

Functional Medicine Education Resources



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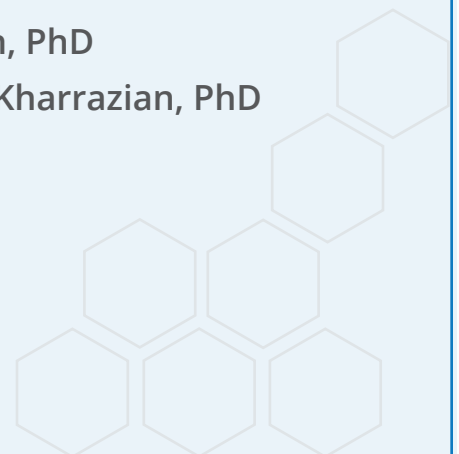
Functional Medicine Education Resources



(Unless noted, Precision Analytical Inc./DUTCH does not have any affiliation with these suggestions. These resources come recommended through our own clinical staff as well as practitioners like you.)

Suggested Reading

- The XX Brain by Dr. Lisa Mosconi
- Mastering Leptin by Bryan Richards
- The Body Keeps the Score by Bessel Van Der Kolk
- The End of Alzheimer's by Dale Bredeisen, MD
- The Role of Stress and the HPA Axis in Chronic Disease Management by Tom Guilliams Ph.D
- Case Studies in Integrative and Functional Medicine by Kara Fitzgerald, ND and J. Alexander Brailley, PhD
- The Theory of Endobiogeny - Volume 1-3 by Kamyar Hedayat and Jean-Claude Lapraz
- The Busy Woman's Guide to Symptoms of Hormone Imbalance by Deborah Matthew, MD
- Taking Charge of Your Fertility by Toni Weschler, MPH
- The Period Repair Manual by Lara Briden, ND
- Reversing PCOS by Fiona McCulloch, ND
- PCOS SOS by Felice Gersh, MD
- Beyond the Pill by Jolene Brighten, ND
- The Hormone Reset Diet by Sara Gottfried, MD
- The Hormone Cure by Sara Gottfried, MD
- Estrogen Matters by Avrum Bluming, MD and Carol Tavris, Ph.D.
- The Wisdom of Menopause by Christiane Northrup, MD
- Women's Bodies, Women's Wisdom by Christian Northrup, MD
- The Hormone Fix by Anna Cabeca, DO
- Why Isn't My Brain Working? by Datis Kharrazian, PhD
- Why Do I Still Have Thyroid Symptoms? by Datis Kharrazian, PhD
- Dirty Genes by Ben Lynch, ND



Suggested Journals

- The Townsend Letter
- The Journal of Alternative and Complementary Medicine (JACM)
- Complementary Therapies in Medicine
- Alternative Therapies in Health and Medicine
- Advances in Mind-Body Medicine
- Integrative Medicine: A Clinicians Journal
- Holistic Primary Care - www.holisticprimarycare.net
- Natural Practitioner
- Menopause: The Journal of the North American Menopause Society
- Naturopathic Doctor News and Review (NDNR) - www.ndnr.com
- Natural Medicine Journal - www.naturalmedicinejournal.com

Websites

Free Resources:

- www.endotext.org - Clinical Endocrinology Resource
- www.ncbi.nlm.nih.gov/pubmed - A Research Search Engine
- www.fpnotebook.com - A Free Resource Similar to UpToDate
- www.dailymed.nlm.nih.gov - A Drug Database
- www.researchgate.net - A Research Search Engine
- www.scholar.google.com - A Research Search Engine
- www.lifestylematrix.com - A Non-Branded Educational Resource for Lifestyle-Based Therapies
- www.metagenicsinstitute.com - A Non-Branded Resource for Personalized Lifestyle and Health

For Cost:

- www.functionalmedicineuniversity.com - Online Continuing Education for Functional Medicine
- www.healthmasterslive.com - Postgraduate Education for Natural Medicine Practitioners
- www.naturopathicce.com - Online Learning for Natural Medicine Practitioners
50% off first course with coupon code: naturopathsrock

Genetic/SNP Resources:

- www.snpedia.com - A Wiki on Human Genetics
- <https://www.ncbi.nlm.nih.gov/gap/phegeni?tab=1&gene=1312>
PhiGen through NCBI
- www.selfdecode.com - Personalized DNA Health Recommendations



Education and/or Conferences

- The American Academy of Anti-Aging Medicine/Metabolic Medical Institute - www.a4m.com
- The Institute for Functional Medicine - www.ifm.com
- Personalized Lifestyle Medicine Institute - www.plminstitute.org
- Kharrazian Institute - www.kharrazianinstitute.com
- Academy of Integrative Health & Medicine - www.aihm.org
- Integrative Medicine for Mental Health - www.immh.org
- International College of Integrative Medicine - www.icimed.com
- Advanced Applications in Medical Practice
www.aampconferences.com
- Environmental Health Symposium
www.environmentalhealthsymposium.com
- The Forum for Integrative Medicine
www.forumforintegrativemedicine.org
- American Academy of Environmental Medicine - www.aaemonline.org
- LP3 Network - www.education.lp3network.com
- Institute of Women's Health - www.instituteofwomenshealth.com
- American Academy of Restorative Medicine
www.restorativemedicine.org
- American Association of Naturopathic Physicians Annual Conference
www.naturopathic.org
- Integrative Healthcare Symposium
www.ihsymposium.com
- Southwest Conference on Botanical Medicine
www.botanicalmedicine.org
- NUNM Gastroenterology Conference
www.career-alumni.nunm.edu/continuing-education/gastro
- NUNM Women in Balance - www.womeninbalance.org