I feel blessed and forever grateful to have found her!! Try it. You will be glad you did!!!!"

Madeline Zook, DC, FNLP

"Functional Nutrition Alliance has transformed the approach I take with my clients. The educational lectures and tools that Andrea provides allows me to make deeper connections with my clients, helping them see how their specific symptoms are not isolated, but part of a bigger interconnected web of systems within their bodies.

My own knowledge of their body's anatomy and physiology has increased dramatically, giving me more confidence than ever before. This is the best money I've ever spent on continuing education!"

Amber Robertson, CHHC, FNLP



"Full Body Systems has been a truly transformative experience! Over the years I have taken many courses and trainings on nutrition and wellness. Full Body Systems has provided me with a much deeper wisdom and confidence in how to use nutrition for true healing. **This course is not just more information, it's beyond that. It's like a lens inside the body to help uncover 'what's going on in there' as well as presenting a new way of living.**

Not only is the course amazing, but Andrea is a highly intelligent, compassionate and giving teacher. She **goes above and beyond to ensure that this very complex information is presented in a way that can be easily applied for the most benefit for our clients.**

Being able to ask Andrea and her lead Nutritionists questions during the course has also been invaluable. Not to mention the many bonus sessions Andrea provided with top leaders and innovators in the nutrition field!

This course has been one of the best investments I have ever made and I would highly recommend it. I'm so grateful I found Andrea and Functional Nutrition Alliance!"

Kamron Keep, RN, BSN, NC-BC



"Coming from a conventional nursing background, I found that although I intuitively knew that treating symptoms wasn't really addressing people's health, I didn't know why or how until studying with Andrea. **FBS has taught me the anatomy and physiology that explains "what's going on in there" in a way that I didn't learn from my nursing education."**

Jennifer Nathanson, NP



"I came into FBS as a certified health coach with a Paramedic and fitness background, so I knew my science. I was excited to see how science could merge with food. This is EXACTLY what Andrea teaches. She brings in the tough scientific concepts that I geek out over and **transformed it into easy-to-understand content and practical application strategies that we could use with clients right away.**

Not only did this transform the way I looked at my own personal health issues, but it gave me a much deeper understanding of the intricacies of every system in our body and how they work synergistically to keep us upright.

I have so much more confidence in what I do after being a part of FBS for the last three years. I don't think I would ever not take this course, as Andrea improves on it each and every time. **I am so grateful that I found out about FxNA and Andrea. It has been the BEST education I have received and is priceless in growing my business.**

Thank you Functional Nutrition Alliance!"

Selena Maestas Moffit, CINC

"Full Body Systems has really helped me understand the body systems in a deeper way. Andrea presents the course material in a straightforward, easy-to-understand manner. Her handouts are fantastic and the done-for-you-protocols add real value. **This information is something I'll be returning to again and again in order to better serve my clients.**

I love the Functional Nutrition approach and it's something I'll be incorporating into my client work moving forward. **The FBS course is more than I expected: there is on-going support throughout the program, there is camaraderie amongst the other participants, and there is a plethora of information to not only learn from, but to put into practice immediately.** The pace of the program was really helpful in me keeping up and not feeling overwhelmed by information overload.

I highly recommend taking Full Body Systems for anyone looking to dive deeper, anyone needing more resources to support clients, or anyone simply needing a refresher. Thank you Andrea and the FxNA team for putting together such a wonderful program!"

Lynn Court, CNC, CPT

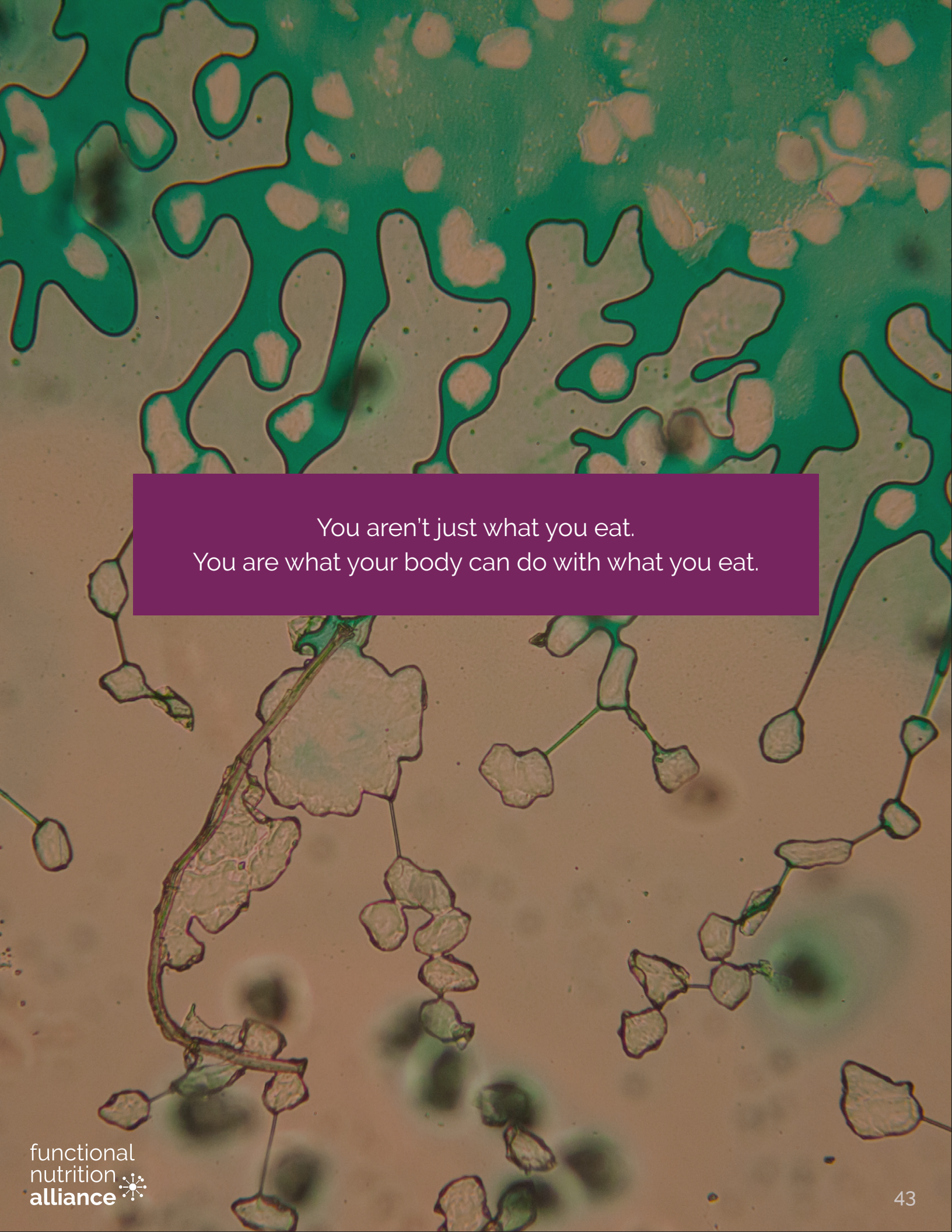




“FBS has already made a HUGE impact on the way I practice. Now, my client recommendations are extremely effective and my confidence has skyrocketed.

I've had so many “aha!” moments this year, and I just can't believe I know what I know now! Having no clinical background, I thought it would be pretty challenging to learn this stuff. But Andrea's delivery of the content makes it easier to digest and I love going back to the content again and again.”

Crissy Luna, CIHC, INHC

The background of the slide is a microscopic image of plant cells, showing various cell structures and organelles in shades of green and brown. A solid purple rectangular box is centered on the slide, containing white text.

You aren't just what you eat.
You are what your body can do with what you eat.

what you'll get

25 90-minute sessions with Andrea

9 Live 2-hour "Power Hour" Q&As with Andrea

15 live 60-minute Q&A sessions
with 2 lead Functional Nutrition Alliance Nutritionists

7 Done-for-you protocol packets

5+ bonus sessions on topics of interest
to the community

3 bonus audio courses

7 bonus Herbal Sessions
(audio + handouts)

45+ 1-hour Guest Health &
Medical Expert Interviews

Every-day access to the Functional Nutrition Alliance
team and your Full Body Systems
community on the dedicated message board

A free seat to enroll for Full Body Systems for a 2nd time
(a bonus year of mentorship and live support)

**call (208) 202-4022 or schedule a time to connect
with an Admissions Advisor for exclusive pricing**



is Full Body Systems for me?

If you're a Nutritionist looking to get better results with those "Tough To Reach" clients that have been difficult in the past...**then yes.**

If you're a Holistic Health Coach who wants to go beyond 'weight-loss' and get real results that will make you stand out from other coaches and make other practitioners want to work with you...**then yes.**

If you're an Aspiring Nutrition Counselor who is passionate about helping people upgrade their food and lifestyle for a better quality of life, and you're ready to dive deep and learn everything you need to know to provide successful support...**then yes.**

If you're a Registered Dietician who wants to feel confident seeing more complex cases, knowing that you have a system that goes beyond nutrition and dietary changes...**then yes.**

If you're a Registered Nurse who wants to turn heads at the practice that you work in showing how you can get results where your colleagues have struggled... **then yes.**

If you're an Acupuncturist who wants to more effectively address the modern-day overload of toxicity and lifestyle imbalances...**then yes.**



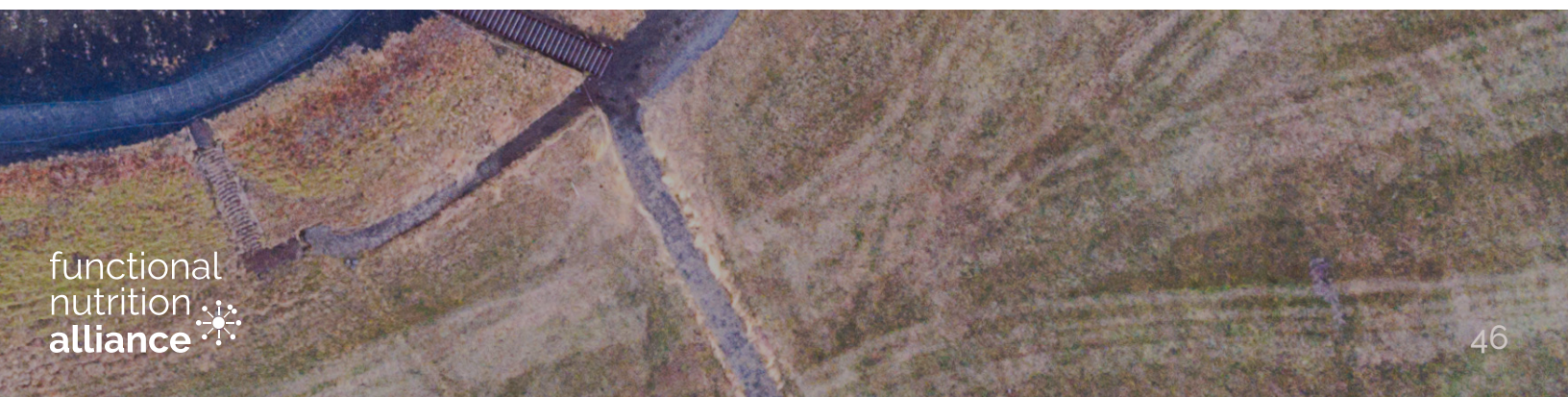
If you're a Nurse Practitioner who wants to incorporate more in-depth dietary and nutritional healing into your practice...**then yes.**

If you're a Physician's Assistant who wants to be the hero in your practice by having a deeper understanding how functional nutrition and lifestyle choices affect the different systems of the body...**then yes.**

If you're a Medical Doctor who knows a lot about the systems of the body, but didn't have the opportunity to study much nutrition...**then yes.**

If you're a Functional Medicine Practitioner who understands the theory of Functional Medicine, but finds it challenging to incorporate it on a practical hands on level that gets a high level of compliance and real long-term results...**then yes.**

If you're any type of health professional who is fully satisfied with the results you're getting - whether that's because you're happy helping the population who feels better using "boxed" programs, or your practice is overflowing because of referrals from doctors and other practitioners...
then no, but you may want to recommend it to your colleagues who aren't having the rush of success you are!



Have more questions?
[Check out our FAQ page](#)



one last thought

You have a huge potential to play an essential role in transforming the health of your community... And to go beyond that to play a bigger role in transforming healthcare. Coaches and practitioners like you who come through Full Body Systems usually join because of the education, the one-on-one support, and the mentorship. And yet people STAY for the community of passionate practitioners who are there to support each other. And to be a part of the larger mission of revolutionizing the current healthcare system and becoming leaders in the new healthcare paradigm. **You know as well as I do that there is a better way to reduce chronic illness and increase health worldwide... It begins with coaches, practitioners, and aspiring nutrition counselors like you empowering yourselves to be that difference.** No matter where you are in your practice, know that: You no longer have to settle for having clients leave—we can help you work with the tricky cases. You no longer have to practice alone or in isolation—we have a community that will support you. Thanks so much for all that you do, I look forward to connecting with you in the live trainings and on the message board.

Warmly,

Andrea



**Put Functional Nutrition to work for you
and become the future of healthcare.**

**Call (208) 202-4022
or [schedule a time to connect](#)
with an Admissions Advisor now.**

