



Health  
Managers  
Academy



# CANADIAN HEALTH CERTIFICATION

Functional Medicine  
& Nutrition Practitioner  
(FMNP)

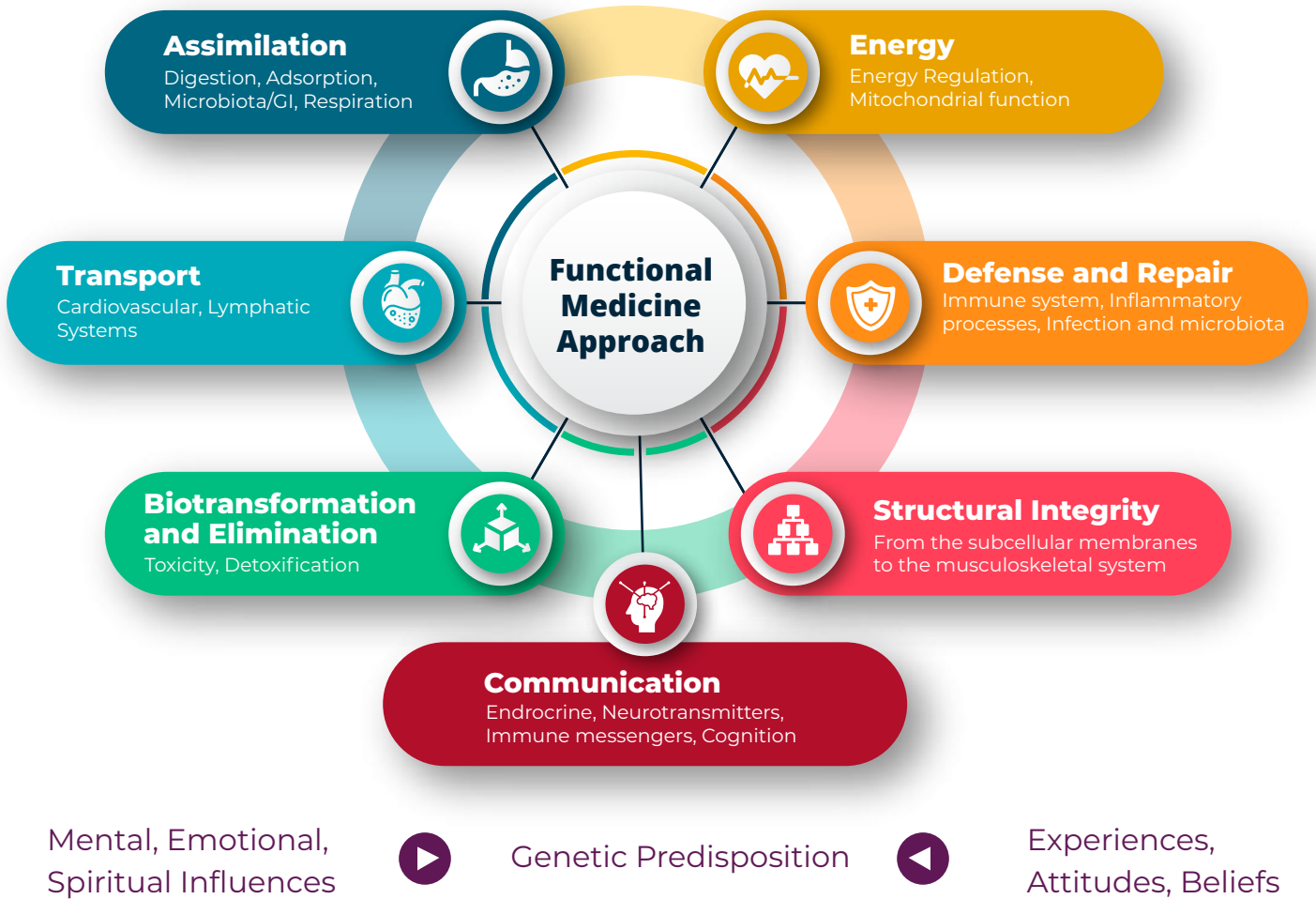


[www.healthmanagersacademy.com](http://www.healthmanagersacademy.com)



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# The Fundamental Organizing Systems and Core Clinical Imbalances



## Training Modules:

### 1. Interpretation of Blood Work

Understand the language of blood chemistry to decode key markers. Gain proficiency in analyzing results for a holistic view of an individual's health and learn about Functional Ranges which are different from Pathological Ranges.

### 2. Blood Sugar Regulation

In this module, we'll take a look at the rise in cases of diabetes and pre-diabetics and we will learn how Functional Blood work can red flag major blood sugar issues before the patient become diabetic, also blood sugar regulation issues and how to reverse Diabetes using Functional Approach.



### 3. **Thyroid Balance**

In this module, we'll learn the essential blood markers and functional ranges to access your patients thyroid problems and diagnose the type of condition i.e. hyperthyroidism, hypothyroidism or Auto-immune thyroiditis while learning how to control it before it turn into other auto immune conditions.

### 4. **POLYCYSTIC OVARIAN DISEASE**

In this module, we'll dive into the root cause analysis of PCOS and factors which can effect hormonal imbalance resulting in PCOS symptom. We will learn how to detect hormonal imbalances using latest test and how can we reverse these symptoms using nutrition and supplements.

### 5. **Hypertension**

In this module, we'll deep dive into the reason for rise in the cases of Hypertension and what are the myths around it. We'll learn the contributing factors and learn how to manage hypertension better using nutrition, supplements and various other modalities.

### 6. **Herbs & Supplements**

In this module we'll learn about which Herbs & supplements are needed for specific chronic conditions, we'll also discuss about compositions and different forms of Herbs & supplements available and how to choose the most appropriate one for your patients.

### 7. **Fatty Liver**

In this module, we'll understand the vital roles of the liver and gall bladder. What are the reasons for rise in the cases of NAFLD during the last 20 years and we'll take a deep dive on the root cause and also learn to optimize detoxification processes for holistic well-being.





## 8. Cardiovascular health and inflammation

In this module, we'll discuss and explore cardiovascular health and inflammation dynamics. Develop strategies to foster heart health and manage inflammation.

## 9. G.I. Function

In this module, students will learn about physiology of digestion, absorption & excretion and how these are interrelated and dysfunction in any one of it can cause various issues i.e. hypochlorida, H.Pylori, Gut dysbiosis, IBS, GERD etc. Further we will learn what all blood test can be done, to analyze the root cause of the issue in hand.

## 10. Functional Nutrition

In this module, you will learn the proponents of functional foods to promote optimal health, help reduce the risk of disease and help individuals to understand the food consumed in-depth. Food sensitivities and elimination guides and the gut healing with optimal nutrition.

## 11. Health Coaching

Become a behavior change specialists, helping individuals seeking healthy lifestyle changes. You can progress your career becoming a American Board Certified Coach with NBCCHC

## 12. Putting It All Together with Case studies

You will learn and discover a holistic path to healing with the Functional Medicine and Functional Nutrition, unlike traditional medicine, which often focuses on symptom management, Functional Medicine delves into the root causes of the condition. By examining the interconnectedness of bodily systems, this approach explores factors such as nutrition, gut health, hormonal balance, and lifestyle. Tailored interventions aim to address imbalances using Blood Chemistry analysis and analyzing the root cause for an individuals to treat the patient for a better health.



# Top reasons to do this course

## 1 HOLISTIC APPROACH

It provides a holistic approach to health and wellness, emphasizing the interconnection of various aspects of well-being.



## 2 ROOT CAUSE ANALYSIS

Students learn to identify and address the root causes of health issues, promoting long-term health and well-being.

## 3 EVIDENCE BASED

The program is based on current scientific research and evidence, ensuring that students receive up-to-date information.



## 4 INTEGRATIVE APPROACH

Understand the Importance of treating the Whole Person and not just the Symptoms, You will learn to treat underlying health issues using all three modalities.

## 5 CERTIFICATION

Being certified by the Canadian Health Academy adds credibility to the program and ensures that graduates meet high standards of education and training.



## 6 DIVERSE AUDIENCE

The program is suitable for a diverse range of individuals, including healthcare professionals looking to expand their knowledge and skills, as well as those interested in pursuing a career in holistic health and wellness.

# Who can join ?

**FMNP** (Functional Medicine & Nutrition Practitioner) - Licensed Health Care Professionals i.e. Doctors, Nurses, Therapist, Dietitians, Dentists, Alternative Medicine Practitioners, Pharmacist etc.

**FMNC** (Functional medicine and nutrition coach) - Athletic Trainers, Fitness Trainers, Personal Trainers, Health Enthusiasts, Nutritionists, Chiropractors, Acupuncturist, Cupping Therapist, Yoga Trainers etc.

## Duration - 3 months

48+ Hours

2 Classes weekly

## PREREQUISITE

A Basic Degree of education and / or Existing Healthcare workers as per License will qualify for FMNP - Practitioner or FMNC - Coach



**Fees - ₹ 39,500**

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## payment

A/C NAME : HEALTH MANAGERS ACADEMY  
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