



Certificate in Functional Nutrition & Lifestyle Medicine

Program Syllabus



THE ACADEMY
OF FUNCTIONAL NUTRITION
AND LIFESTYLE MEDICINE

Become a Certified Functional Nutritionist



1. Micronutrients

2. Specialized Nutrients

3. Dietary Principles

4. Therapeutic Diets

5. Intermittent Fasting

6. Lifestyle Medicine

7. Cooking

8. Conditions



Welcome to the Academy of Functional Nutrition and Lifestyle Medicine Certified Functional Nutritionist training program!

At AFNLM, you don't just “take a course.” You build true clinical competence in functional nutrition—layer by layer.

The AFNLM certificate program is a comprehensive and in-depth certificate program that combines the latest research with practical approaches. Participants will explore micronutrients, specialized diets, fasting, nutraceuticals, and other topics, all aimed at managing chronic health issues and optimizing overall well-being.

24-HOUR
FREE TRIAL

or

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Who Should Enroll?

This Program Is Ideal For:

- Health enthusiasts seeking deep clinical nutrition knowledge for their own health or that of their family
- Healthcare practitioners who have received minimal training in clinical nutrition and want evidence-based clinical training
- Healthcare practitioners looking for certification as a “Certified Functional Nutritionist”

What You’ll Gain:

- A deep understanding of functional nutrition and lifestyle medicine
- Practical tools for assessing and addressing nutritional needs
- Strategies for implementing dietary and lifestyle interventions in clinical settings
- A recognized certificate to enhance your credentials

Taught by a Team of Practicing Clinicians

You'll learn from a diverse faculty of practicing clinicians and connect with a growing network of peers committed to evidence-based functional medicine.



Datis Kharrazian

President, AFNLM

The Academy of Functional Nutrition and Lifestyle Medicine addresses a critical gap: most healthcare practitioners receive inadequate nutrition training. Medical schools provide minimal nutrition education, while alternative practitioners often lack systematic foundations.

Founded by Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, FACN, a leading expert in functional medicine education, AFNLM provides evidence-based functional nutrition knowledge and practical clinical skills for professionals, while also making clinical nutrition accessible for individuals seeking to optimize their health and their families' wellbeing.



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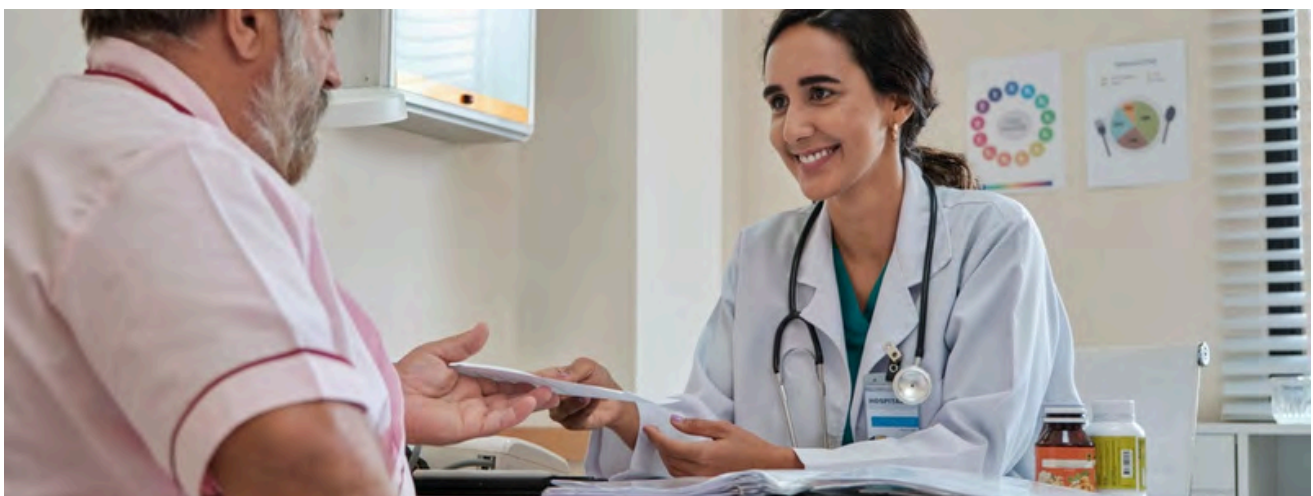


Certified Functional Nutritionist (CFN) Program Overview

The CFN training program covers nutrition science, therapeutic dietary approaches, fasting strategies, and evidence-based nutraceutical interventions. Each module builds on the previous one, creating a structured and integrative framework that helps practitioners develop a comprehensive understanding of functional nutrition and lifestyle medicine.

Our program consists of 8 sequential modules (37 course hours) required for the Certified Functional Nutritionist qualification:

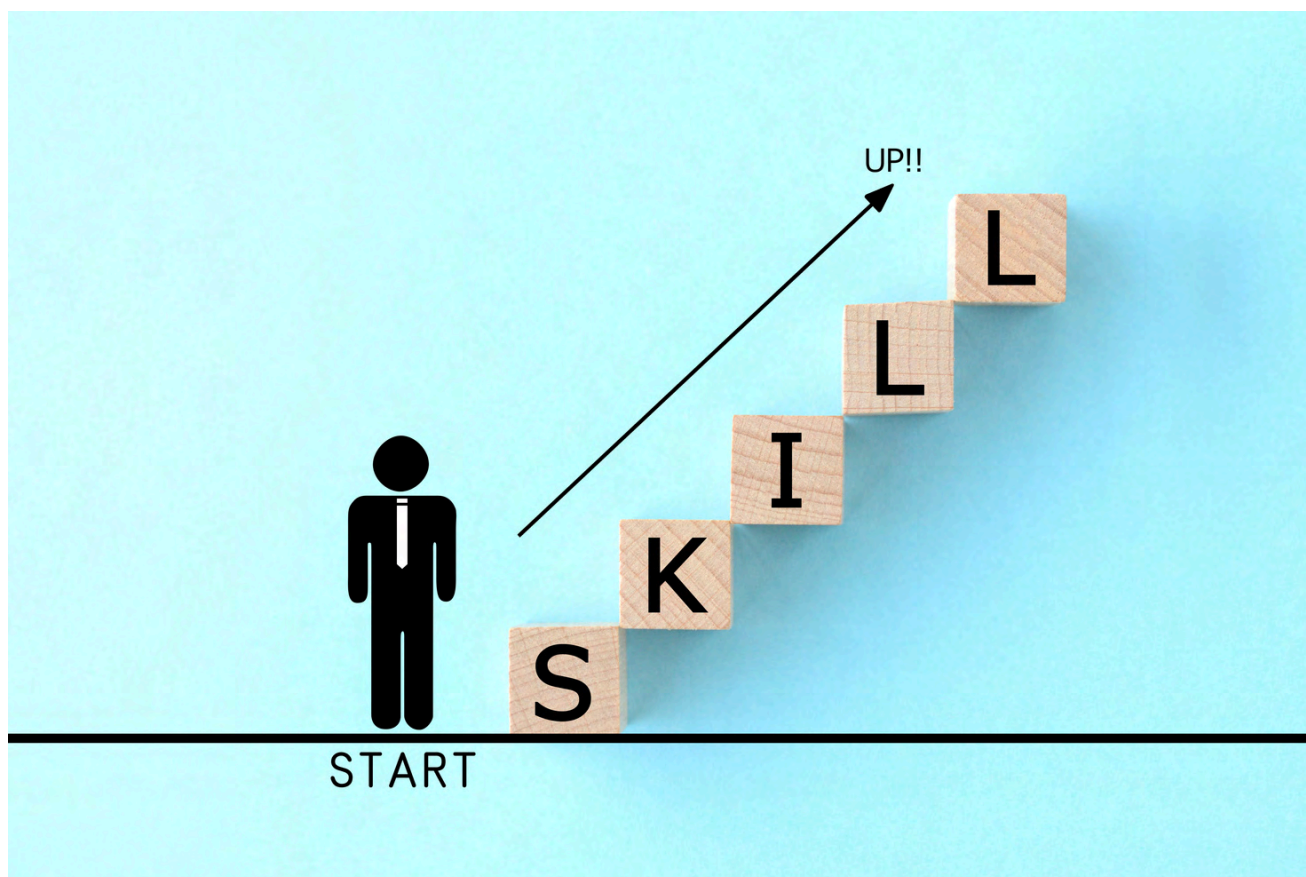
- Module 1: Micronutrients (7 hours)
- Module 2: Specialized Nutrients (9 hours)
- Module 3: Dietary Principles of Macronutrients (1 hour)
- Module 4: Specialized Diets (4.5 hours)
- Module 5: Time-Restricted Feeding and Fasting (2.5 hours)
- Module 6: Lifestyle Medicine Principles (2 hours)
- Module 7: Principles of Healthy Cooking (1 hour)
- Module 8: Nutraceuticals for Common Clinical Conditions (10 hours)



Layered Curriculum: Master Each Foundation Before Advancing

Each module prepares you for the next level of clinical competence, avoiding knowledge gaps.

Our 8-module curriculum follows a structured progression—you advance to the next module after completing the previous one. This guarantees you build the clinical reasoning skills necessary for effective functional nutrition practice, not just theoretical knowledge.



Module 1 – Micronutrients: The Foundation of Nutrition and the Building Blocks of Health

Micronutrients are vital for almost every biochemical process in the body, including energy production, immune support, and detoxification. Understanding the fundamentals of micronutrients is essential for making informed recommendations in later modules on specialized diets and nutraceuticals.

This Module Will Explore:

- The role of vitamins and minerals in metabolic pathways, immune function, and neurological health
- How to identify and assess common micronutrient deficiencies in clinical practice and implement targeted nutrient repletion plans
- Evidence-based strategies for replenishing key micronutrients through diet and supplementation



Why Module 1 Matters in the Full Program:

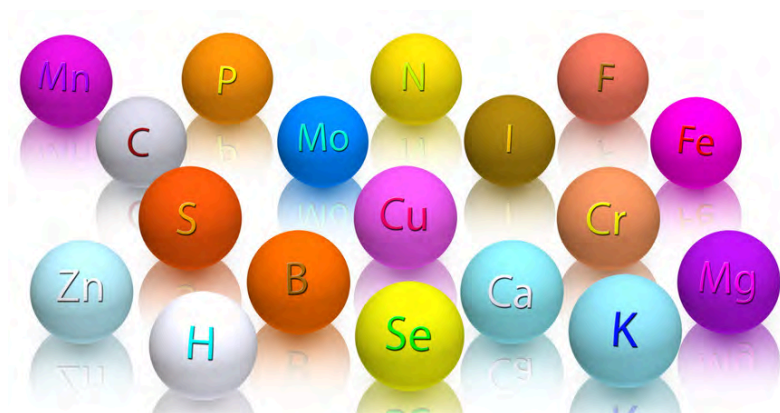
Micronutrients serve as the building blocks for all biochemical processes. Without understanding the essential roles of each micronutrient and addressing deficiencies, other interventions may be less effective. This module provides a solid foundation for practitioners before they delve into more advanced nutrition topics.

- **Micronutrients – Vitamins**

- Vitamin A and carotenes
- Vitamin D
- Vitamin E and tocopherols
- Vitamin K (K1 and K2)
- Vitamin C (ascorbic acid and ascorbate)
- Thiamin (B1)
- Riboflavin (B2)
- Niacin (B3)
- Pantothenic acid (B5)
- Pyridoxine and P-5-P (B6)
- Cobalamin B12
- Folate

- **Micronutrients – Minerals**

- Calcium
- Magnesium
- Potassium
- Zinc
- Boron
- Chromium
- Copper
- Iodine
- Lithium
- Iron
- Manganese
- Molybdenum
- Selenium
- Vanadium



Module 2 – Specialized Nutrients: Targeted Support for Optimal Health

Beyond basic vitamins and minerals, specialized nutrients such as polyphenols, omega-3 fatty acids, antioxidants, and probiotics play essential roles in regulating inflammation, gut health, and metabolic functions. By understanding how these specialized nutrients work, practitioners can tailor interventions for their patients, leading to better outcomes for complex chronic conditions.

This Module Will Explore:

- The therapeutic benefits of bioactive compounds in managing conditions and diseases
- The gut microbiome's influence on immune function and systemic inflammation
- Clinical strategies for using specialized nutrients in areas such as cognitive function, cardiovascular health, and metabolic disorders



Why Module 2 Matters in the Full Program:

This module bridges the gap between traditional nutrition and advanced therapeutic interventions, laying the groundwork for more targeted dietary strategies and nutraceutical applications later in the course.

- **Fatty Acid Nutraceuticals**

- General fatty acid overview
- EPA/DHA
- Flax seed oil
- Black currant seed oil
- Borage oil
- Evening primrose oil
- Medium chain triglycerides
- Exogenous ketones (beta-hydroxybutyrate)

- **Digestive Nutraceuticals**

- Probiotics
- Prebiotics
- Short-chain fatty acids (butyrate)
- Digestive enzymes (HCL, pancreatic enzyme, lipase)
- Gallbladder nutraceuticals
- Leaky gut nutraceuticals
- Glutamine

- **Antioxidants and Flavonoids**

- Nutrients and minerals with antioxidant properties (vitamin C, E, selenium)
- Alpha-lipoic acid
- N-acetylcysteine
- CoQ10
- Turmeric/Curcuminoids
- Resveratrol
- Green tea extract
- Grape seed extract
- Other flavonoids

- **Specialized Nutraceuticals and Botanicals**

- Adrenal support
- Immune support
- Anti-microbial herbs (bacteria, parasites, fungus/yeast)
- Mood support
- Brain function support
- Detoxification support
- Female hormone support
- Male hormone support
- Cardiovascular support
- Thyroid support

Module 3 – Dietary Principles of Macronutrients: Building a Functional Nutrition Framework

Understanding macronutrient balance is essential for creating effective nutrition plans. You'll learn to determine optimal carb, fat, and protein ratios for individual patients, preparing you for the specialized diets covered in Module 4.

This Module Will Explore:

- The impact of macronutrient ratios on metabolism, energy levels, and inflammation
- The relationship between diet, gut health, and systemic disease
- Strategies for creating sustainable, nutrient-dense meal plans for patients

Why Module 3 Matters in the Full Program:

This module lays the groundwork for applying more advanced dietary strategies, including time-restricted eating and disease-specific nutritional protocols.

- Macronutrients
 - Carbohydrates
 - Fats
 - Proteins
 - Water



Module 4 – Specialized Diets: Personalizing Nutrition for Unique Needs

Different patients need different dietary approaches for optimal results. You'll learn when to use ketogenic, Mediterranean, autoimmune, and other therapeutic diets based on individual patient presentations and clinical goals.

This Module Will Explore:

- The pros and cons of therapeutic diets such as ketogenic, Mediterranean, paleo, and plant-based diets
- How to determine the best dietary approach for individual patients based on clinical presentation and lab results
- Nutritional considerations for autoimmune disease, metabolic disorders, and gut health

Why Module 4 Matters in the Full Program:

This module ties together previous discussions on micronutrients, specialized nutrients, and dietary principles, providing a cohesive framework for patient-centered nutrition.

Specialized Diets

- Superfoods Diet
- Ketogenic Diet
- Low-Carbohydrate Diets
- Mediterranean/ Cardiometabolic Diet
- Vegetarian Diet
- Vegan Diet
- Paleolithic Diet
- Lectin-Free diet
- Nightshade-Free Diet
- Autoimmune Diet
- DASH diet
- FODMAP diet
- Low Histamine Diet
- Pre-Natal and Post-Natal Diet
- Cardiometabolic Diet
- Postpartum Diet
- Low-Fat Diet

Module 5 – Time-Restricted Feeding and Fasting: Harnessing Metabolic Flexibility

Fasting influences metabolic health, inflammation, and longevity—not just weight loss. You'll learn evidence-based fasting protocols for different patient populations and when fasting is contraindicated.

This Module Will Explore:

- The physiological mechanisms behind fasting and its impact on autophagy, insulin sensitivity, and inflammation
- How to implement intermittent fasting safely for different patient populations
- When fasting is contraindicated, and how to tailor protocols for various conditions

Why Module 5 Matters in the Full Program:

This module expands on dietary principles and specialized diets, showing how timing and meal frequency impact overall health.

- Intro to intermittent fasting
- Time-restricted eating protocols
- Extended fasting
- Very low calorie and fast mimicking diets
- Medications, challenges, and exercises
- Fasting case studies

Module 6 – Lifestyle Medicine Principles: Beyond Nutrition for Whole-Body Health

Nutrition alone isn't enough—lifestyle factors like sleep, stress, and exercise are equally important for patient outcomes. You'll learn to integrate these factors into comprehensive treatment plans.

This Module Will Explore:

- Sleep optimization, circadian rhythms, and their impact on metabolic health
- Stress management techniques to reduce inflammation and improve resilience
- The role of physical activity and movement in disease prevention
- How strong social connections improve mental and physical well-being

Why Module 6 Matters in the Full Program:

Practitioners will learn how to create comprehensive treatment plans that go beyond diet. This module integrates non-dietary interventions critical for long-term wellness.

- Strength training
- Cardiovascular fitness
- Flexibility and mobility
- Sleep hygiene principles
- Stress reduction principles
- Principles of social health
- Principles of healthy and personalized dietary plans



Module 7 – Principles of Healthy Cooking: Translating Nutrition into Practical Meals

Knowing what to eat is one thing—knowing how to prepare it is another. You’ll learn cooking techniques that preserve nutrients, meal planning strategies that improve patient compliance, and practical ways to help clients make sustainable food choices.

This Module Will Explore:

- Cooking techniques that preserve nutrient integrity
- Strategies for meal planning and preparation to enhance dietary adherence
- Practical ways to educate patients on making sustainable food choices



Why Module 7 Matters in the Full Program:

Practitioners will be able to provide actionable guidance on meal planning and cooking, making it easier for patients to implement dietary recommendations. Live demonstrations will make nutrition more accessible and actionable for both practitioners and patients.

- 10 principles of healthy cooking
- Selection of ingredients
- Understanding and utilizing liquids
- Finding healthier alternatives
- Global flavor and spices
- Curating balance
- Healthy cooking and specialized diets
- What healthy cooking looks like for you
- Consistency is key
- Food is medicine



Module 8 – Nutraceuticals for Common Clinical Conditions: Evidence-Based Supplementation

Traditional healthcare focuses on symptom management, but functional medicine addresses the underlying mechanisms of disease. You'll learn to apply nutrition and lifestyle interventions to the 40 most common health conditions, moving beyond symptom relief to support lasting health improvements.

This module will provide an in-depth look at:

- Nutritional recommendations for various common conditions
- Lifestyle and holistic approaches for supporting the healing process
- How to select high-quality nutraceuticals and avoid ineffective or harmful products for specific conditions and disease processes
- Strategies for integrating supplements into conventional treatment plans

Why Module 8 Matters in the Full Program:

Practitioners will gain confidence in recommending and sourcing high-quality nutraceuticals, ensuring the safety and effectiveness of these products for their patients. Detailed presentations will offer an in-depth explanation of the latest research on nutraceuticals, providing practitioners with a solid foundation for their clinical use.

- Acne
- Dermatitis and eczema
- Psoriasis
- Rosacea
- Allergic and hypersensitivity disorders
- Common cold and flu
- Otitis Media (ear infection)
- Sinusitis
- Urinary tract infection
- Iron deficiency anemia
- Anemia (B-12, folic acid, and pernicious anemia)
- Anxiety and panic
- Depression
- Arthritis (osteoarthritis)
- Tendonitis
- Osteoporosis
- Asthma
- Bronchitis (viral and bacterial)
- Benign prostate hypertrophy
- Andropause
- Premenstrual and syndrome and dysmenorrhea

Why Module 8 Matters in the Full Program – Continued

- Endometriosis
- Perimenopause and menopause
- Endometriosis
- Polycystic ovary syndrome
- Perimenopause and menopause
- Irritable bowel syndrome
- Constipation
- Diarrhea
- Fatty liver (NAFLD/AFLD)
- Gallstones
- Heartburn (GERD) and peptic ulcer
- Hemorrhoids
- Insomnia and sleep dysregulation
- Migraine
- Metabolic syndrome & Insulin resistance
- Hypoglycemia
- Hypothyroidism
- High cholesterol (hypercholesterolemia)
- High blood pressure (hypertension)
- Atherosclerosis prevention
- Kidney stones

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FREE TRIAL

or

ENROLL
NOW

Certified Functional Nutritionist-Specialist (CFN-S) Training Modules

Once you complete modules 1–8 and become a CFN, you will have learned the basic foundations of clinical nutrition and lifestyle medicine. The specialty modules provide advanced training for CFNs in the principles of functional medicine. Once you complete all of the specialty modules, you will earn CFN-Specialist (CFN-S) certification.



The CFN-S program is 44 hours in length and:

- Introduces principles of functional medicine into clinical nutrition and lifestyle medicine approaches
- Expands into various systems of the body not covered in the modules 1-8
- Provides detailed clinical approaches and strategies to support specific systems of the body

Certified Functional Nutritionist (CFN-S) Program Overview

- CFN-S Module 1: Immune and Autoimmunity (11 hours)
- CFN-S Module 2: Blood Sugar and Energy Stabilization (3 hours)
- CFN-S Module 3: Gastrointestinal Health (10 hours)
- CFN-S Module 4: Toxicity and Detoxification (6 hours)
- CFN-S Module 5: Brain and Nervous System Conditions (4 hours)
- CFN-S Module 6: Hormones and the Endocrine System (10 hours)



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CFN-S Module 1 – CFN Applications to Immune and Autoimmunity

This module provides comprehensive training on immune system function, the development of autoimmunity, and strategies for addressing autoimmune conditions. You'll learn the mechanisms behind immune dysfunction and evidence-based methods to support healthy immune responses.



What This Module Will Explore:

- In-depth review of the immune system and its various components
- Discussion on how autoimmunity evolves and develops within the body
- Overview of functional approaches to managing autoimmunity, including dietary protocols and lifestyle modifications
- The role of inflammation in autoimmune conditions and how to address it functionally

Why It Matters:

Autoimmune diseases are increasingly common, and their management requires a nuanced, patient-specific approach. By understanding the root causes of immune dysfunction and how to support immune balance through functional nutrition, practitioners can provide more effective and personalized care for patients struggling with autoimmune conditions.

CFN-S Module 2 – CFN Application to Blood Sugar and Energy Stabilization

This module covers blood sugar regulation mechanisms and how dysregulation impacts energy and overall health. You'll learn evidence-based strategies to address both hypoglycemia and hyperglycemia while supporting optimal metabolic function.

What This Module Will Explore:

- In-depth review of blood sugar regulation and the role of insulin in energy metabolism
- Discussion of pathological changes in the body that lead to blood sugar imbalances (e.g., insulin resistance, diabetes)
- Functional approaches to managing blood sugar dysregulation, including diet, supplements, and lifestyle changes

Why It Matters:

Blood sugar instability is at the heart of many chronic diseases, including diabetes, metabolic syndrome, and heart disease. Understanding functional approaches to blood sugar stabilization helps practitioners support patients in achieving lasting energy balance and preventing long-term health complications.

CFN-S Module 3 – CFN Applications to Gastrointestinal Health

An in-depth review of the gastrointestinal (GI) system, this module examines the roles of the gut in overall health and well-being. Learners will explore functional approaches to addressing common GI disorders such as GERD, SIBO, and IBS, with a focus on root cause analysis and targeted interventions.

What This Module Will Explore:

- In-depth review of the GI system's role in digestion, absorption, and immune function
- Pathophysiology of common GI disorders (e.g., GERD, SIBO, IBS) and their underlying causes
- Functional approaches to managing GI issues through diet, supplementation, and lifestyle changes
- The connection between gut health and systemic inflammation, immune function, and mental health

Why It Matters:

The gut is often referred to as the “second brain,” and GI dysfunction can be a root cause of numerous health issues. Understanding and addressing GI health through functional medicine can help patients resolve chronic digestive problems and improve overall well-being.

CFN-S Module 4 – CFN Applications to Toxicity and Detoxification

This module focuses on the body's natural detoxification pathways—liver, gastrointestinal system, and kidneys—and their role in removing environmental toxins. You'll learn how heavy metals, mycotoxins, and chemicals impact health, plus effective strategies for reducing exposure and supporting detoxification.

What This Module Will Explore:

- In-depth review of the detoxification systems in the body (liver, GI, kidneys)
- Discussion of the types of toxins commonly found in the environment (e.g., heavy metals, mycotoxins, pesticides)
- Functional approaches to reducing toxin exposure and minimizing toxic burden through diet, supplementation, and detoxification protocols

Why It Matters:

Toxins from the environment can accumulate in the body and lead to chronic health issues, including neurological, digestive, and immune dysfunction. By supporting detoxification pathways, functional medicine practitioners can help reduce the toxic load on the body, enhancing overall health and resilience.

CFN-S Module 5 – CFN Application to Brain and Nervous System Conditions

This module covers nervous system organization, cellular function, and central nervous system communication. You'll learn how neurodegenerative diseases and cognitive decline affect the brain, plus evidence-based strategies to support optimal brain health.

What This Module Will Explore:

- In-depth review of the nervous system structure and function, including neurotransmitter communication
- Pathological changes in the nervous system and their association with neurodegenerative diseases and mental health conditions
- Functional approaches to supporting brain health, including nutritional strategies, nutraceuticals, and lifestyle interventions
- The role of diet and lifestyle in preventing and managing cognitive decline and neurodegenerative conditions

Why It Matters:

The brain is the control center for the entire body, and neurological conditions are among the most challenging to manage. By understanding and addressing the root causes of cognitive dysfunction, functional medicine practitioners can offer better management and preventive strategies to improve brain health and quality of life for patients.

CFN-S Module 6 – CFN Application to Hormones and the Endocrine System

This module covers endocrine function with particular focus on female hormonal health, including estrogen, progesterone, and cortisol. You'll learn how hormonal imbalances manifest and evidence-based approaches to support hormone regulation and address related conditions.

What This Module Will Explore:

- In-depth review of endocrine function, with a special focus on the ovarian hormones and their role in health
- The connection between hormones and other systems of the body, such as metabolism and immune function
- Functional strategies for supporting hormone balance through diet, supplements, and lifestyle modifications

Why It Matters:

Hormonal health is critical to overall well-being, particularly in women, where hormonal fluctuations can impact everything from mood to metabolism. By addressing the root causes of hormonal imbalances, functional medicine practitioners can help patients regain balance and improve quality of life.

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