

Continuing Education (CE) Opportunities from the Metagenics Institute

Serving as a trusted source of clinically relevant scientific educational material is a crucial goal of the Metagenics Institute. Currently, Metagenics Institute (MetagenicsInstitute.com) features cutting-edge education for providers of all backgrounds with an interest in functional and lifestyle medicine, featuring podcasts, videos, and print articles. We also offer complimentary Continuing Education (CE) credits through various accredited providers including the American Association of Naturopathic Physicians (AANP), American College of Preventive Medicine (ACPM), Academy of Integrative Health and Medicine (AIHM), Integrative & Functional Nutrition Academy (IFNA) and Scripps Health.

Take another look at all the educational material that we have to offer, refer a colleague, and improve your practice and your patients' health. Happy learning!

CE Course Offerings

We have partnered with leaders in preventive medicine, integrative medicine, and medical education and are excited to share with you these complimentary educational modules in topics that are relevant to your everyday practice needs. As course offerings are updated regularly, the ones listed below are available through Metagenics Institute for a limited time, so register and login today to check out these unique and exciting modules!

1. American Association of Naturopathic Physicians (AANP) – 3 CE credits

These materials have been approved for 3 credits (each) of Naturopathic Continuing Education by the American Association of Naturopathic Physicians, and are valid in all states except Oregon

[AANP login details](#)

Total Patient Care Management: Knowing the Predisposition of Chronic Disease (Robert Martindale, MD, PhD)

In this presentation, "Total Patient Care Management: Knowing the Predisposition of Chronic Disease," Robert Martindale, MD, PhD of Oregon Health & Science University discusses how to get ahead of chronic disease in an aging population by reviewing current research and clinical experience. Dr. Martindale explores unique challenges associated with aging, including malnutrition, sarcopenia and anabolic resistance, cognitive decline, obesity and chronic inflammation, and gut/microbiome health. He takes a whole system approach to healthy aging and patient care, sharing preventative, evidence-based, and targeted therapies, including dietary, supplemental, and gut microbiota interventions.

The Cardiometabolic Consequences of Obesity & Nutritional Strategies for Prevention (Frank Hu, MD, PhD)

The prevalence of obesity in the US has reached epidemic proportions. In this presentation, “The Cardiometabolic Consequences of Obesity and Nutritional Strategies for Prevention,” Frank Hu, MD, PhD, reviews high-quality research demonstrating the dietary contributors to weight gain and the impact of overweight/obesity on cardiometabolic diseases and mortality. People do not eat individual nutrients; they consume dietary patterns with varying diet quality. To that end, Dr. Hu presents dietary patterns and components of those patterns that are associated with increased vs. decreased risks of disease and mortality, in addition to targeted dietary modifications that can be employed to reduce cardiometabolic risk and improve patient outcomes.

Precision Medicine: Tools for Patient Success (Jennifer Stagg, ND)

Jennifer Stagg, ND discusses methods and application for precision medicine in an integrative healthcare setting. Dr. Stagg explores how you can utilize advances in genomics and epigenetics in health promotion and preventative care. She includes recent clinical case studies focused on incorporating genomic wellness testing, telomere length testing, as well as establishing the 7 categories for matching a specific diet with a patient to optimize health outcomes. Dr. Stagg explains how a precision medicine approach enhances patient care, efficacy of treatment and saves time and money and how genomic testing provides actionable data for lifestyle changes that can translate into a positive epigenetic impact.

[2. American College of Preventive Medicine \(ACPM\) – 4.5 CME/MOC credits](#)

The American College of Preventive Medicine and the American College of Lifestyle Medicine have recently teamed up to offer even more high-quality educational content, professional support for providers, and programs and initiatives to engage providers with interest in prevention. Metagenics Institute has the opportunity to offer three educational modules in the ACPM Clinical Preventive & Lifestyle Medicine track of their programming.

[ACPM login details](#)

Diabetes for Two in Mother and Offspring: Worth Doubling Our Efforts at Prevention - David L. Grimes MD, MPH, FACOG, FACPM, Medical Director MCH, Arkansas Department of Health

Although seldom done, re-evaluation of glucose tolerance is critical in women with gestational diabetes and at least annually for primary prevention strategies given the 50% risk of developing T2DM in 10–20 years. Intensive lifestyle interventions or metformin may decrease the development of T2DM by half and prevent its progression by the next pregnancy. Breastfeeding in GDM women may facilitate weight loss and lower the incidence of developing T2DM and also seems to decrease the offspring risk

for developing childhood obesity and impaired glucose tolerance, especially if continued for at least 6 months.

Imagine a World Without Cardiovascular Disease - Jennifer Rooke, MD, MPH, FCOEM, FACPM, Medical Director of Advanced Lifestyle Medicine, Assistant Clinical Professor, Morehouse School of Medicine

In the US, every 34 seconds someone has a heart attack. Every 83 seconds someone dies of a heart-related event and every 4 minutes someone dies of a stroke. The suffering and loss associated with these grim statistics are immeasurable. This situation is particularly tragic because CVD is an entirely preventable condition. We know with certainty now that CVD is caused by foods that progressively injure endothelial cells and promote arterial plaque formation. There is a growing body of solid scientific evidence that supports the use of cholesterol-free plant-based diets in the prevention and treatment of CVD.

Lifestyle Medicine Clinical Practice Models - Rachel Kornrich, MD, Family Physician, Preventive Medicine Resident, Department of Family and Preventive Medicine, Emory University School of Medicine

This module describes three lifestyle medicine practice models that have been implemented through the Affordable Care Act Clinical Lifestyle Programs that help control weight, reduce cholesterol and improve diabetes. Patients use less health care resources and have improved vitality. The practice models include the Lifestyle Clinic at Emory, the Healthy Living Program at Kaiser Permanente, and Dr. McDougall's Health and Medical Center in Santa Rosa, CA. Formalized Clinical Lifestyle Medicine can achieve the known population health benefits of reducing the incidence of coronary heart disease by as much as 80% and diabetes by about 65% by eliminating animal-source foods from the diet and replacing those foods with plant-based foods.

3. Academy for Integrative Health and Medicine (AIHM) - 3.0 AMA/PRA credits

AIHM defines integrative medicine as, a *“field of ... health and medicine [that] reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and professions to achieve optimal health and healing.”*

We know so many providers, who visit Metagenics Institute, hold these values dear as well. For that reason, we think the four educational modules offered on AIHM.org through Metagenics Institute will be extremely valuable.

[AIHM login details](#)

**Functional Medicine & Epigenetics Workshop –
Bridget Briggs, MD; Deanna Minich, PhD, FACN, CNS, IFMCP**

Epigenetics is the ability to turn genes on and off. Knowing a patient's genetic profile enables the practitioner to guide the patient in lifestyle and nutrition choices for both

disease prevention and optimal health. This workshop will provide an overview of methylation and its significance in the metabolic pathway

Vascular Health: Thinking Out of the Box – Mark Houston MD, MS, MSc

We have reached a limit in our ability to reduce the incidence of Coronary Heart Disease (CHD) and Cardiovascular Disease (CVD) utilizing the traditional evaluation, prevention, and treatment strategies for the top 5 cardiovascular risk factors – hypertension, diabetes mellitus, dyslipidemia, obesity and smoking

Healing the Gut & Microbiome – Patrick Hanaway, MD, ABIHM

Renowned speaker, Patrick Hanaway, discusses the principles of functional medicine, biochemical individuality and personalized medicine. Clinical, nutritional, and biochemical evaluation tools are shared that are indispensable for your practice. Fundamental physiologic process of nutrient assimilation is highlighted, with an emphasis on the essential need for diversity

Integrative Pain Management – Robert Alan Bonakdar, MD, FAAFP, FACN

Dr. Bonakdar, editor and co - author of the recent textbook Integrative Pain Management, will discuss the rapidly evolving topic of integrative pain management. He will provide an overview of the current state of pain management, including areas where integrative approaches and initiatives can be instrumental in transforming care

4. Integrative & Functional Nutrition Academy (IFNA)

If you are a graduate or current student of IFNA and a Registered Dietitian or Functional Nutrition Specialists* interested in receiving complimentary continuing education credits, we encourage you to select from the various videos and podcasts available on Metagenics Institute, all of which have been approved by IFNA to be applied towards CE credits.

Once you have completed your selected CE course, download and print the Integrative and Functional Nutrition Academy (IFNA) certificate (in collaboration with Metagenics Institute). Complete the certificate with the title of the video or podcast you selected, your name and the date. Submit your completed certificate to info@IFNAcademy.com. Each collective 1 hour course is equivalent to 1 IFNA continuing education credit

**To receive IFNA CE credits you must be an IFNA graduate or current student of IFNA.*

[IFNA login details](#)

5. Scripps Health - 6.0 AMA/PRA credits

The CME offerings through Metagenics Institute and Scripps are so extensive we won't go into as great of detail here, but we encourage you to pay special attention to these courses, which are offered by the American Medical Association.

Watch for updates and check back often for new content.

[Scripps Health login details](#)