

How Functional Diagnostic Nutrition Can Give You

# THE FIVE FREEDOMS

Functional Diagnostic Nutrition  
can give you the freedom you want in  
your practice.

Our successful practitioners  
come from all different backgrounds

I got into FDN after functional lab testing healed my son of eczema and reversed my own hormonal and gut issues My background is in pharmaceutical sales.



Here are stories from our community:



**Renee' Bergmen**

I was a stay at home mom for 10 years. It has changed my own health and the way I approach my families health dramatically. Because of my training I'm now at a place to support college funds for my kids and help our family seek more fun! I've loved growing a practice and feel like I'm doing what I was made for

3d Like Reply

3



**Jennifer Woodward**

[Renee' Bergmen](#) this is so cool! financial independence while doing something you love!

3d Like Reply

1

# FDN STORIES

From *anywhere* to here.



**Liz Gee**

I was an executive assistant for 10 years, an xray tech for 10 years, then I sold Mercedes-Benz for 4 years, rather successfully, before becoming a health coach and then FDN. I'm just now getting started on marketing and prospecting though, no clients yet.

4d Like Reply

3



**Liz Gee**

As far as how it's affected my life, I am less stressed, less depressed, have less joint pain, less affected by the occasional poor food choices, and 40 lbs lighter than I was when I left the dealership. The last 5 of those came off, and my depression and joint pain disappeared, within a week of starting my metabolic typing diet.

4d Like Reply

1



**Jennifer Woodward**

[Liz Gee](#) cool background! thank you for sharing!

4d Like Reply

1





**Angela Henry Brown**

I was practicing as a Licensed Physical Therapist for 10 years and got burnt out dealing with insurance companies and seeing so many people failed by the healthcare system. I met my (now) husband who owned a gym and I got certified as a personal trainer and worked there for a few years. I myself was struggling with hypothyroidism and was in and out of seven different doctors with no help. I started working with an FDN practitioner to help me on my own health journey and realized that this is exactly what I wanted to do for other people. I got certified almost 7 years ago and my life has been amazing ever since. My thyroid is doing great and I no longer have other side jobs. I am solely an FDN practitioner and love helping women on their own health journeys.

3d Like Reply

1



**JoAnne Rafacz**

I received my degree in dietetics back in 1981 and I didn't care for the hospital setting and the conventional medical model of healthcare. I knew there had to be another way. Especially since I was brought up in a family that grew their own food and practiced organic gardening, holistic living (never had a Twinkie) back in the 70's. Thank God for my Dad, he was the researcher in the family back when you had to go to the library and check out books!!! Fast forward to 10 years ago and I saw that becoming a health coach sounded intriguing and I enrolled in IIN and then ITN, I had a few clients, they had some good results. I felt something was still missing, and then I stumbled upon FDN and the idea of testing and not guessing what was going on with the body was so amazing, and I didn't have to go back to school to be a doctor! I am beyond grateful for this training and for our community of like minded people! Love,



3d Like Reply

2

# FDN STORIES

From *anywhere* to here.





**Becca Kyle**

I have a Bachelor's degree in Public Relations, a Master's in Elementary Education, EC-4 teaching certification and also have my own photography biz. I'm also a serial entrepreneur and have zero desire to ever work for anyone else. FDN meshed my passion for health with a viable business model that is allowing me to live life on my terms while changing the world! Dream job!

3d Like Reply



**Paula Middleton Reed**

Former Systems Engineering Supervisor here 🙋 turned stay-at-home mom when we adopted our two kids. Initially became interested in holistic health / nutrition because our son was born with a myriad of health issues and two sessions with a pediatric dietician left me baffled for what they were suggesting I feed him. Then my sister was diagnosed with "cancer of unknown primary" and died five months later, and that just increased my passion for figuring out how to optimize health to ward off disease. My computer geek mind is the perfect fit with the health detective "test, don't guess" mantra of FDN. After working in an integrative medical practice for a little over five years (as the Wellness Provider) I knew I wanted to do more. I found FDN while working at the practice, and enrolled right after I left. I love what I do now, both as an FDNP and a Clinical Advisor...solving health puzzles. 💙

3d Like Reply

# FDN STORIES

From *anywhere* to here.



# Protocol



D.R.E.S.S

# DIET

Metabolic Typing

DCR

Oxford MRT

GI MAP

# REST

DUTCH

Fluids IQ SHP

Fluids IQ MWP, MBA

# EXERCISE

DUTCH

Diurnal Cortisol Pattern

Dysfunction > Function



# STRESS MANAGEMENT

DUTCH

Fluids IQ SHP

GI MAP

MRT

Fluids IQ MWP

Functional

Thyroid Panel

Zoomers

OAT

# SUPPLEMENTATION

All of the labs!

Advanced courses for protocols

SIBO, OAT, S+H, Oxalates, Thyroid

Herbalism, Coaching and

Emotional Wellness, AFBC



# PHYSICAL FREEDOM

You can work anywhere. Your clients can be anywhere.





# EMOTIONAL HEALTH FREEDOM

Practitioners are not tied to an office emotionally either. No bosses, no employees unless desired, no workplace rules. This is helpful as we are all working on our own health and many people come from a background of anxiety and depression.





# TIME FREEDOM

Practitioners structure their own day. Hobbies, family commitments, philanthropy, exercise, meditation, counseling- we can set our schedules around the things we ask our clients to do. It's a balancing act though as we are 100% responsible for our businesses.





# GEOGRAPHIC FREEDOM

A number of FDNs relocated this last year, moving to areas they have wanted to live in as their practice is completely online.

I moved out of my brick and mortar and take client calls all over California and beyond, in my car after tennis or on my way home from the beach.





# FINANCIAL FREEDOM

It takes awhile, but after you're confident charging what you're worth, your business will grow. My business has doubled year over year for 6 years and I make more now than I did as a fulltime pharmaceutical rep. Free to be generous with my family, private school, charitable giving, pro bono work for missionaries, better food and supplements and quality of life.



# COMMUNITY FREEDOM

we all lost community IRL but found it at AFDNP and the FDN trainee group.

*"Without AFDNP I would NOT feel confident at this point launching my practice. It is because of all the resources, all the hours of webinars I have watched, and most importantly having the FB group as an in-depth library and sounding board. I am not sure I would have decided to move forward without AFDNP - it is truly invaluable and I LOVE all the learning opporunties."*





# OTHER BENEFITS

Board Certification  
Advanced Courses  
AFDNP  
Job Help

If you are interested in learning more or even want the opportunity to start the FDN Course for free visit:

<https://fdntraining.com/HSUFREE>

THANK

*you!*