


CURRICULUM GUIDE

NUTRITION COUNSELING GUIDEBOOK & COURSE OVERVIEW





Full Body Systems is a self-paced online program in the science and art of Functional Nutrition. It consists of 7 main modules and 6 skill-building modules, typically completed in 10 months.

You'll have access to:

Audio recordings and printable transcripts

for each class, allowing you to listen to and read the curriculum at your convenience.

Live mentorship from Functional Medicine Nutritionist Andrea Nakayama, founder of Functional Nutrition Alliance and creator of the Full Body Systems training program, along with support from her highly trained team of nutrition professionals

Lifetime access to course materials,

plus the option to re-enroll in the course for continued mentorship and support free of charge.

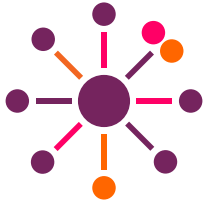
Eligibility for continuing education units (CEUs)

with NANP and HCA upon completion of the certification exam.

Certification as a Functional Nutrition Alliance Certified Functional Nutrition Counselor (CFNC), upon completion of the course and certification exams.

Visit our website or connect with an Admissions Advisor for up-to-date details on our growing list of accreditations and CEU opportunities.

Read on for more information . . .



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A portrait of Andrea Nakayama, a woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a blue and purple floral patterned top. Her hands are visible at the bottom of the frame, holding a pair of red-rimmed glasses. A semi-transparent purple rectangular box is overlaid on the lower half of the image, containing white text.

Andrea Nakayama's approach to Nutrition is the future of healthcare because it meets the needs of both the clients and those who serve them, creating partnerships and health solutions that WORK.



What will a change in healthcare *really* take?

It might surprise you, but the answer might be YOU.

As you've probably noticed, our healthcare system isn't working for everyone. It isn't working for patients with chronic illnesses, and it isn't working for many coaches and practitioners. Why?

1

Outdated approaches

The current system fails to address the complexities of chronic health issues

2

Shortage of skilled practitioners:

There's a high demand for coaches and clinicians who can deliver effective, individualized care, yet they are scarce

This is where *you* can make the difference.

With the right training, an understanding of proven systems, and the proper tools in your toolbox, you can become that practitioner we need.





There is no quick-fix for learning the skills you need to transform healthcare.

Yes, the shortcut to success is seductive.

Seven steps, ten tips. This protocol or that. The one supplement that will solve all your woes (and your client's too)...


But those shortcuts only work some of the time for some people. This is why many patients are stuck on a treadmill that leads from one of these shortcuts to the next.

So, no, there is no shortcut.

There is a path for you to learn a new way of helping people that WORKS.

This way of practicing, once you understand it, simplifies even the most complex cases. It allows you to understand the physiological WHY someone became ill and how to guide them toward their unique resolution with personalized diet and lifestyle recommendations. **With a certification in Functional Nutrition you can become the coach or clinician that helps people achieve root cause resolution and lasting results.**





Complex clients are the new norm.
They're not getting served by pat protocols.
This is where you come in.
And here is your guide.

An aerial, top-down view of a diverse group of people walking on a large, light-colored checkered tile floor. The people are dressed in casual to business-casual attire, including jackets, sweaters, and trousers. They are scattered across the frame, with some walking in small groups and others alone. The lighting is even, and the overall tone is professional and modern.

Introducing...

FULL BODY SYSTEMS

Solve complex cases.
Turn clients into raving fans.
Transform your practice.

Full Body Systems (FBS) was designed for coaches, clinicians, and aspiring nutrition counselors who want to get breakthrough results with every client, every time. Developed and taught by globally-recognized Functional Medicine Nutritionist and Functional Nutrition Alliance founder, Andrea Nakayama, Full Body Systems is the industry's leading Functional Nutrition training and certification program for practitioners.

This comprehensive, online immersion course provides you with:



Understanding of functional principles
and where and how food meets physiology to master the science and art of Functional Nutrition



Systems and tools to uncover root causes,
no matter the complexity of a client's signs, symptoms, or diagnosis



Skills to create personalized diet and lifestyle recommendations
to improve health through optimal nutrition



Unparalleled education, support, and mentorship from leading experts in the field



Immediate access to practical forms and handouts that you can use in your practice right away



ART of Counseling essentials that enable Full Body Systems graduates to apply their training and be more successful in the field



Community support and the chance to connect with a network of like-minded practitioners for study, collaboration, and growth



Ongoing professional development opportunities after graduation to keep your knowledge and skills up-to-date with the latest in Functional Nutrition

A woman with long, curly brown hair is smiling at the camera. She is wearing a blue and white patterned top. She is holding a large binder with both hands, and the pages are visible. The background is a soft, out-of-focus indoor setting.

What does the curriculum include?

Our program offers 7 main Intensives, each focusing on a different biological system, along with essential skill-building modules to ensure your clinical success and transformation:



Digestive Intensive

Master the digestive system to confidently address a range of digestive symptoms and conditions.

- Understand why healthy digestion is essential for resolving most health issues, even in clients without obvious digestive symptoms
- Implement strategies to address microbial imbalances, including those caused by parasites, candida, and infections
- Support relief from heartburn, acid reflux, and GERD with specific recommendations
- Identify and manage the reversal of "leaky gut syndrome"
- Help clients incorporate key foods and nutrients into their daily routine for digestive health and healing
- Explain liver detoxification phases, pathways, and supportive strategies for liver health



Immune Intensive

Gain a comprehensive understanding of the immune system to reduce chronic inflammation and improve immune resilience, promoting long term health.

- Understand the immune systems functions and why symptoms like seasonal allergies and food sensitivities are on the rise
- Support clients with autoimmune conditions like Hashimoto's, rheumatoid arthritis, and multiple sclerosis
- Reduce the pervasive risk of cancer, diabetes, and heart disease
- Implement strategies to identify and manage food sensitivities and allergies effectively
- Support clients with cancer diagnoses through treatment with diet and lifestyle modifications and an understanding of the lymphatic system
- Enhance immune function with the beneficial foods, nutrients, supplements and lifestyle practices, helping your clients strengthen their immune system and overall health

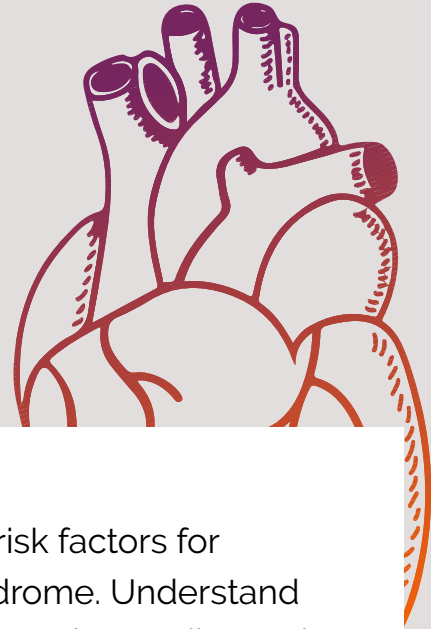


Urinary Intensive

Develop a deep understanding of the vital role of the often overlooked urinary system and kidneys in overall health.

- Effectively manage urinary incontinence and infections, kidney health, hydration, blood pressure, and water retention
- Help clients with urinary incontinence, urinary tract infections and prostate issues through diet, herbs and lifestyle changes
- Implement strategies to maintain optimal hydration, fluid and electrolyte balance, and address conditions which might compromise that balance
- Explain and manage blood pressure through nutrition and lifestyle interventions
- Address and alleviate issues related to water retention including bloating, swelling and edema
- Support kidney health for proper function and detoxification of water soluble toxins

Cardiometabolic Intensive



Explore cardiometabolic health to address risk factors for heart disease, diabetes, and metabolic syndrome. Understand cardiovascular functions for both prevention and post-diagnosis care.

- Identify symptoms and causes of cardiovascular disease, the leading cause of death in the US and other Western countries
- Assess blood lipid panels, cholesterol levels, and key lab markers for cardiovascular risk
- Learn which dietary fats to recommend and which to avoid
- Understand how statins work and explore alternatives for long-term users
- Implement meditation and mindfulness practices to positively impact heart health
- Integrate knowledge of social determinants of health for comprehensive, patient-centered care



Endocrine Intensive

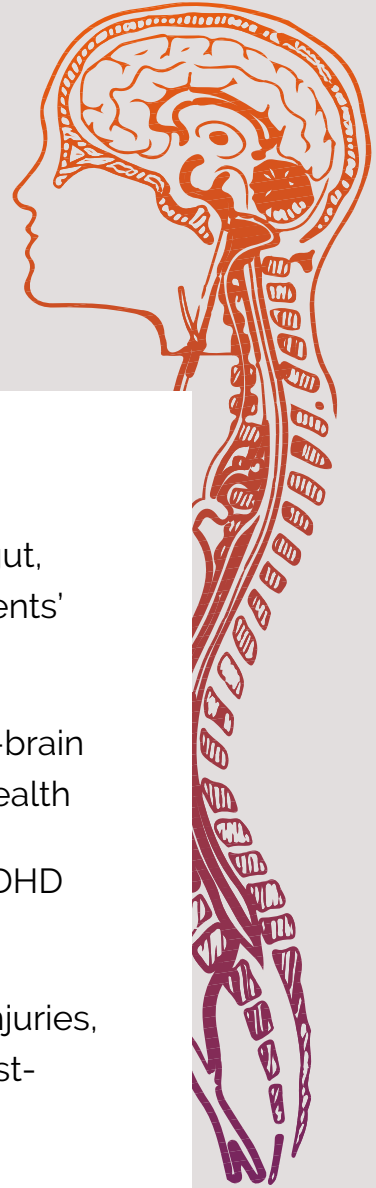
Master the symphony of hormones and the intricate functions of the endocrine system to address various hormonal imbalances and endocrine-related conditions effectively.

- Manage blood sugar imbalances and related conditions like metabolic syndrome, insulin resistance, and diabetes
- Identify the symptoms and causes of “adrenal fatigue” and support adrenal health with key herbs and supplements and lifestyle modifications
- Understand how hormone imbalances impact sleep (and vice versa) and implement strategies to combat insomnia
- Address thyroid imbalances through tailored food, supplements, and lifestyle practices
- Recognize and manage core hormonal imbalances affecting overall health and well-being

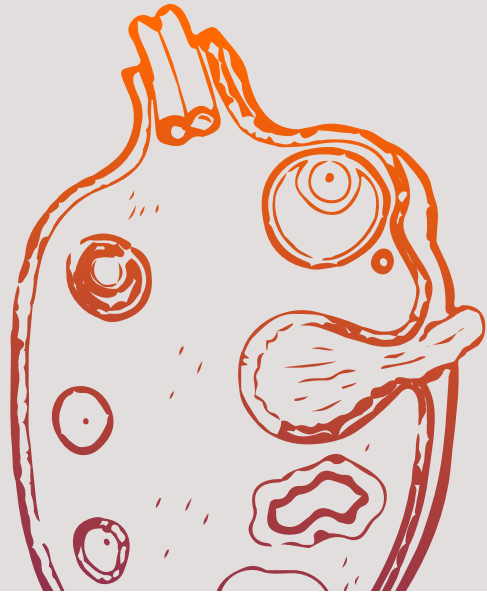
Neuro Intensive

Unlock the secrets of brain health and the intricate connections between the brain, gut, and mental well-being to support your clients' neurological health at every stage of life.

- Understand the significance of the gut-brain connection and its impact on mental health
- Implement strategies for addressing ADHD and autism spectrum disorders (ASD)
- Support healing from traumatic brain injuries, including concussions, strokes, and post-surgery recovery
- Apply therapies and protocols to enhance brain power and cognitive function, utilizing functional tactics for managing Alzheimer's, dementia, memory and cognitive function
- Recommend key foods and supplements to alleviate symptoms of depression and anxiety



Reproductive Intensive



Gain a comprehensive understanding of the reproductive system and master techniques to support reproductive health at every life stage.

- Alleviate symptoms associated with Premenstrual Syndrome (PMS) using targeted strategies
- Address conditions like PCOS, fibroids, and endometriosis through dietary and lifestyle modifications
- Understand the causes of infertility and help your clients increase their chances of conception
- Recommend the best foods and nutrition-based practices for pregnancy, breastfeeding, and beyond
- Implement strategies to relieve menopausal symptoms such as hot flashes, night sweats, weight gain, and brain fog

Skill-building modules



Enhance your clinical success and transformation through 6 additional skill-building modules. You'll learn how to:

- Cultivate therapeutic partnerships and build loyalty with your clients
- Communicate your scope of work and role as a Functional Nutrition Counselor effectively
- Enroll new clients and conduct productive intake sessions
- Develop effective practices to encourage compliance
- Use the Functional Nutrition Matrix to unravel complex cases
- Consider the profound impacts of social determinants of health (SDOH)

... and so much more!

Full Body Systems also includes:

MENTORSHIP

Nine 2-hour Q+A Sessions with founder and Functional Medicine Nutritionist Andrea Nakayama. Receive hands-on mentorship and real-time answers to your clinical, practice and business questions!

Nine 60-minute Q+A Sessions with Andrea's clinical Nutrition Team, guiding you on how to apply course content effectively for real results in your practice.

Nine 60-minute interactive skills labs with Andrea's Nutrition Team and FBS alumni, providing opportunities to practice the tools and frameworks taught throughout the course.

Daily access to a dedicated Message Board, where you can ask questions and search an extensive database of past conversations. *It's like having a Functional Nutrition-focused Google to support your practice!*

CLINICAL TOOLS

Done-for-you frameworks for select conditions, which detail Andrea's clinical favorites and expert recommendations.

Andrea's Functional Nutrition Practitioner Toolkit, including the same tools used by Andrea's Nutrition Team in her clinic at the Functional Nutrition Alliance.

Educational resources like images, outlines, handouts, and articles to reinforce your learning and share with your clients.

BONUS MATERIALS

Bonus sessions designed by Andrea, covering topics of interest to the FBS community, from kids' immunity to tactics for completing a Client Action Form to working with serum lab values.

Over 45 Guest Health & Medical Expert Interviews with renowned health and medical experts, offering diverse insights and expertise you can incorporate into your practice.

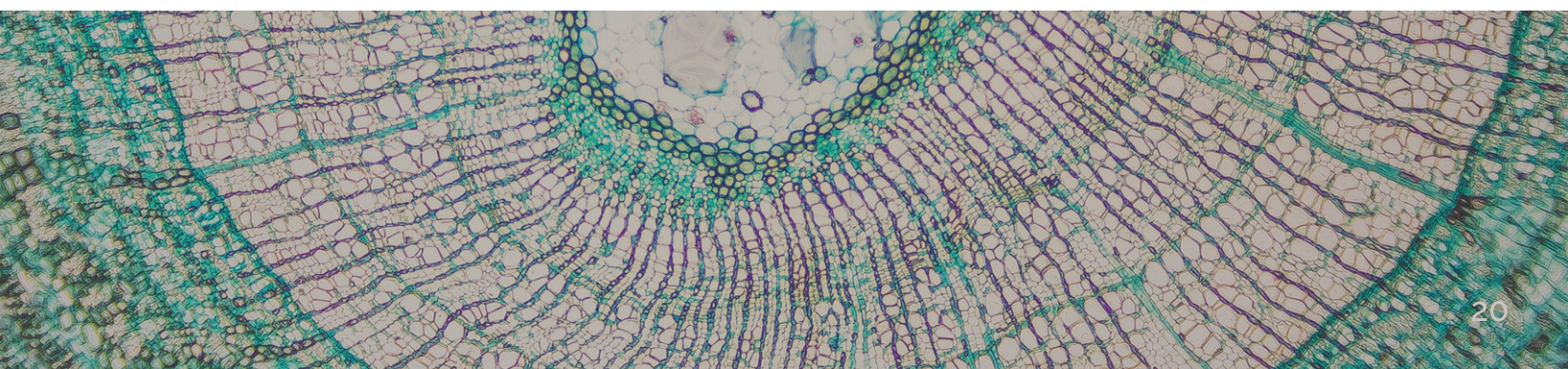
Podcast round-up with related 15-Minute Matrix episodes, providing quick and insightful discussions to complement your learning.

Curated book lists featuring Andrea's favorite resources to deepen your knowledge-base on topics of interest.

References for all claims made in the teaching, ensuring that you have access to the scientific evidence and research supporting the course content.

CERTIFICATION

You will be certified as a Functional Nutrition Alliance Certified Functional Nutrition Counselor (CFNC) upon completion of your training and passing the certification exam (see next page for details).



Certification

- **Earn the title** of Function Nutrition Alliance Certified Functional Nutrition Counselor (CFNC) with a printable certificate and digital badge for your website
- **Become eligible** to create a virtual dispensary with **FullScript**
- **Apply for Board Certification** with the **American Association of Drugless Practitioners (AADP)** *Note that this requires a separate application and payment to AADP*
- **Apply for Board Certification** with the **American Natural Wellness Coaches Board (ANWCB)** *Note that this requires a separate application and payment to ANWCB*



CERTIFICATION DETAILS


Certification is optional. If you do not wish to earn the certification, you can complete the course at your own pace. For those who elect to earn their certification, the following requirements must be completed within 3 months after the final exam opens at the end of the 10-month course:

- Listen to the audio classes and complete the coursework for all seven intensives
- Pass each of the seven intensive final open-book exams with a score of 80% or higher (each exam may be taken up to 3 times)
- Pass the open-book final exam (100 questions) with a score of 80% or higher (may be taken up to 3 times)

You will have 3 months after the Full Body Systems Final Exam opens to complete the Certification requirements

Ready to learn more?

Call (844) 246-6335
or [schedule a time to connect](#)
with an Admissions Advisor now.



Who's behind
Full Body Systems?

Meet Andrea Nakayama

Hi, I'm Andrea. Over the past decade, I've supported over 8,000 coaches and practitioners (including Nurse Practitioners, Health Coaches, Nutritionists, Naturopathic Doctors, aspiring coaches and more), helping them achieve remarkable outcomes for their patients and clients. But before I became a mentor for others, I was the patient.

I was sick and struggling with Hashimoto's disease, experiencing firsthand the limitations of conventional treatments that address symptoms but not the root causes. This personal struggle was the last straw that inspired me to pursue a career in health. And from the beginning, I committed to truly understanding and addressing the underlying causes of health issues.



When I launched my practice in 2009, I was astounded by how quickly it grew. It evolved from a small, solo operation to a thriving virtual wellness center with a team of nutritionists. Together, my team and I helped clients tackle the toughest conditions like Crohn's Disease, Hashimoto's, multiple sclerosis, cancer, chronic hormone issues, and other chronic and undiagnosed health challenges.

Remarkably, our client base grew solely through word-of-mouth; friends told friends that we were able to get results where other practitioners could not. That's why my practice grew for the first 5 years without any advertising.

Realizing that this organic growth set me apart from others with seemingly similar tools and educational background, I set out to uncover why my practice was different and what made my success so unique. I put those learnings into my online immersion program, Full Body Systems.

I've now spent over a decade evolving Full Body Systems so that I can help others with the cutting edge systems and practices to launch and grow their own practices. Our program emphasizes functional practice, true root cause resolution, client-centered care and understanding, cultural humility, and sustainable, organic business growth. To date, we've supported coaches, practitioners, and aspiring nutrition counselors from over 68 countries (and counting!).

Andrea's journey into Functional Nutrition began with a family health crisis, when her young husband was diagnosed with an aggressive brain tumor when they were just seven weeks pregnant with their first and only child. Her husband's diagnosis and death inspired her to fill the many gaps she found in the ways we treat the chronically ill.

More about Andrea

In everything she does, Andrea brings her keen investigative prowess, vast knowledge of physiology, deep respect for the individual, and a true passion and love for her work. Andrea has won the National Association of Nutrition Professionals (NANP) Impact award and the NANP Service Award for her leadership in the field of nutrition, as well as the Evolution of Medicine Media of the Year award for her podcast, *The 15-Minute Matrix*. She has been featured in Oprah's *O Magazine* and Martha Stewart's *Whole Living* and regularly contributes to *Experience Life* magazine. She has spoken at numerous online conferences, including Sean Croxton's Second Opinion Series. She co-produced the Hashimoto's Institute Summit and practitioner training program. Andrea is regularly consulted as a nutrition expert on the toughest clinical cases in the practices of world-renowned doctors.

***"You aren't just what you eat.
You are what your body can
do with what you eat."***



What our students are saying



"The FBS program is exceptional!! It has totally and completely changed the way I practice nutrition. I practice Functionally. Andrea's teachings have enabled me to be able to explain the "whys" to clients and have given me confidence which is very empowering. **I'm finally comfortable in seeing clients and not nervous that I don't know enough...** I plan to take the FBS program again this year and hopefully the FNLP certification as well."

Sandi Cohen, NC



"Not only is the course amazing, but Andrea is a highly intelligent, compassionate and giving teacher. She goes above and beyond to ensure that this very complex information is presented in a way that can be easily applied for the most benefit for our clients. This course has been one of the best investments I have ever made and I would highly recommend it. I'm so grateful I found Andrea and Functional Nutrition Alliance!"

Kamron Keep, RN, BSN, NC-BC



"Coming from a conventional nursing background, I found that although I intuitively knew that treating symptoms wasn't really addressing people's health, I didn't know why or how until studying with Andrea. **FBS has taught me the anatomy and physiology that explains "what's going on in there" in a way that I didn't learn from my nursing education.**"

Jennifer Nathanson, NP



“FBS has already made a HUGE impact on the way I practice. Now, my client recommendations are extremely effective and my confidence has skyrocketed.

I've had so many “aha!” moments this year, and I just can't believe I know what I know now! Having no clinical background, I thought it would be pretty challenging to learn this stuff. But Andrea's delivery of the content makes it easier to digest and I love going back to the content again and again.”

Crissy Luna, CIHC, INHC



"I came into FBS as a certified health coach with a Paramedic and fitness background, so I knew my science. I was excited to see how science could merge with food. This is **EXACTLY** what Andrea teaches. **She brings in the tough scientific concepts that I geek out over and transformed it into easy-to-understand content and practical application strategies that we could use with clients right away.**

I am so grateful that I found out about FxNA and Andrea. It has been the BEST education I have received and is priceless in growing my business."

Selena Maestas Moffit, CINC



"Are you asking yourself any of these questions: What classes should I take to help me coach my clients more effectively and with more confidence? Is this course really going to teach me more and will it be money well spent?

I am a Functional Chiropractor in Los Angeles and have completed both Full Body Systems and the FNLP certification and I have had **POSITIVELY-beyond-my-expectation** experiences. Andrea has harnessed the art and science of teaching. **Not only will you learn information that you have never heard before, you will FINALLY understand it!!** Most importantly YOU will become and evolve into the practitioner or coach you have always dreamed of. With Andrea's coaching, *the sky is the limit!*

If you are looking for QUALITY mentorship, you are fortunate to have found Andrea. I feel blessed and forever grateful to have found her!! Try it. You will be glad you did!!!!"

Madeline Zook, DC, FNLP

For more reviews, check out Truspilot →

Based on 731 reviews



★ Truspilot

Is Full Body Systems for me?

If you're an Aspiring Nutrition Counselor who is passionate about helping people upgrade their food and lifestyle for a better quality of life, and you're ready to dive deep and learn everything you need to know to provide successful support...**then yes.**

If you're a Holistic Health Coach who wants to go beyond 'weight-loss' and get real results that will make you stand out from other coaches and make other practitioners want to work with you...**then yes.**

If you're a Nutritionist looking to get better results with those "Tough To Reach" clients that have been difficult in the past...**then yes.**

If you're a Registered Nurse who wants to turn heads at the practice that you work in showing how you can get results where your colleagues have struggled... **then yes.**

If you're a Nurse Practitioner who wants to incorporate more in-depth dietary and nutritional healing into your practice...**then yes.**

If you're a Registered Dietician who wants to feel confident seeing more complex cases, knowing that you have a system that goes beyond nutrition and dietary changes...**then yes.**

If you're an Acupuncturist who wants to more effectively address the modern-day overload of toxicity and lifestyle imbalances...**then yes.**

If you're a Physician's Assistant who wants to be the hero in your practice by having a deeper understanding how functional nutrition and lifestyle choices affect the different systems of the body...**then yes.**

If you're a Medical Doctor who knows a lot about the systems of the body, but didn't have the opportunity to study much nutrition...**then yes.**

If you're a Functional Medicine Practitioner who understands the theory of Functional Medicine, but finds it challenging to incorporate it on a practical hands on level that gets a high level of compliance and real long-term results...**then yes.**

If you're any type of health professional who is fully satisfied with the results you're getting - whether that's because you're happy helping the population who feels better using "boxed" programs, or your practice is overflowing because of referrals from doctors and other practitioners...**then no, but you may want to recommend it to your colleagues who aren't having the rush of success you are!**

Have more questions?
[Check out our FAQ page](#)



A final note from Andrea

You possess incredible potential to transform not only the health of your community, but the broader landscape of healthcare. Many coaches and practitioners join Full Body Systems for its comprehensive education, support, and expert mentorship. But it's our vibrant community of passionate practitioners that encourages many to stay. Together, we're part of the larger mission of revolutionizing and leading a new paradigm of health, healing, and well-being.

You know as well as I do that there's a better way to combat chronic illness and improve health worldwide. It begins with coaches, practitioners, and aspiring nutrition counselors like you empowering themselves to *be* that difference. No matter where you are in your practice, know that you shouldn't have to face it alone. Our community is here to support you through the most challenging cases, ensuring you never feel isolated in your desire to help others achieve optimal health.

Thanks so much for all that you do, I look forward to connecting with you in our live Full Body Systems sessions and on the message board.

Warmly,

Andrea

Ready to learn more?
Call (844) 246-6335
or schedule a time to connect
with an Admissions Advisor now.

