

Functional

Nutritional Therapy

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One Conversation Could Change Your Life

WHAT IS FUNCTIONAL NUTRITIONAL THERAPY

Functional Nutritional Therapy Practitioners work with bio-individual human physiology and function every day. The results for health and wellness for their clients are profound.

The role of a Functional Nutritional Therapy Practitioner is to assist their clients to re-establish cellular health. Part of this is understanding the warning signs and signals our body gives us every day about underlying dysfunction.

The Functional Nutritional Therapy Practitioner [FNTP] operates on a much deeper level, and has a unique skillset that sets them apart from most other Practitioners. It is common for clients to seek out a FNTP after they have tried all other avenues of medical and allied health support.



When the body is under any kind of physical, emotional or environmental stress, this can affect mood, weight, energy and more, increasing the risk of disease.

Your Functional Nutritional Therapy Practitioner can support you to achieve your health goals through identifying the underlying stressors that pushes your body into a state of dysfunction.

Food Sensitivities

Up to 75% of the population are affected by food sensitivities and intolerances, which can have lifelong effects on weight management, mood and long term health. Functional Nutritional Therapy Practitioners can support you to identify what foods might be contributing to your symptoms to tailor bio-individualised recommendations to support healing.

Dedicated to healing, one stomach at a time!

We create bio-Individualised programs based on learning the body's intuitive inner messages and finding the foods that are right for you.

Find your happy foods

WHAT DOES NUTRITION HAVE TO DO WITH MY...

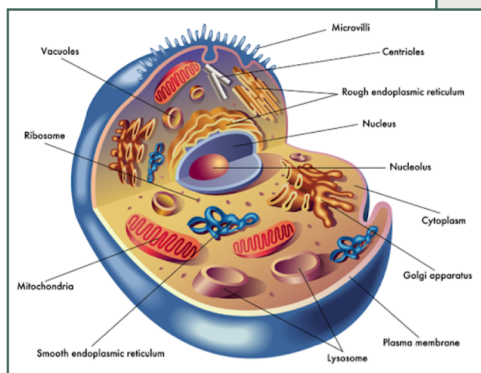
...Blood pressure, headaches, depression, heart disease, acne,
Cancer, autoimmune disease, sinus infection, infertility, chronic muscle spasms, IBS,
Menopause, joint pains, arthritis, psoriasis, fatigue, thyroid, dry skin, eczema,
Cardiovascular disease, gall stones, kidney stones and more...

The Cellular Downward Spiral

It all comes down to cells. They are the basic unit of life. All cell's structure and functions are build from, or run on nutrients. You are a collection of 100 trillion cells!

When our cells are nutrient deficient we go on a downward spiral. ➡

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Nutrient Deficiency

We need a full spectrum of nutrients for energy



Cellular Inefficiency

Without full spectrum of nutrients our cell energy is diminished



Organ Inefficiency

Maldigestion, malabsorption, decreased circulation, immune, detoxification & vitality



Detoxification Impaired

Cells fatigued, repair and rebuilding capacity reduced



Further Organ Impairment

System's innate intelligence impaired



Inability to Repair and Rebuild

Degeneration



Organ/System Dysfunction

Subtle or dramatic indications



Subclinical Symptoms

Primary issues, symptoms reported to practitioner



DISEASE

Cellular/organ/system/organism breakdown

WHAT IS IT LIKE TO WORK WITH A FNTF?

First, your FNTF will ask you to fill out some fact-finding paperwork, including a Disclaimer for you to sign, informing you exactly what your FNTF is certified to help you with.

An Initial Interview Form

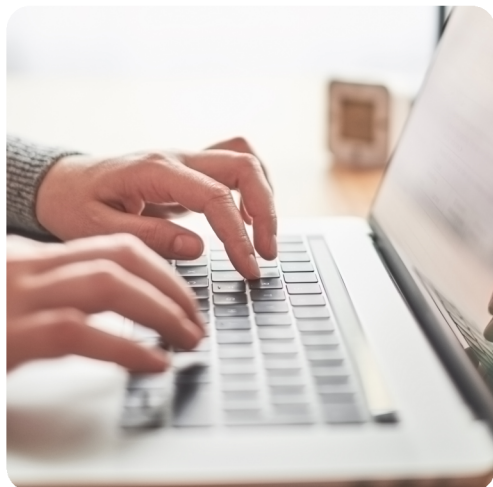
Like an intake form, this is asking questions about your health history, family history and more.

Nutritional Assessment Questionnaire

This questionnaire contains approx. 320 questions that covers a wide range of symptoms and takes approx. 30 mins to complete.

A 3-day Food & Mood Journal

This will help your practitioner to understand digestive and blood sugar patterns, evaluate how balanced your meals are and check in on your hydration. We also ask about your sleep, movement, energy and moods. All this is important information that will help us to make initial recommendations to support you as you embark on this journey.



The information you provide is used in the first session with your FNTF, where they will continue to go deeper into your history. Did you grow up near farms where pesticides were being sprayed? What kind of birth did you have? Did you have colic as a baby?

These are all topics and more, a FNTF will go through with you in order to help them uncover the root causes of your health concerns and prioritise what to work on first. You may never have experienced being with someone this interested in the intricate details of your overall health, but that's what we do.

We collect facts like a forensic scientist and use them to solve a crime – in this case, the depletion of your vitality.

After the fact-finding mission is complete, and you have started implementing initial recommendations into your life, your FNTF will invite you back to perform some simple tests with you via a physical assessment. ➡



THE FUNCTIONAL CLINICAL ASSESSMENT [FCA]

This physical assessment includes taking your blood pressure and pulse, palpating specific reflex points that correlate to different organ systems, testing muscle fibres against stimuli and also a number of additional tests that may be required based on the information you have provided in your forms.

Reflex points connect to the neuro-vascular and neuro-lymphatic pathways which surround every organ system in the body. When an organ is in stress, these pathways accumulate fluid around them (called venous or lymphatic congestion) which is the body's way to try to support healing. This congestion results in tenderness of the reflex point.

Most reflex points are throughout the torso, on the abdomen and rib cage. Your practitioner will be asking for a tenderness rating during each palpation. Some points can be quite tender, so there will be continued open communication throughout the assessment to ensure you remain comfortable. The aim is to understand which organs are under stress and requiring functional support.

During this evaluation, your FNTP will use their knowledge of the innate connection between the nerve endings at skin level and the body's internal organs to determine your bio-individual priorities for healing.

Due to additional training, most of this assessment can also be completed through a kinesiology technique called muscle testing, which is even faster and more efficient.





LINGUAL NEURAL TESTING [LNT]

Your FNTPT will then make their recommendations (either in the same session or the next) and help you to understand the reasons for those Recommendations.

In understanding why you might need to make changes or introduce therapeutic foods or supplements, you will be far more committed to the process and will move closer to your health goals with each session. It is all about finding out the WHY.

Working with an NTP is an ongoing process, with visits anywhere from 2 weeks to 8 weeks apart, depending on where you are in your health journey.

Our aim is to work ourselves out of a job and get you self-sufficient within a minimum time frame through support and education. However, some people choose to stay with their FNTPT on an ongoing basis to keep themselves fine tuned and in top shape!

Using all the information gathered during the analysis of your forms and the results of the Functional Clinical Assessment, your FNTPT will work through the different organ system pathways, testing a number of different nutrients that may assist your body to return to a state of balance. They will do this using the innate intelligence of the body by either asking you to place a small sample of a nutrient in your mouth,, or by using the biofield of the body to register that nutrient, send a message through to your brain and then back out to your external nerve endings (this takes around 15-30 seconds), they will then re-test the reflex points that were most sensitive.

You will be amazed at how the tenderness rating will change when your body senses the right nutrient to help it heal. That's what we mean about using the "body's innate intelligence" – we are incredibly complex organisms with the ability to heal ourselves if only given the chance.

Due to additional training, the LNT process can also be completed through a kinesiology technique called muscle testing, which is even faster and more efficient.



WHY FUNCTIONAL NUTRITIONAL THERAPY?

To Address the Underlying Causes of your Health Concerns

- Using a systems-oriented, client centred approach.
- Engaging both client and Practitioner in a cooperative partnership.
- Rather than focusing on the dysfunction in the body to try to fix the symptom, a FNTPT works with you to support rebalancing normal function in the body which then flows on to support the reduction of the symptom.
- FNTPT's spend **real** time with their clients, listening to their family and health history, with the consideration of interactions with genetics, the internal and external environment of the body, stress and lifestyle factors which all have a significant impact on long-term health.
- Functional Nutritional Therapy supports the **unique** expression of health and vitality and what that means for you as an individual.



As more and more of the population are shifting away from the disease-centered focus of traditional western medicine and reaching for a client-centered approach, the need for Functional Nutritional Therapy Practitioners to support one's healing is growing. The FNTPT recognises that the key to optimal health lies in balancing and strengthening the body's own innate healing processes.

THE RESULT?

Causal factors are addressed directly, which can both resolve chronic health issues and prevent future problems from developing. The Nutritional Therapy Association Australia/NZ provides extensive training in Functional Nutrition, the Functional Clinical Assessment and Lingual Neural Testing to their graduates, so they are equipped with the tools to provide **bio-individual** nutrition plans and targeted Nutritional Therapy to each client.

This unique skill set identifies key imbalances, with an emphasis on the foundations of digestion, blood sugar regulation, fatty acids, mineral and hydration status. If there is dysfunction in the foundations, this has a flow on effect to hormones, immunity, cardiovascular health and the detoxification pathways of the body. Through foundational support, starting at the grass roots with a properly prepared, nutrient-dense diet your FNTPT will work along side you to get to the root cause, or causes of your health concerns, and then support you in restoring balance to your body.