



FUNCTIONAL NUTRITION HEAD TO TOE:

Comprehensive and Innovative Approaches to Nutritional Assessment

Hosted by
 FUNCTIONAL MEDICINE SA

February 13-15, 2014 Johannesburg, South Africa **February 20-22, 2014** Cape Town, South Africa

PRE-COURSE WEBINARS

Jan 13	Clinical Nutrition and Personalized Lifestyle Medicine within the Functional Medicine Model	Kristi Hughes, ND
Jan 20	ABCDs of Nutrition Assessment (Introduction and foundational concepts)	Michael Stone, MD, MS
Jan 27	PFC-MVP: From Assessment to Therapeutic Intervention (Introduce the PFC-MVP concept)	Elizabeth Boham, MD, MS, RD
Feb 3	Introduction to the IFM Dietary, Nutrition, and Lifestyle Journal	Deanna Minich, PhD

DAY ONE ACTIVITIES

1:00–1:15	Functional Nutrition: The New Era of Nutritional Assessment and Therapeutic Interventions	Kristi Hughes, ND
1:15–1:30	Functional Medicine, Personalized Nutrition, and Health Care in South Africa	Yael Joffe, RD
1:30–2:30	The ABCDs of Nutrition Assessment: Questionnaires, Handouts, and Exam Forms	Michael Stone, MD, MS
2:30–2:45	<i>Afternoon Break</i>	
2:45–3:45	Anthropometrics: Body Composition and Vital Signs	Kristi Hughes, ND
3:45–4:00	<i>Afternoon Break</i>	
4:00–5:30	BioMarkers and Functional Labs: Uncovering Nutrient Insufficiencies by Laboratory Analysis (PFC part 1)	Elizabeth Boham, MD, MS, RD
5:30–6:00	Functional Medicine Nutrition Case Workshop	Michael Stone, MD, MS
6:00–7:30	Welcome Reception	

DAY TWO ACTIVITIES

6:00–8:00	Screening Room Experience (by appointment only)	
9:00–10:00	Metabolic Imprinting: Mapping Pre-conception and Prenatal Nutrition Concerns on the FM Timeline	Drs. Leslie and Michael Stone
10:00–10:30	Clinical Indications Uncovered in the Head to Toenails Functional Nutrition Physical Exam	Michael Stone, MD, MS
10:30–11:00	<i>Morning Break</i>	
11:00–12:30	Clinical Indicators: Strengthening Your Skills in Nutrition Physical Exam Workshop (part 1)	Michael Stone, MD, MS
12:30–1:30	LUNCH	
1:30–3:00	BioMarkers and Functional Labs: Uncovering Nutrient Insufficiencies by Laboratory Analysis (MVP part 1)	Elizabeth Boham, MD, MS, RD
3:00–3:15	<i>Afternoon Break</i>	
3:15–4:45	Strengthening Your Skills in the Nutrition Physical Exam Workshop (part 2)	Elizabeth Boham, MD, MS, RD
4:45–5:00	<i>Afternoon Break</i>	
5:00–6:00	Nutrigenomics: The Future of Personalized Nutrition	Yael Joffe, RD



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DAY THREE ACTIVITIES

6:00-8:00	Screening Room Experience (by appointment only)	
9:00-10:30	Integrating the Dietary, Nutrition, and Lifestyle Journal for Optimal Dietary Assessment Your 7 day Journal Review: Phytonutrient Diversity, PFC-MVP, and Caloric Balance	Elizabeth Boham, MD, MS, RD
10:30-11:00	Morning Break	
11:00-12:30	Exploring Case Studies and Identifying Nutrition Concerns through the ABCDs and PFC-MVP Model	Elizabeth Boham, MD, MS, RD
12:30-1:30	(PHYTONUTRIENT LUNCH: Special Guest Lecture on Phytonutrients)	
1:30-3:00	Clinical Indicators: Strengthening Your Skills in Nutrition Physical Exam Workshop (part 3)	Michael Stone, MD, MS
3:00-3:15	Afternoon Break	
3:15-4:45	Your Screening Room Results	Michael Stone, MD, MS
4:45-5:00	Afternoon Break	
5:00-6:00	Building Collaborative Care Teams to Integrate Nutrition in the Future of Nutritional Medicine	Kristi Hughes, ND Yael Joffe, RD

POST COURSE WEBINARS

Mar 3	Food is Information: How Dietary Approaches Impact Genetic Expression	Yael Joffe, RD
Mar 10	Ask the Experts: Your Challenging Cases Discussed	Kristi Hughes, ND facilitate Elizabeth Boham, MD, MS, RD Michael Stone, MD, MS