



# FDN

Functional Diagnostic Nutrition®  
Certification Course & Community  
— ESTABLISHED 2008 —



## *A Step-by-step*

System to Overcome Unwanted  
Health Symptoms For Yourself  
and/or Your Clients  
(Even Without Expensive Testing)

What are the 5 pillars of D.R.E.S.S?

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R  
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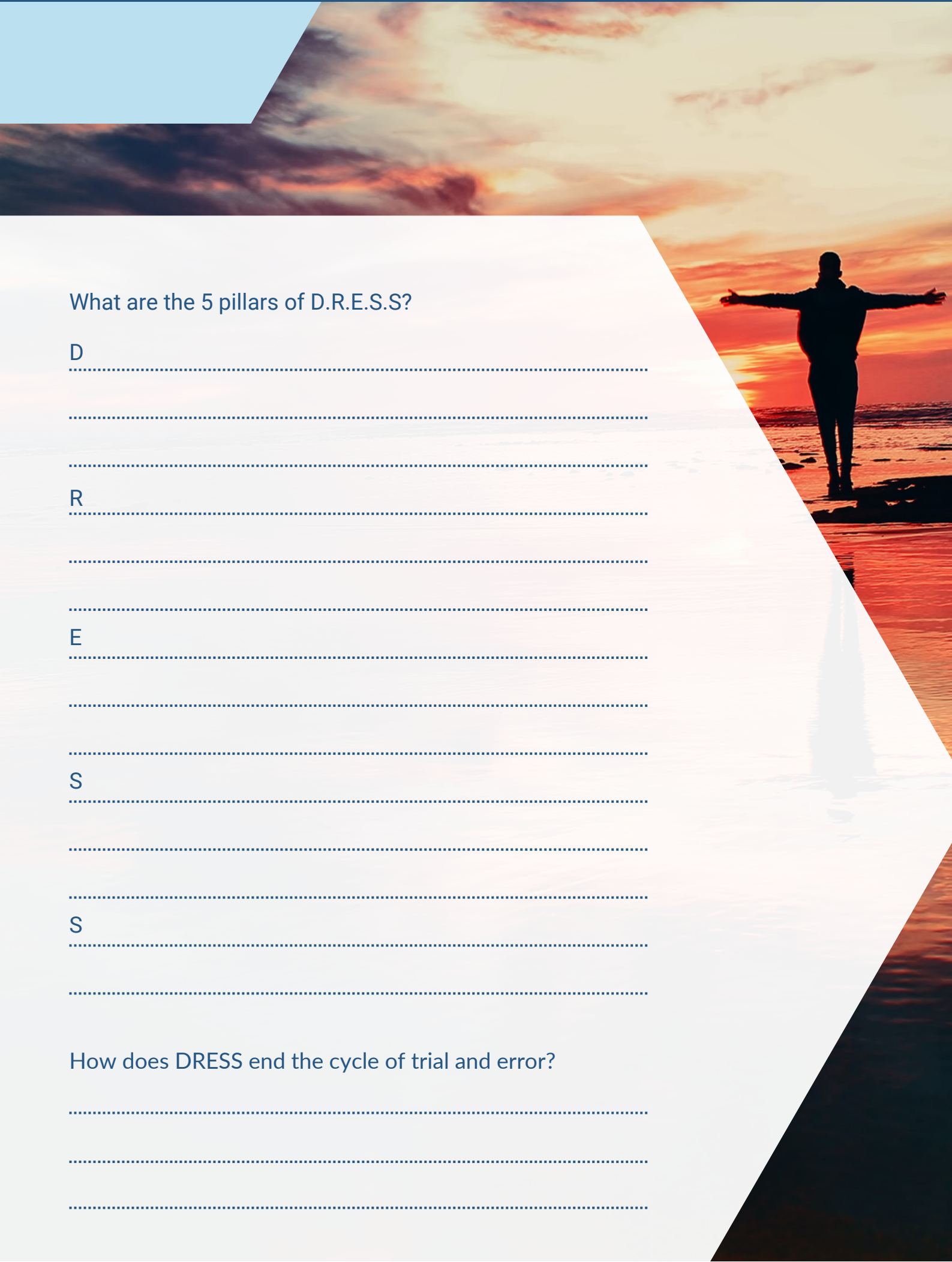
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How does DRESS end the cycle of trial and error?

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# D for DIET

- Why is there no one size fits all diet?

- What are some negative feelings you might experience after eating?

- Why is it important to check for food sensitivities?





# D for DIET

## Tools for Diet

Try journaling your food at home for 2 days to see how you feel after meals.

After each meal ask yourself:

a) Do I feel full and satisfied or am I still hungry?

.....

b) Do I still have cravings for food?

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c) Do I still feel more energized after eating, or do I feel tired, jittery, or foggy?

.....

d) Do I mentally feel better or am I more nervous, lacking focus, or even irritable?

.....

After journaling for a few days don't judge yourself but look at your answers as clues your body is trying to tell you. If you felt hungry, tired, foggy, irritable, achy, or even had more cravings these may be clues that checking for food sensitivities or working with a practitioner may be helpful.

Self-test for reactions to food (see attached pulse test sheet).  
We can adapt it to fit in the workbook.





## Notes

[illegible]

# R is for REST

- Why should you go to bed by 10 pm?

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- What are some reasons you might wake up in the middle of the night?

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- Why is sleep hygiene important?

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# R is for REST

## Sleep Hygiene checklist

Rate yourself from 0-5 (0 is never, 5 is always)

- ☐ Go to bed between 9 and 11pm
- ☐ Wake up between 6 and 7 am
- ☐ Keep late-night hours (not in bed by 10pm)
- ☐ Sleep less than 7-8 hour a night
- ☐ Consistent sleep hygiene practices
- ☐ Sleep in a dark room
- ☐ Electronics in the bedroom
- ☐ Wireless router stays on at night
- ☐ Your bed or anything on your bed plugs into an outlet
- ☐ Sleep in a cool/cold room

A background image of a wooden table with a green plant, a blue plate, and a glass of water. A white notepad with a green leaf pattern is placed on the table, featuring a 'Notes' section with horizontal lines.

[illegible]



# E is for Exercise

- If you feel tired after a workout, should you workout the next day?

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- Why can exercise be a negative stressor?

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- What are the core components of a healthy exercise program?

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- Does walking count as exercise?

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[illegible]

## Challenge

Rate Pre-Workout Energy Levels (1-5)

### Rate Pre-Workout Energy Levels (1-5)

Examine how you feel 2 hours after your next workout? Do you still have energy or are you really tired?

[illegible]



[illegible]

## Challenge

Rate Pre-Workout Energy Levels (1-5)

### Rate Pre-Workout Energy Levels (1-5)

Examine how you feel 2 hours after your next workout? Do you still have energy or are you really tired?

[illegible]

# E for EXERCISE

## Additional resources

- Signs you are overexercising - <https://www.byrdie.com/over-exercising-5097906>
- Paul Chek - How to Eat Move and Be Healthy Book

This image shows a single page from a notebook or worksheet. The background is white, and it features multiple sets of horizontal blue dashed lines spaced evenly apart, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.



# S for STRESS

- What are 5 types of stress?

- Why do we avoid dealing with stress?

- How can testing uncover stress?



# S for STRESS

## Notes

[illegible]

# S for STRESS

## Notes

[illegible]



# S for STRESS

## Additional resources

- Environmental Working Group - <https://www.ewg.org/>
- Adverse Childhood Events Assessment (ACE) - <http://traumadissociation.com/ace>
- 4-7-8 Breath - <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>
- Gratitude journaling prompts - <https://www.developgoodhabits.com/gratitude-journal-prompts/>
- Write 750 words a day about whatever is on you mind. The online analytics show you trends in your thinking and moods. <https://750words.com/>

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# S for SUPPLEMENTATION

- What is the purpose of supplementation?  
(Hint the 4 S's)

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- Does everyone need vitamin D?

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- Why is it important to titrate supplements?

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- Should you take supplements forever?

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# S for SUPPLEMENTATION

## Challenge

Take a look at your supplement cupboard and ask yourself why am I taking these.

It's time for a supplement audit.

## Audit Questions;

- How long have I been taking this?
- Is it expired?
- Do I notice a difference when I don't take this?
- Do I know why I am taking this?
- Does this address a symptom?
- Do I still need to take this?

[illegible]



# S for SUPPLEMENTATION

## Notes

[illegible]

# S for SUPPLEMENTATION

## Notes

[illegible]

## A faint, artistic background image of a person's face, possibly a woman, with a focus on the eye area. The image is overlaid with a grid of small dots, creating a textured effect. The colors are muted, with shades of blue, green, and brown.



[illegible]

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