

Functional Diagnostic Nutrition®

Stress & Hormones Workshop

with Evan Transue, FDN-P





You're here because your clients...

- Have a health complaint, not reaching goals
- Have seen more than one practitioner but they just treat symptoms, cost too much
- Tried lots of stuff but nothing totally worked
- Their health problems interfere with their life
- Are committed to natural health but you're unhappy and know something is missing

It's not your fault!

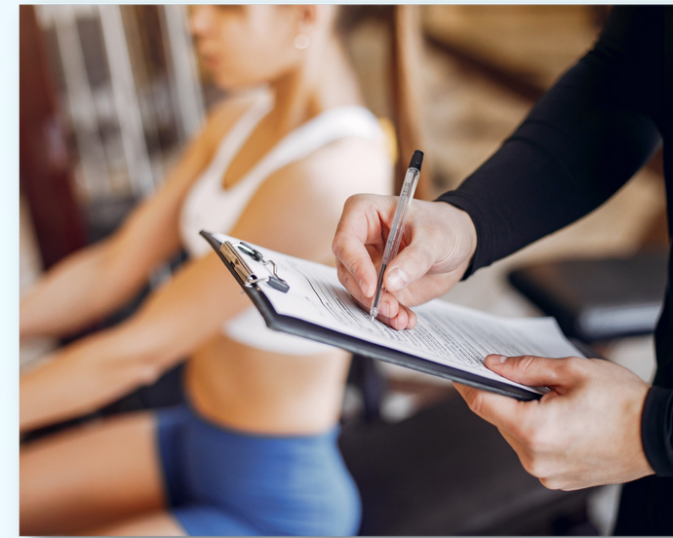
Caught in the “Cycle of Trial & Error”



**Doctor Visits:
if “normal” or
“abnormal”
=drugs/surgery**



**diet, exercise,
supplements,
therapy-\$\$\$**



**supplements,
exercise, diet,
therapy-\$\$\$**



**therapy, diet,
supplements,
exercise-\$\$\$**

obviously NOT filling the needs...



Doctors offer drugs for symptoms or to get test results “in range,” may mention Diet & Exercise

Your clients have heard “*Everything looks normal*”?

If the bloodwork “looks normal,” does that mean it’s all in their head?

- Are headaches an aspirin deficiency?
- Is fatigue a caffeine deficiency?
- Is sleeplessness an Ambien deficiency?

But even “abnormal” lab values are not the problem, they’re only a result of the real problem!

“Treating symptoms or treating the lab values keep clients stuck in the cycle of trial & error” ~ Reed

Diet & Exercise are important...

Diet is critical, yet many people with chronic health complaints already eat healthy, real food



Exercise is mandatory, yet there are many "fit" but unhealthy people

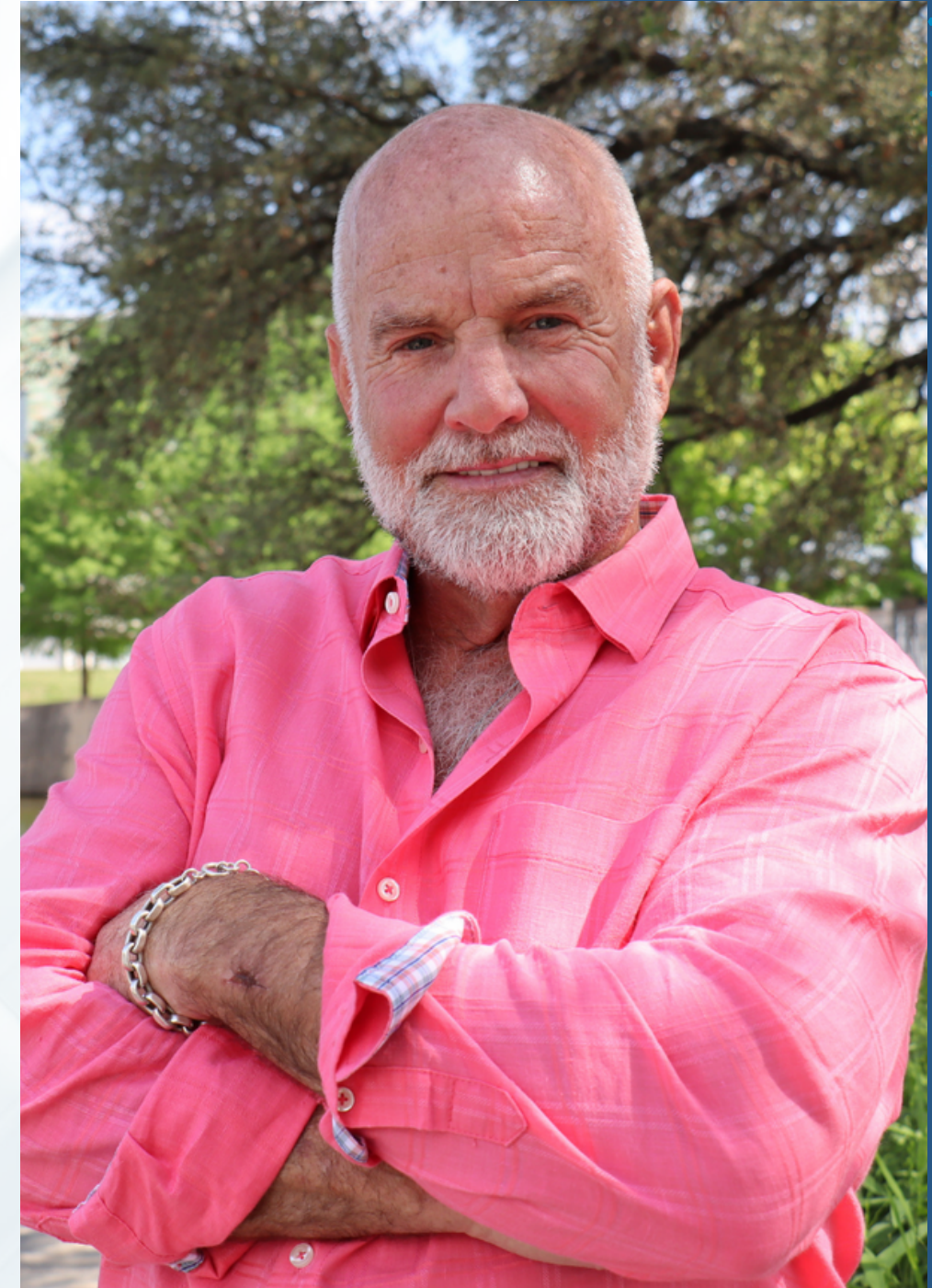
There is commitment to health but there's still something missing

History of FDN

Health Director & Case Manager

- Decided to be the last person patients needed
- Worked with top “alternative” doctors of the era
- Ran over 10,000 tests on men, women, children
- Observed who got better and who didn’t
- Developed FDN & D.R.E.S.S. for Health Success®

“Identified the ‘needs gap’ and figured out what fills it, ending the ‘cycle of trial & error’ for thousands of people”



Reed Davis
CNT FDN Founder

Who am I

Certified FDN-P, Professional Speaker, Host of The Health Detective Podcast

- Had over 7 diagnosed conditions at 18
- Mom dealt with similar symptoms and had thyroid removed
- Western medicine didn't work for me
- Natural practitioners helped more, but not fully
- Went all the way to California and found FDN!!!

Finally realized ALL of my "conditions" were connected. The diagnoses were almost irrelevant.



Evan Transue

FDN-P



Healing
TAKES TIME



How to Fill the “Needs Gap”

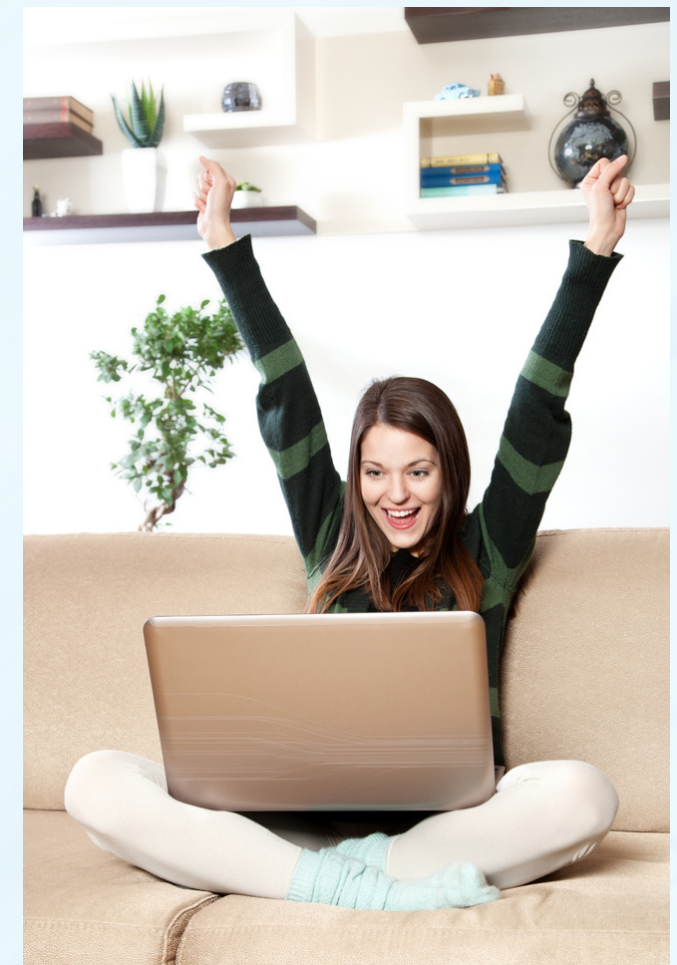


**Latest drug, diet,
exercise, therapy,
supplement, etc.**

- Don't chase symptoms, lab values
- Root cause may never be known



- Sort out Metabolic Chaos®



Ends the “cycle of trial & error” and gets you/your client back to your old self

Stress Survey

In order to get the most out of today's discussion, please take a moment now to complete the Stress Survey in the workbook.

Stress & Hormones Workbook

1.) Circle how many symptoms you've experienced in the last six months:

Headaches	Anxiety	Thin Skin
Sleep Problems	Panic	Reduced Libido
Fatigue/Tiredness	Depression	Osteoporosis
Sinuses/Allergies	Lethargy	Weight Gain
Moodiness	Poor Memory	Weight Loss
Irritability	Poor Concentration	No Appetite
Tensions in Neck	Hot Flashes	Extra Appetite
Digestive Problems	Night Sweats	Heart Disease

Survey Results

Raise your virtual hand or let me know in the comments if you have more than one box checked.

You are not alone, folks!

If you/your clients have more than one symptom, that means there is something wrong!

- There is never a NORMAL symptom
- All symptoms are warnings that the body is breaking down
If you don't act on the warnings, things will likely get worse.

The Show-Up Step

Automobile Analogy:

If the red light to check engine came on in your car, how long would you wait before you take it in for a check up? Most people wait a day to see if it goes away, then take the car in.

So how long would you wait? A day or two? *Three?*

Symptoms are warnings from the body that something is wrong, and the body needs to get checked out.

This leaves two options today:

You/your clients can continue to do what 's always been done. The same diet, exercise, supplements, medicines, etc
Or you could decide today to make changes to improve their health!

So my question to you is: If I can show you a way to rid your clients of their problems NATURALLY, would you want to?

Stress is #1 Causal Factor

the *Healthy and Natural Journal* reported

70-80% of all doctor visits are for stress-related illnesses

People who experience high anxiety are 4-5 times more likely to have a fatal heart attack or stroke.

50% of all illnesses are caused by stress.

Source: "Get a grip on stress". *Healthy and Natural Journal*, Feb. 2001





Not a Drug Deficiency

“Stress is any influence, internal or external, that causes or leads to malfunction” ~ Reed

Mental/Emotional/Spiritual

Fear
Worry
Excitement
Anxiety
Relationship

Existential Angst
Lack of purpose
Covertiness
Negative perceptions
Bad attitude

Contributors to Metabolic Chaos®

“Physical trauma accumulates over time and can manifest at any time, any place” ~ Reed

Physical/Biomechanical

Trauma,
micro-trauma

Fractures

Muscle injuries,
weakness

Nerve compression

Repetitive or positional
injury

Intense and prolonged
exercise

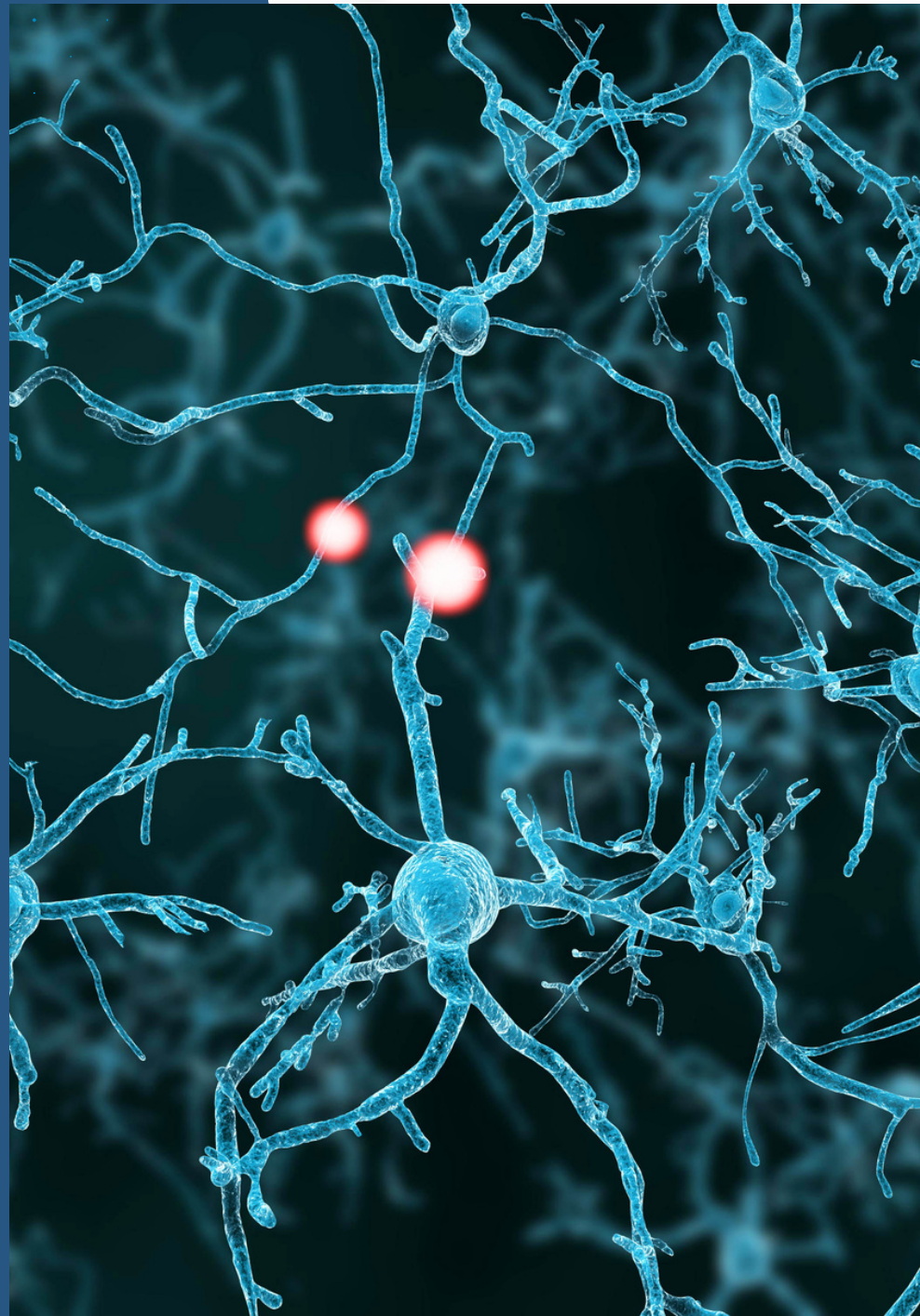
Poor posture

Accidents

Contributors to Metabolic Chaos®



Get yourself
checked out



Become an FDN
Health Detective

**“Stress is often well hidden and may involve several layers of investigation”
~ Reed**

Chemical/Biochemical/Functional

Inflammatory foods, additives

Pesticides, herbicides, GMOs

Alcohol, caffeine, blood sugar

Prescription meds

Recreational drugs

Chemicals, metals, radiation, EMFs

Anti-biotics, OTC meds

Exogenous hormones (BC)

Parasites, bacteria, fungi, viruses

Sleep deprivation

No exercise

Allergies, over-active immune

Contributors to Metabolic Chaos®



Instead of chasing symptoms, what if...

There was a step-by-step assessment procedure that allows you to identify underlying causes & conditions...

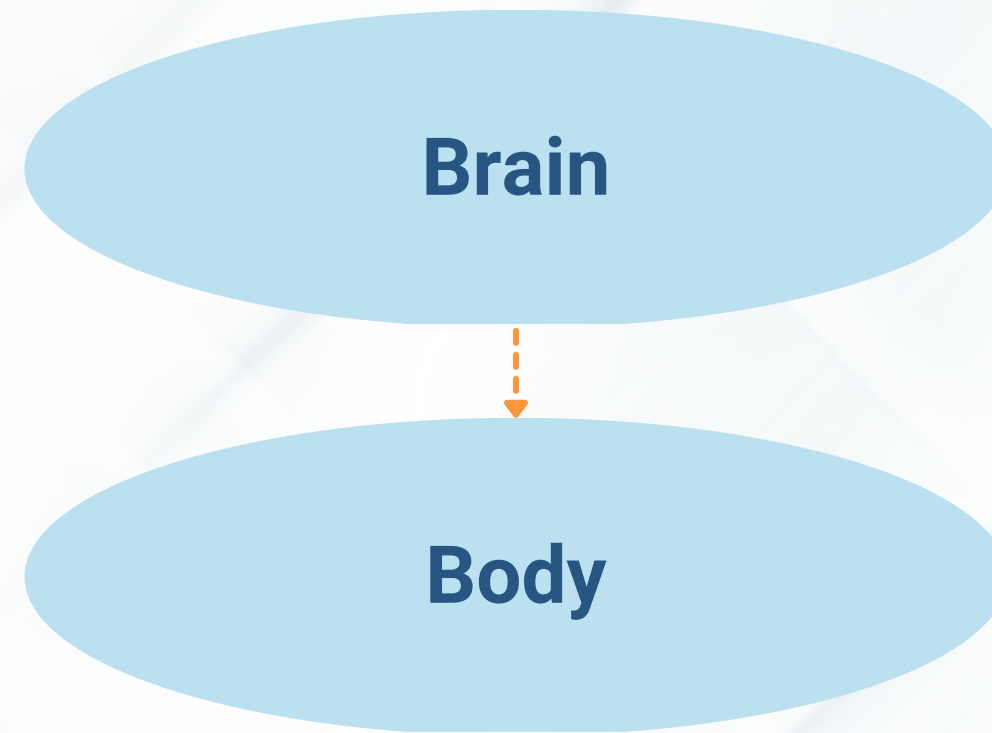
...you could see why your clients are feeling so poorly right on a functional lab report, validating a personalized natural protocol...

...you had a potent, proven, professional, drug-free program that helps them improve health instead of just treating the symptoms...

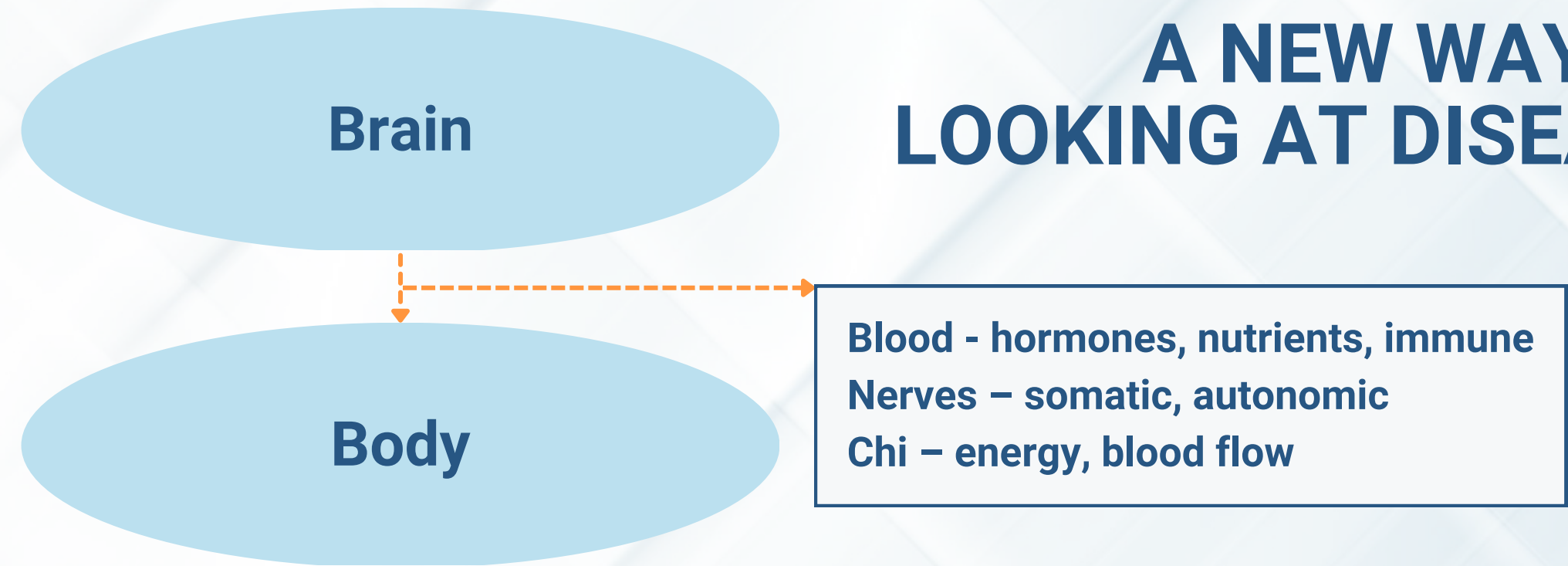
Brain

**A NEW WAY OF
LOOKING AT DISEASE**

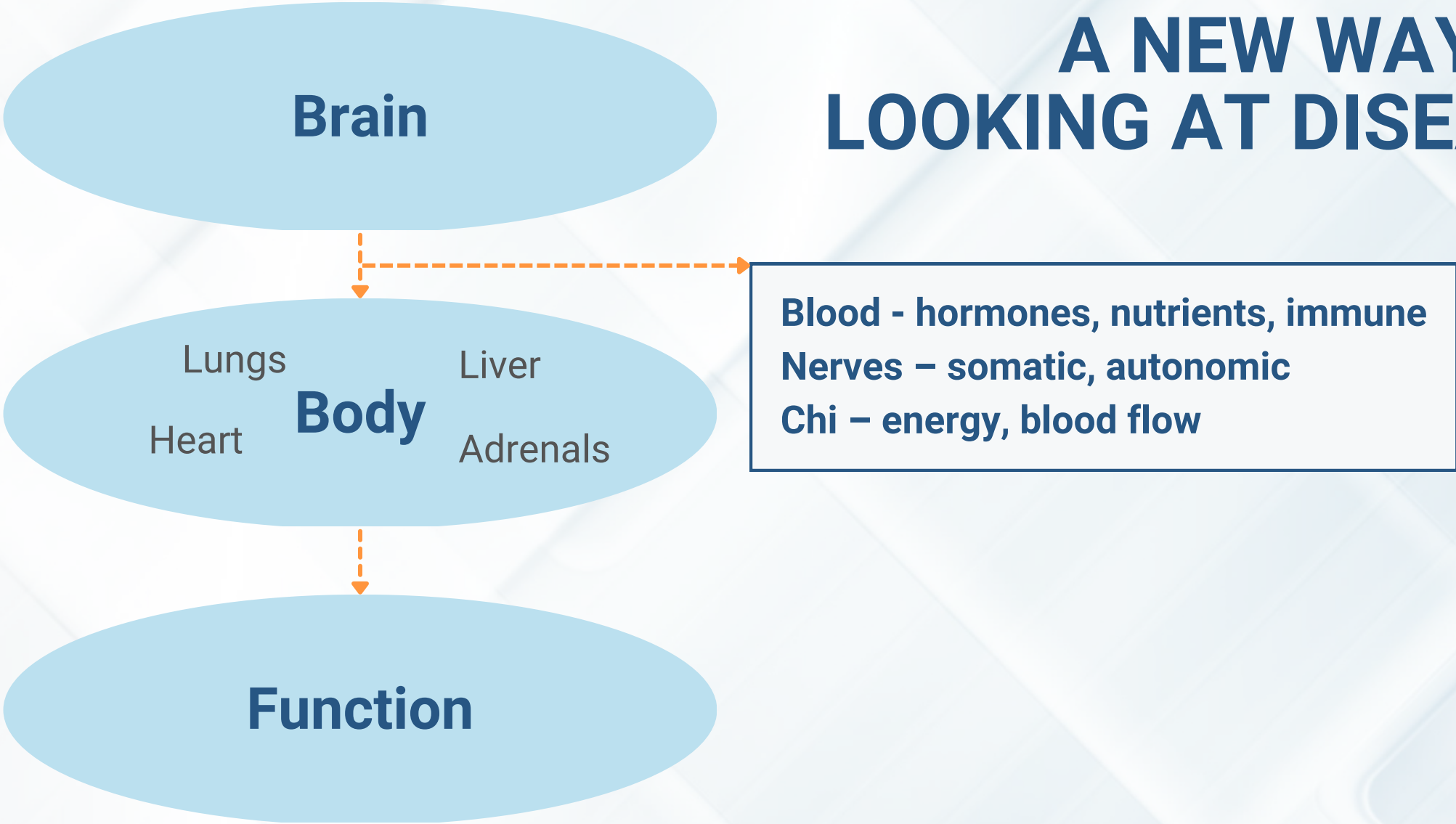
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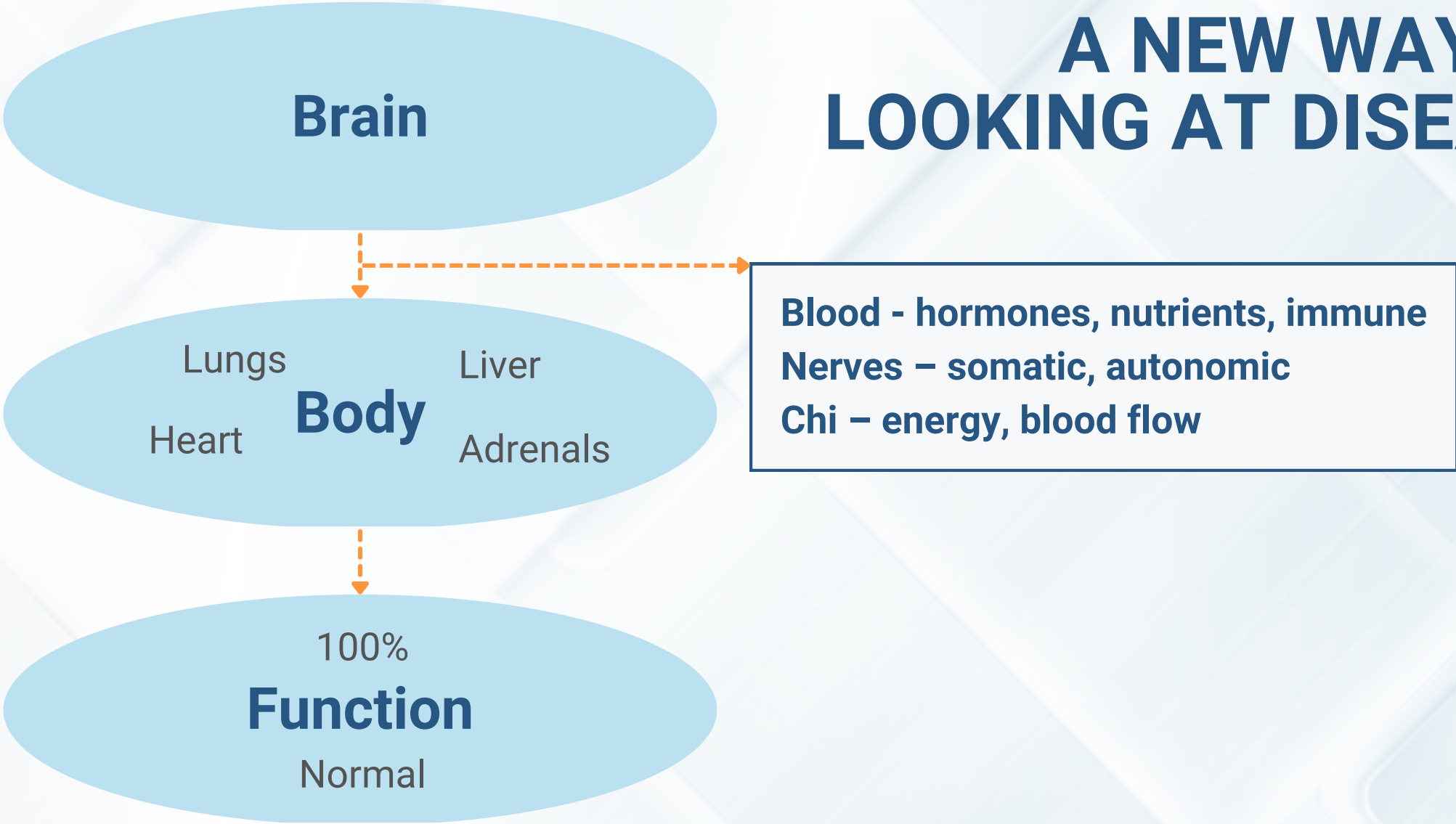
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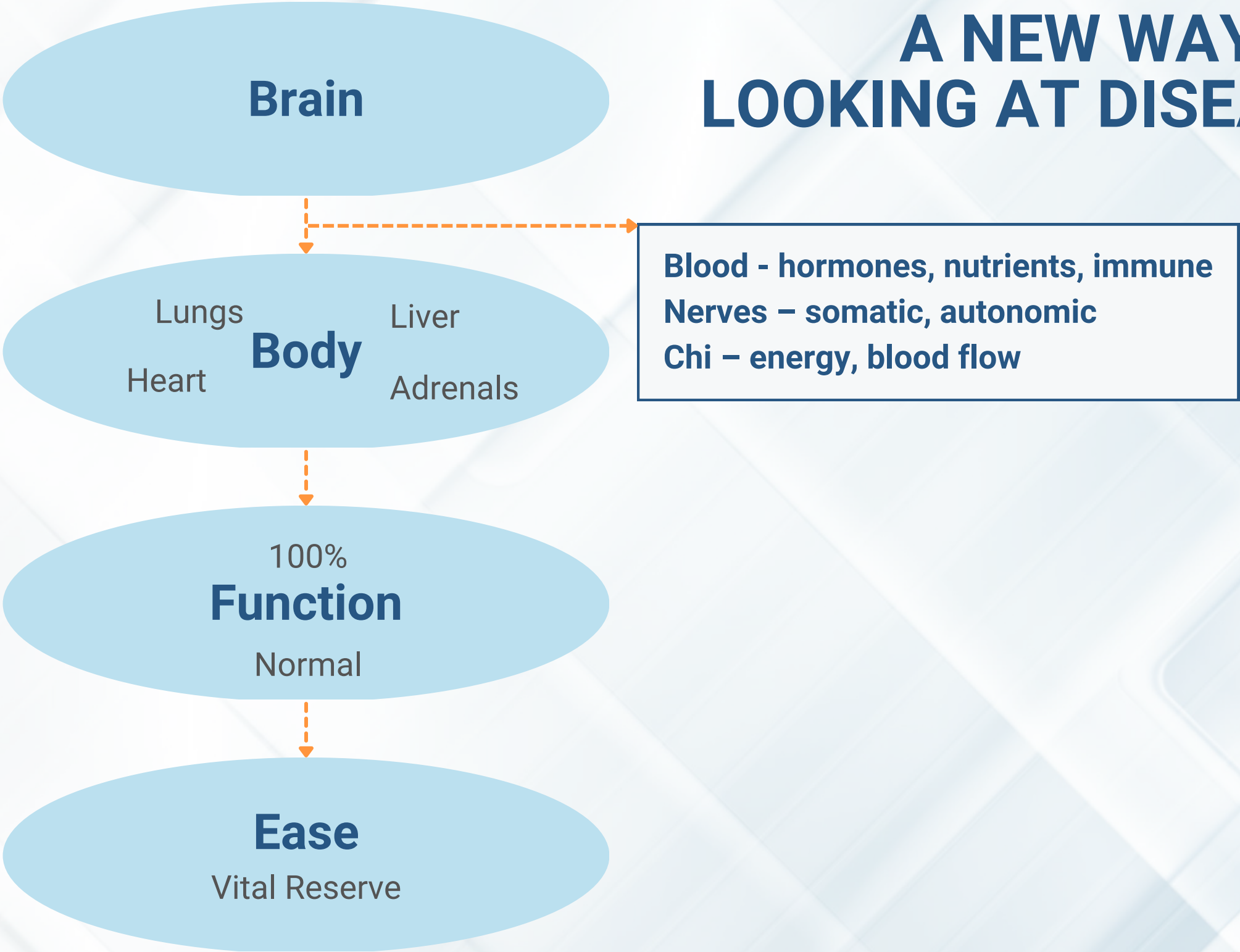
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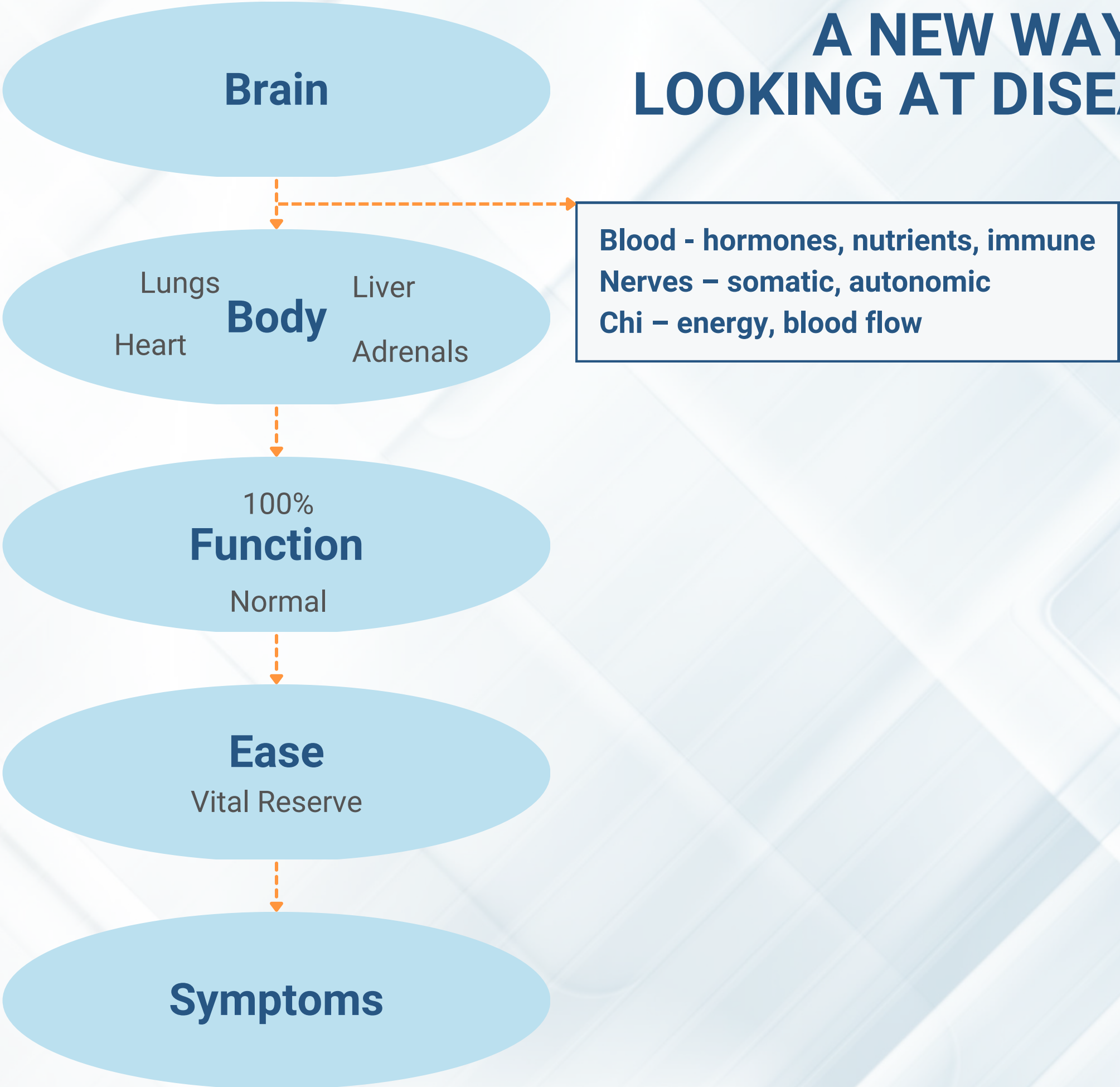
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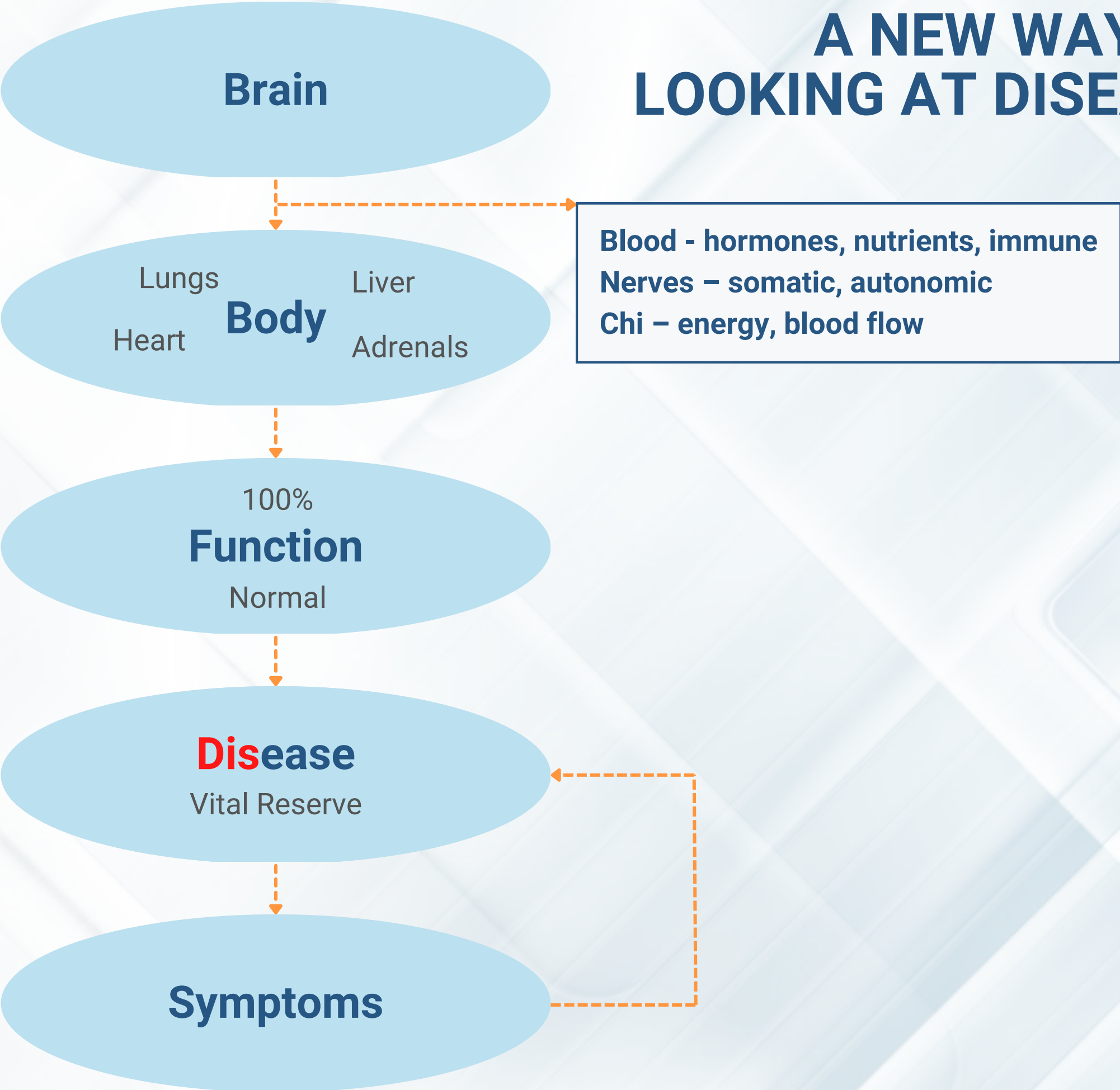
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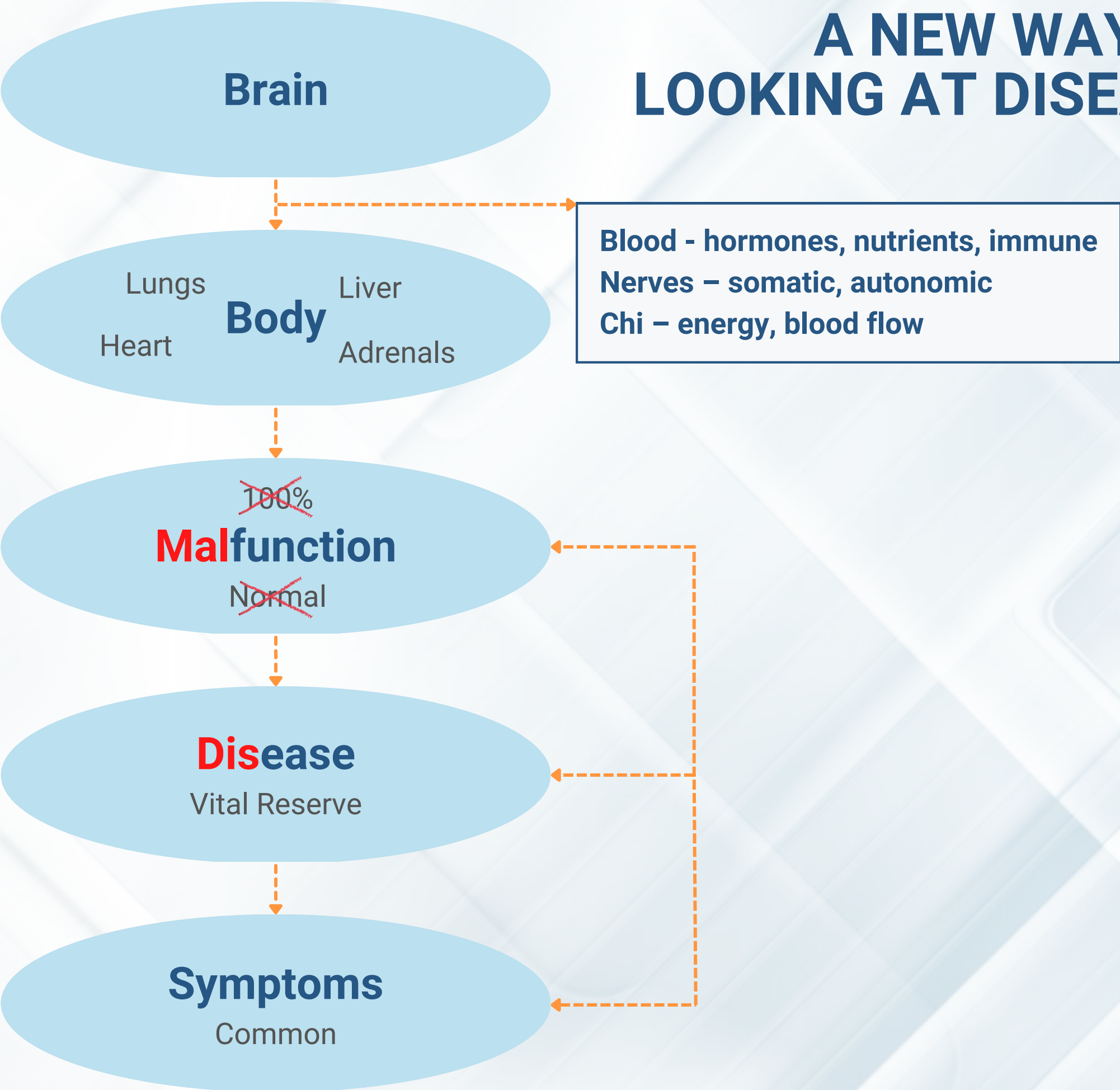
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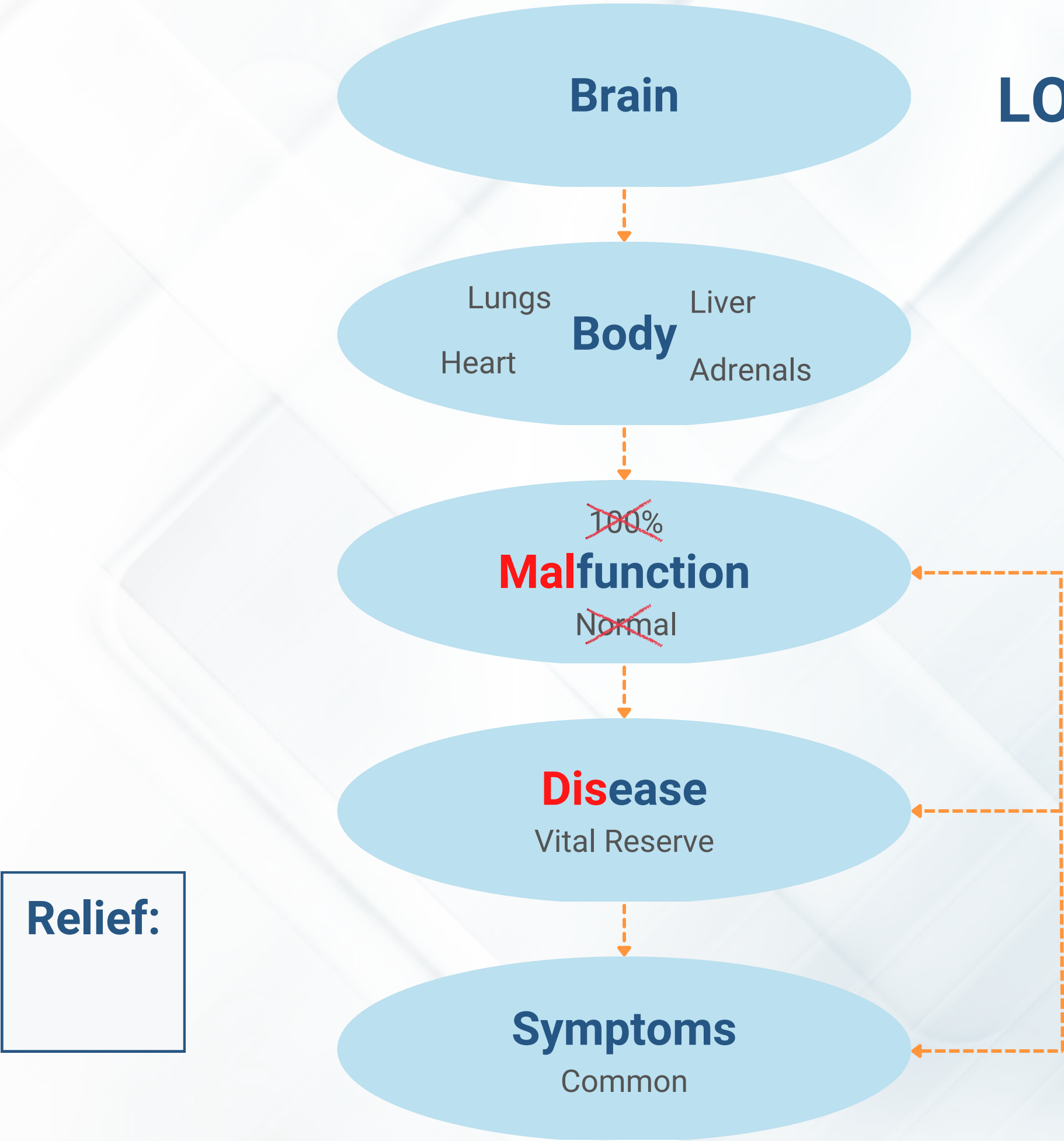


Brain

**METABOLIC
CHAOS**

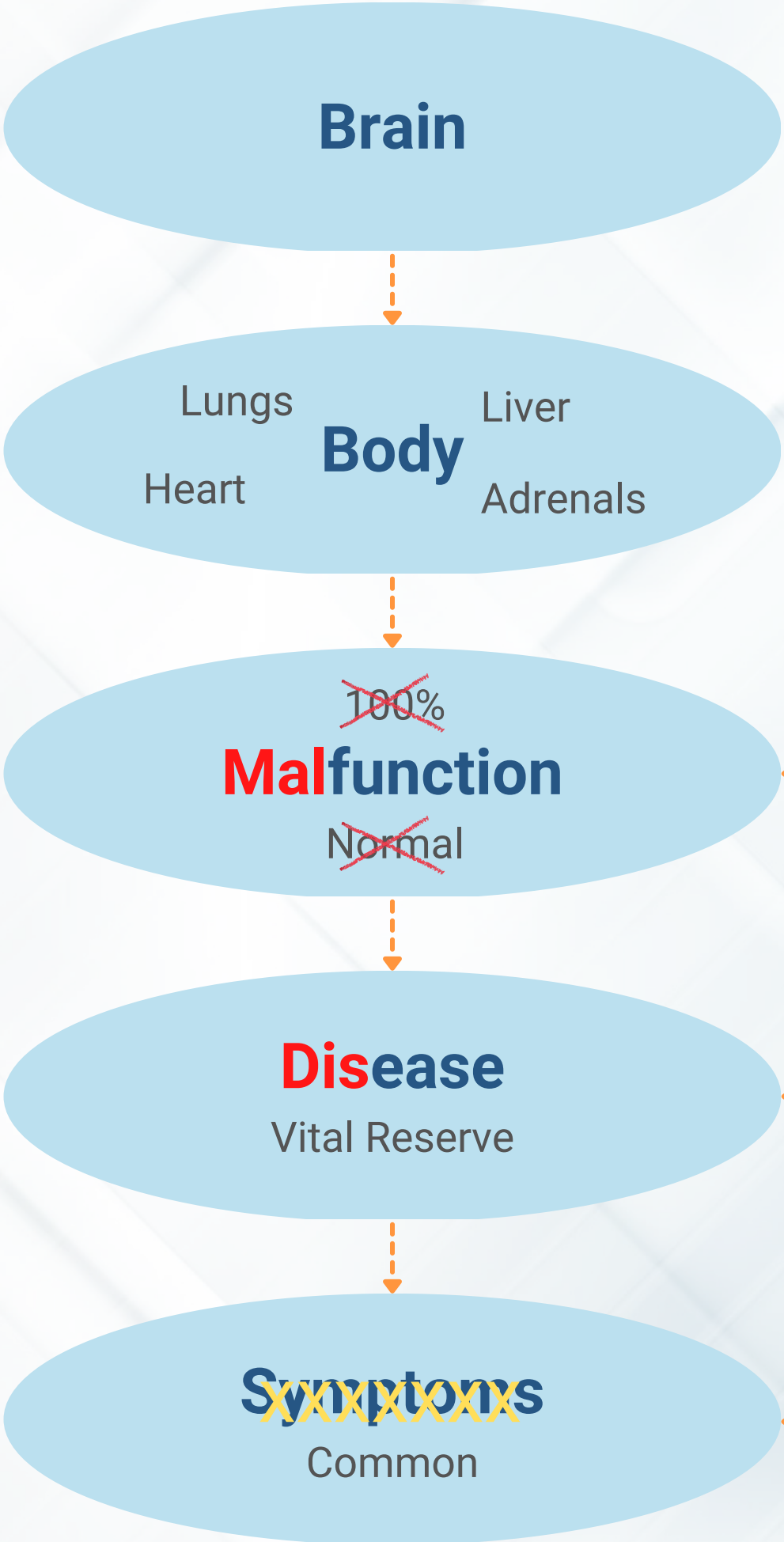
Symptoms
Common

A NEW WAY OF
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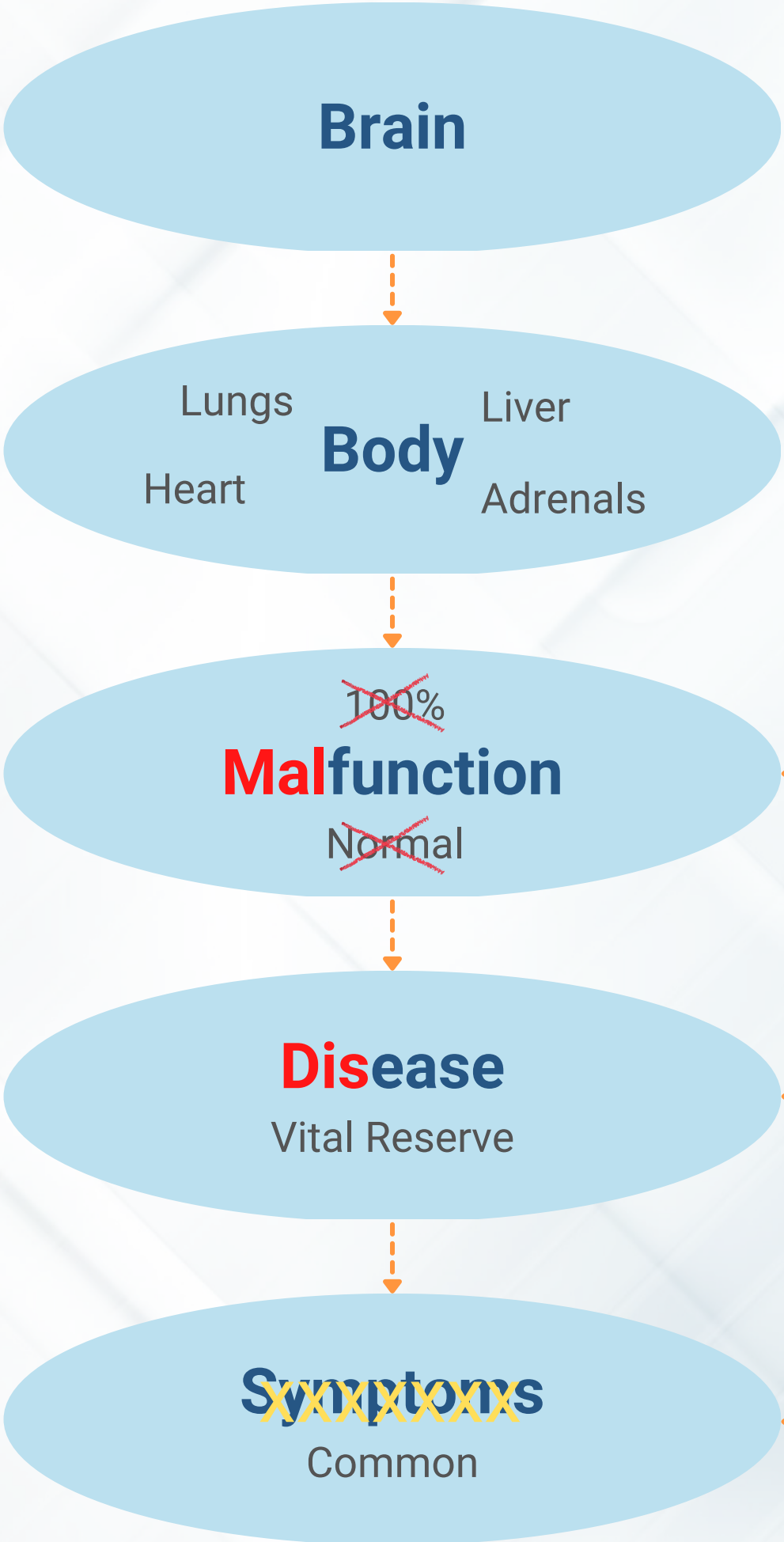
A NEW WAY OF
LOOKING AT DISEASE

Relief:
Pills
Surgery



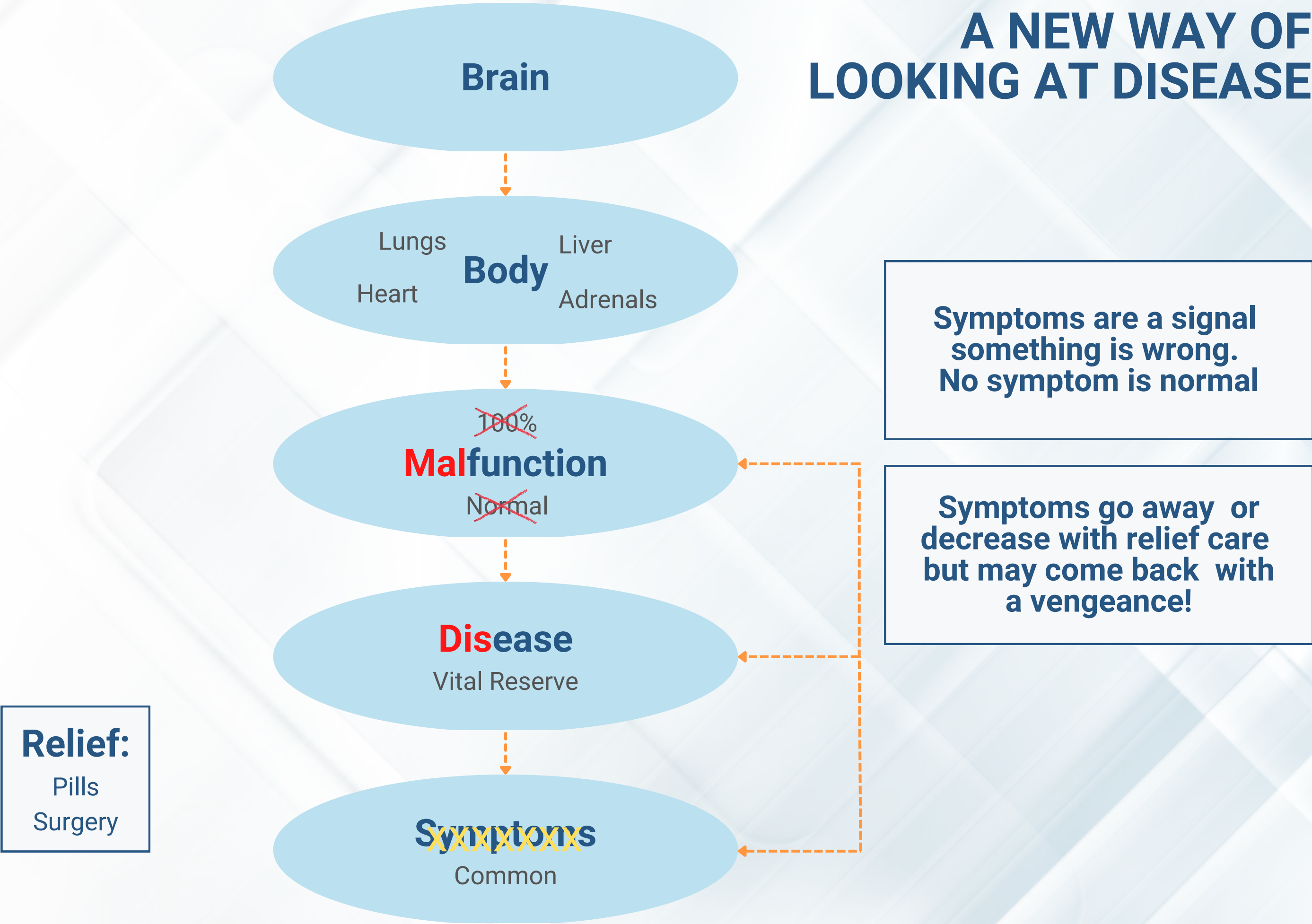
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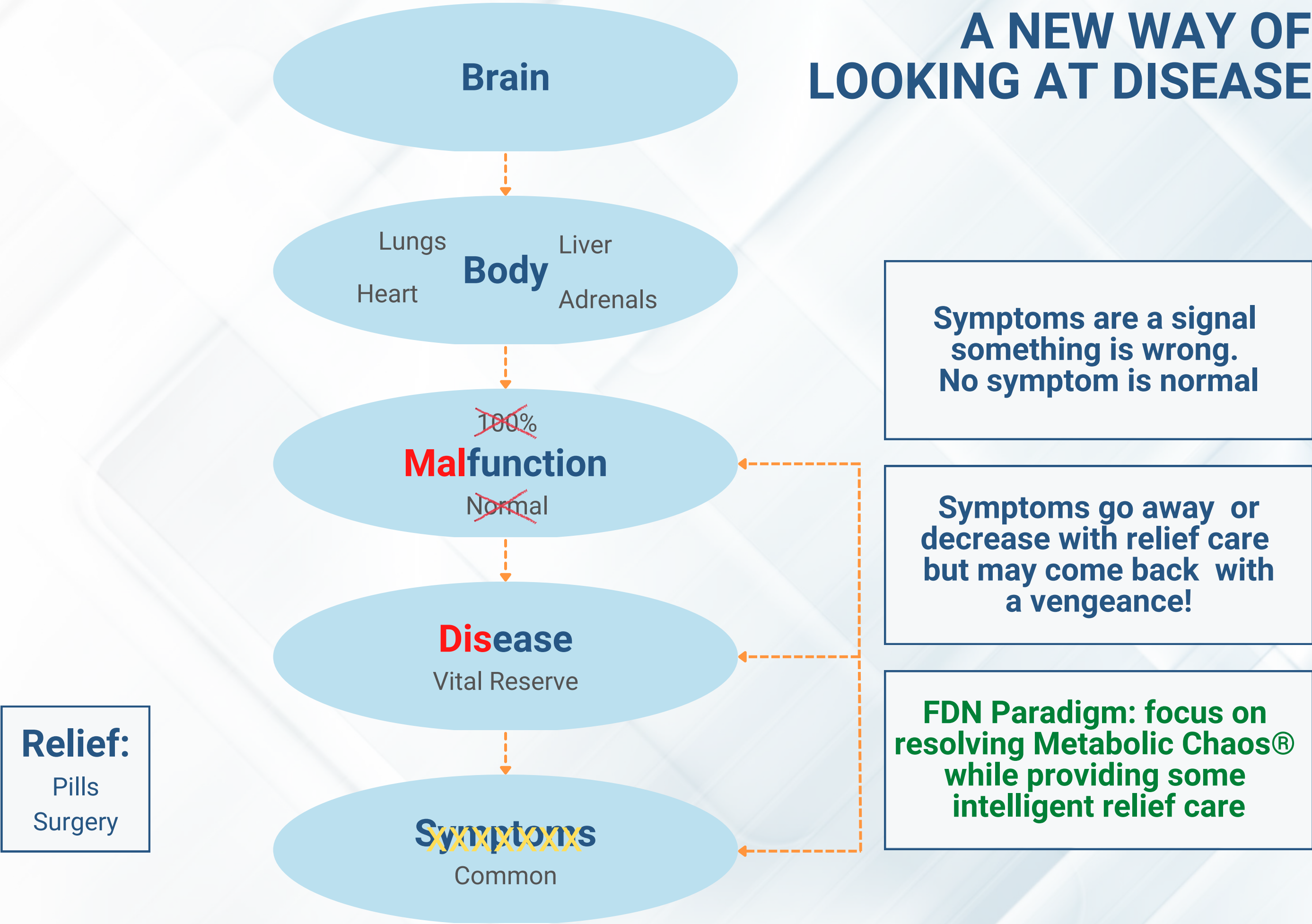


Symptoms are a signal
something is wrong.
No symptom is normal

A NEW WAY OF LOOKING AT DISEASE



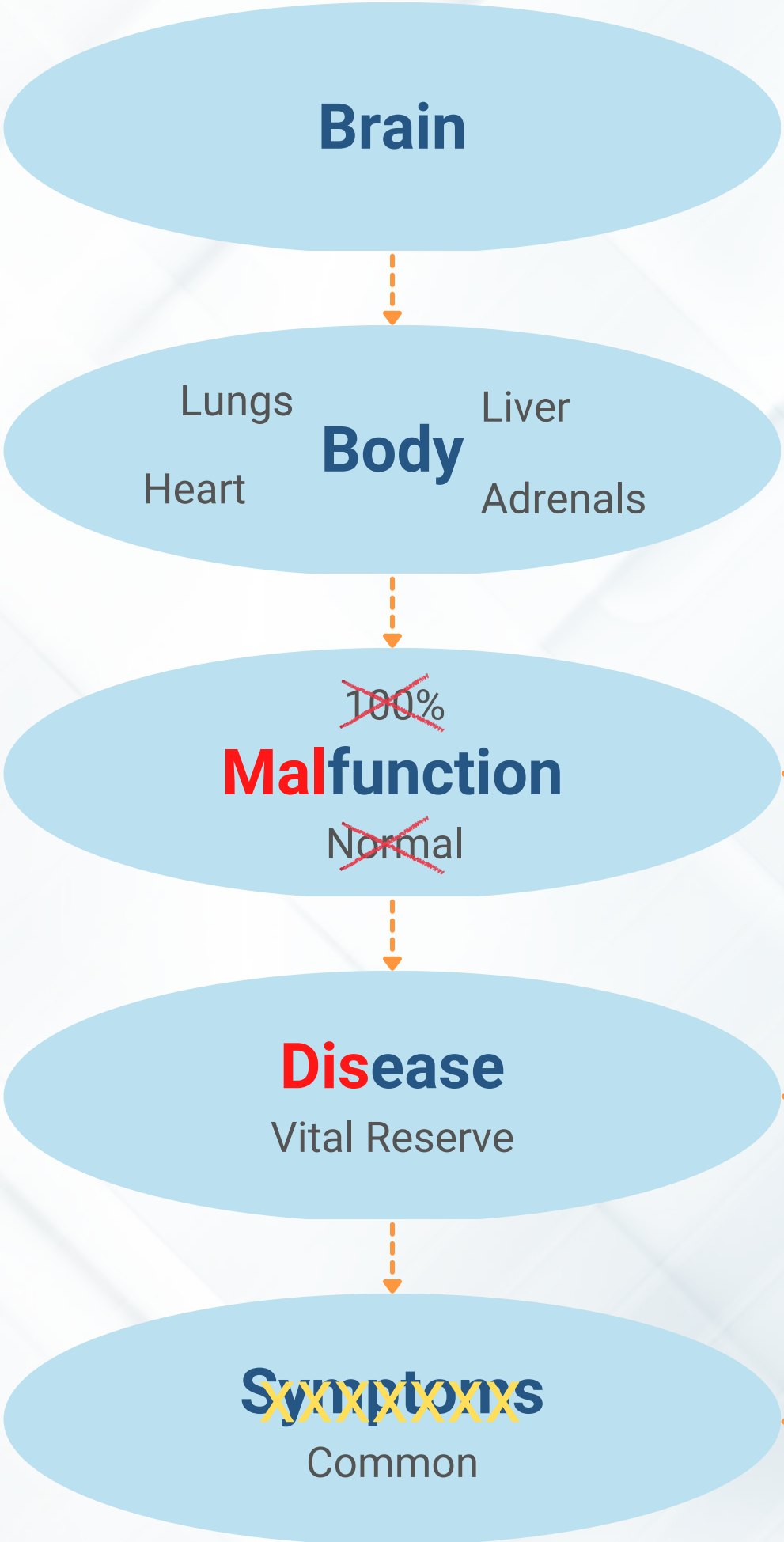
A NEW WAY OF LOOKING AT DISEASE



A NEW WAY OF
LOOKING AT DISEASE

Distress

Relief:
Pills
Surgery



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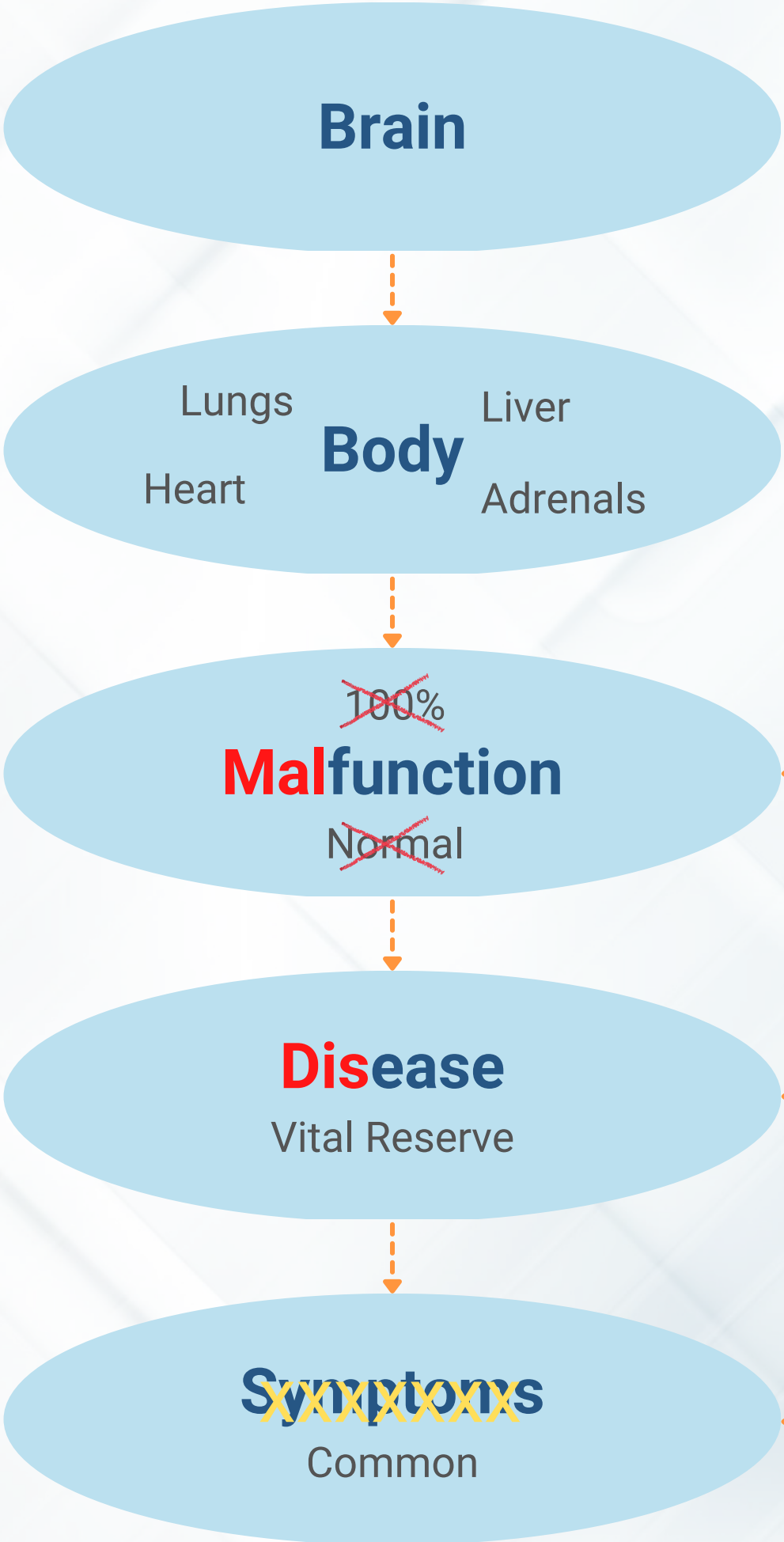
Symptoms go away or
decrease with relief care
but may come back with
a vengeance!

New Paradigm: focus on
resolving Metabolic Chaos®
while providing some
intelligent relief care

A NEW WAY OF LOOKING AT DISEASE

Distress
Mental/Emotional
(Perceived)

Relief:
Pills
Surgery



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A NEW WAY OF LOOKING AT DISEASE

Distress

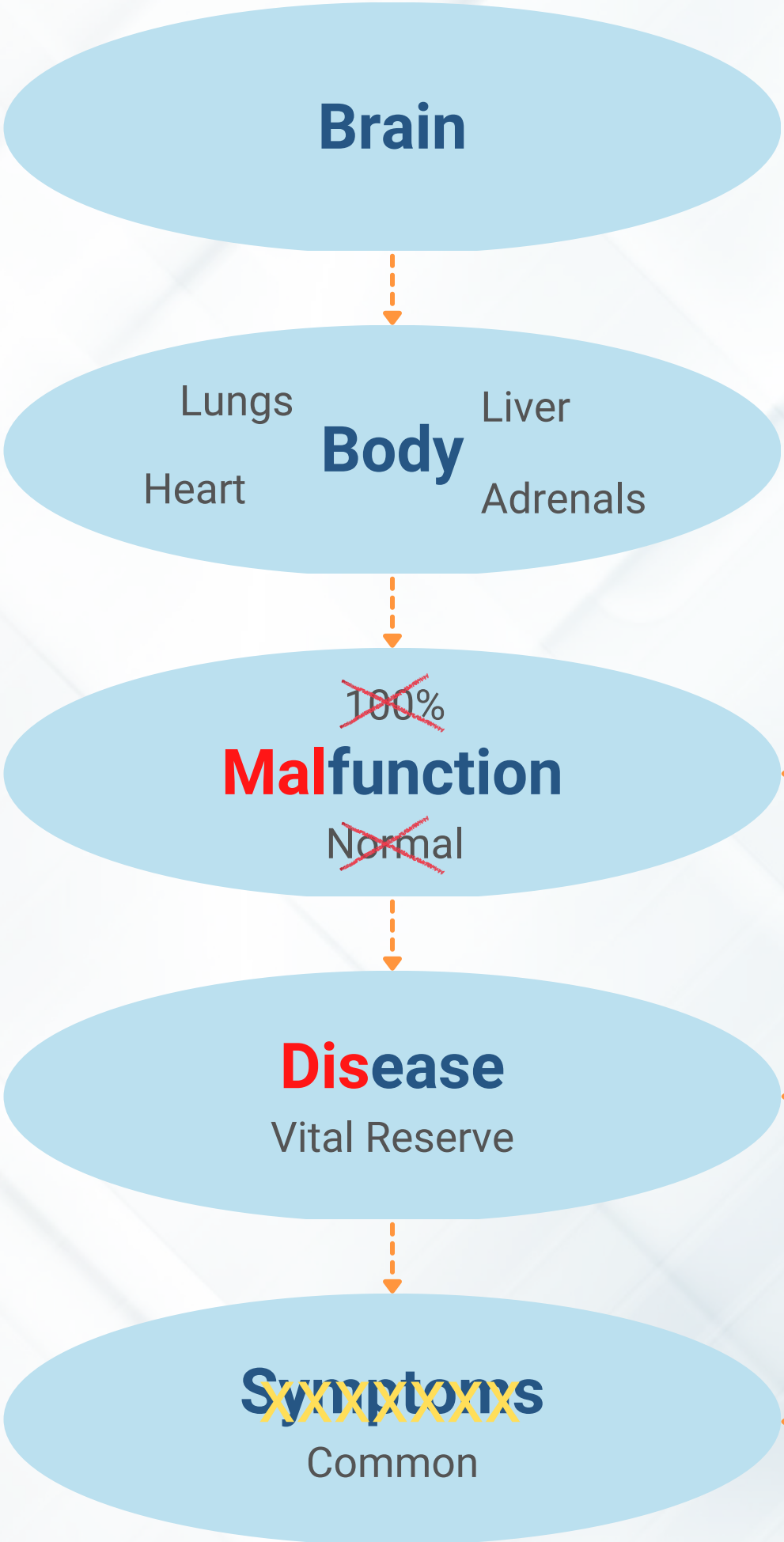
Mental/Emotional
(Perceived)

Biomechanical/Trauma
(Physical)

Relief:

Pills

Surgery



Symptoms are a signal something is wrong. No symptom is normal

Symptoms go away or decrease with relief care but may come back with a vengeance!

New Paradigm: focus on resolving Metabolic Chaos® while providing some intelligent relief care

A NEW WAY OF LOOKING AT DISEASE

Distress

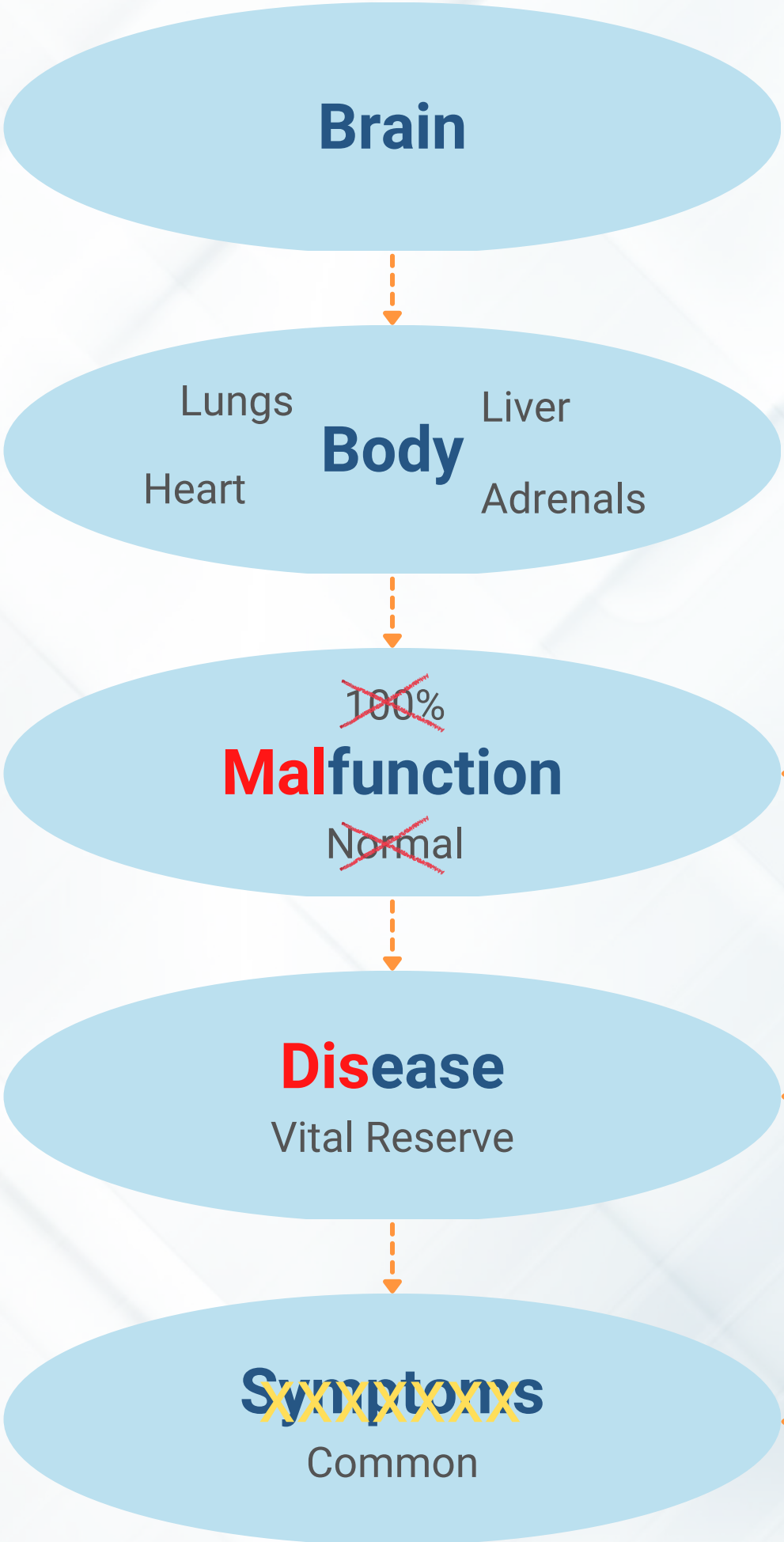
Mental/Emotional
(Perceived)

Biomechanical/Trauma
(Physical)

Chemical/Biochemical
Environmental/HIDDEN
stressors and contributors
to Metabolic Chaos®

Relief:

Pills
Surgery



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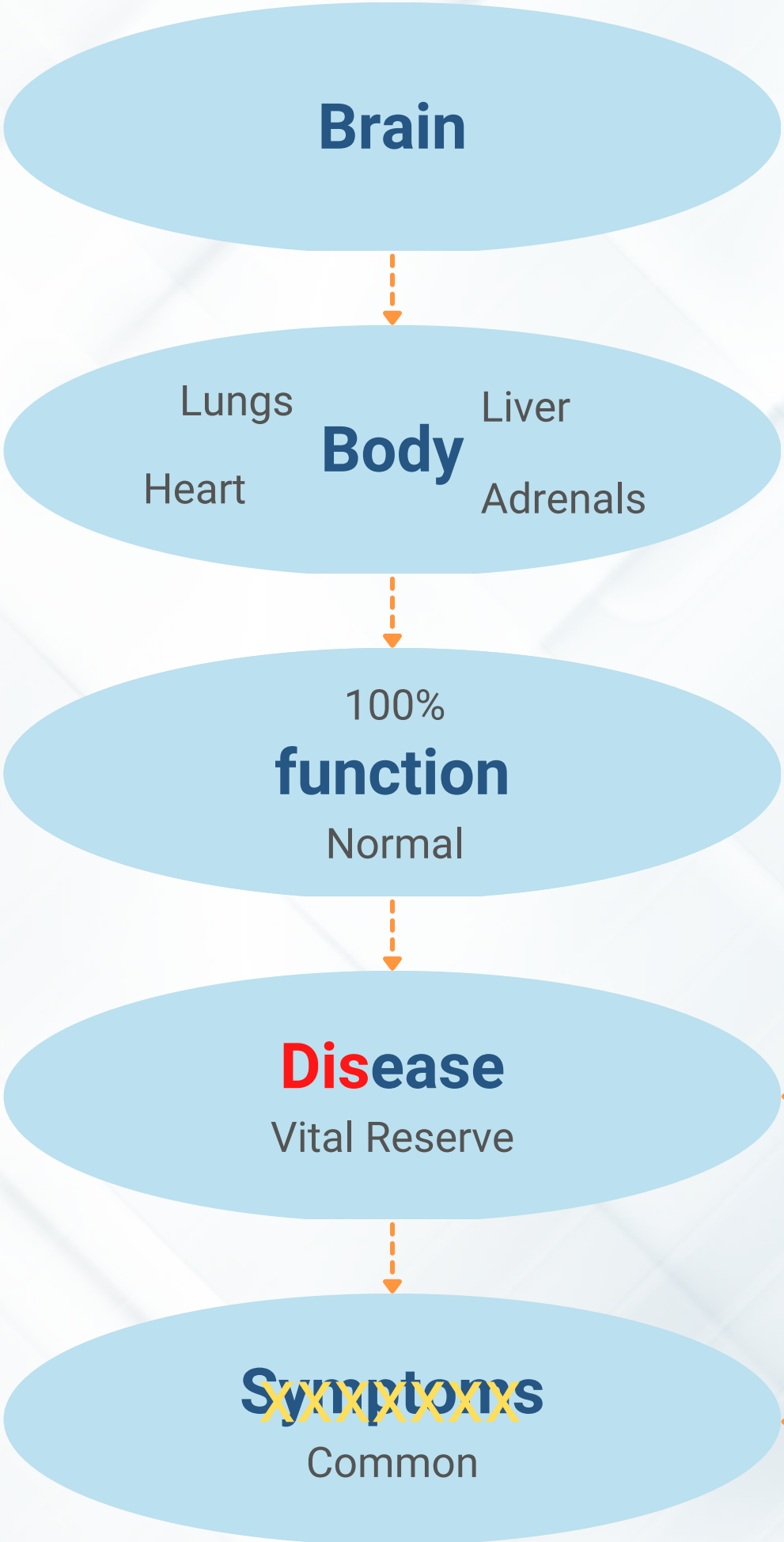
Distress

Mental/Emotional
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Biomechanical/Trauma
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Chemical/Biochemical
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stressors and contributors
to Metabolic Chaos®

Corrective Care



We identify
“healing opportunities”
& apply wellness principles,
normal function restored

A NEW WAY OF LOOKING AT DISEASE

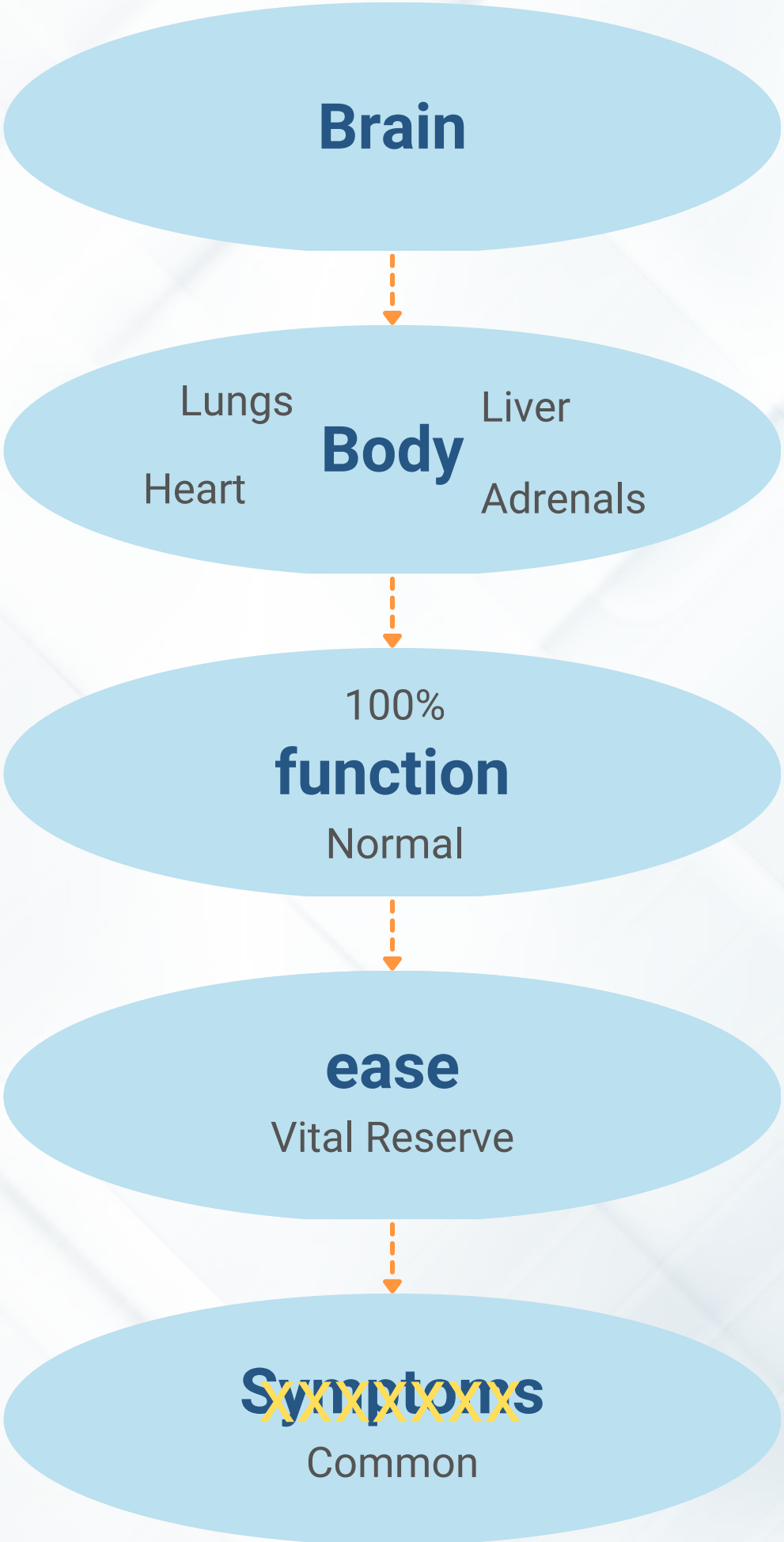
Distress

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Corrective Care



We identify
“healing opportunities”
& apply wellness principles,
normal function restored

Body returns to
state of ease,
health is restored

A NEW WAY OF LOOKING AT DISEASE

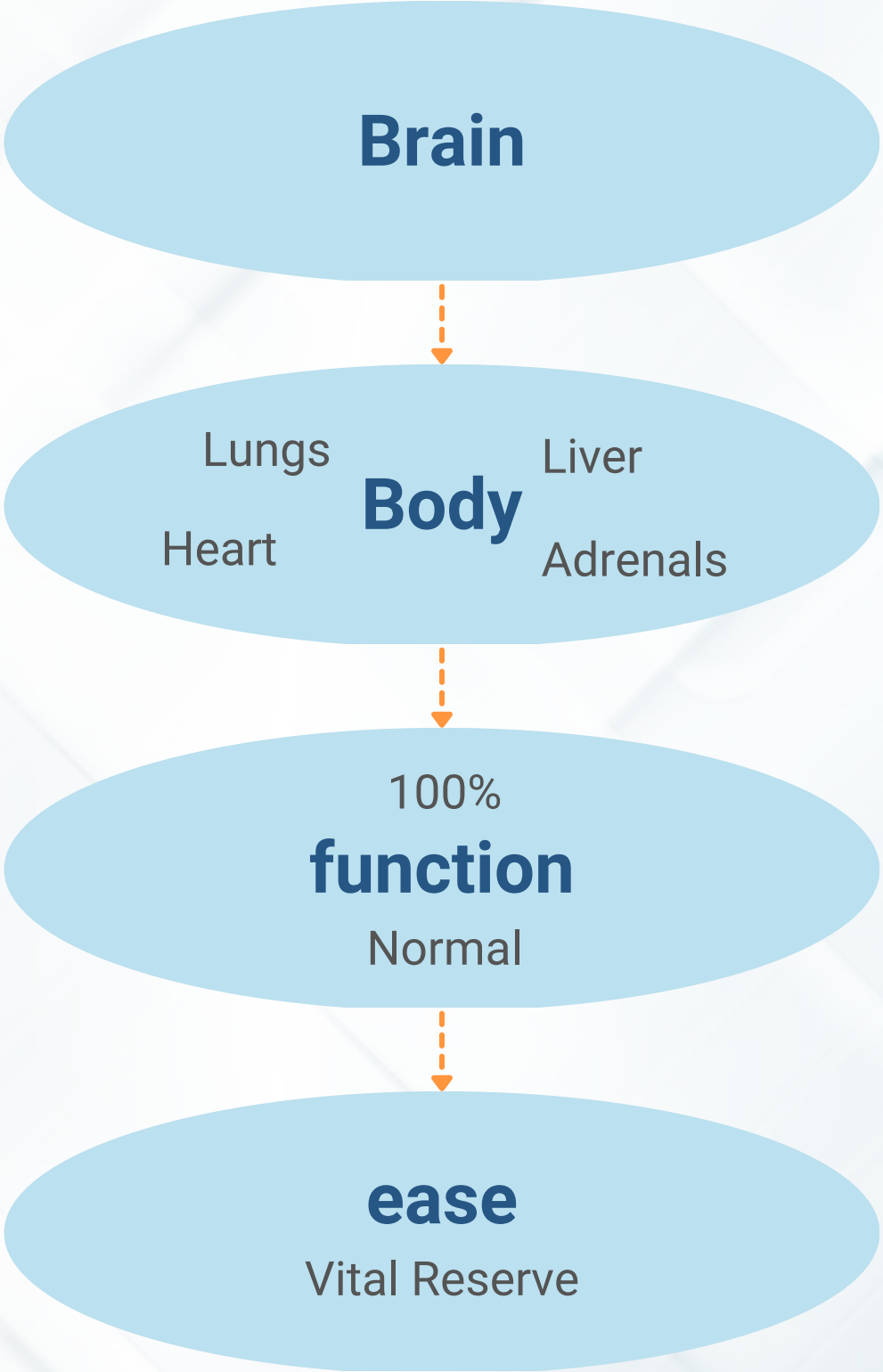
Distress

Mental/Emotional
(Perceived)

Biomechanical/Trauma
(Physical)

Chemical/Biochemical
Environmental/HIDDEN
stressors and contributors
to Metabolic Chaos®

**Maintenance
Care**



We identify
“healing opportunities”
& apply wellness principles,
normal function restored

Body returns to
state of ease,
health is restored

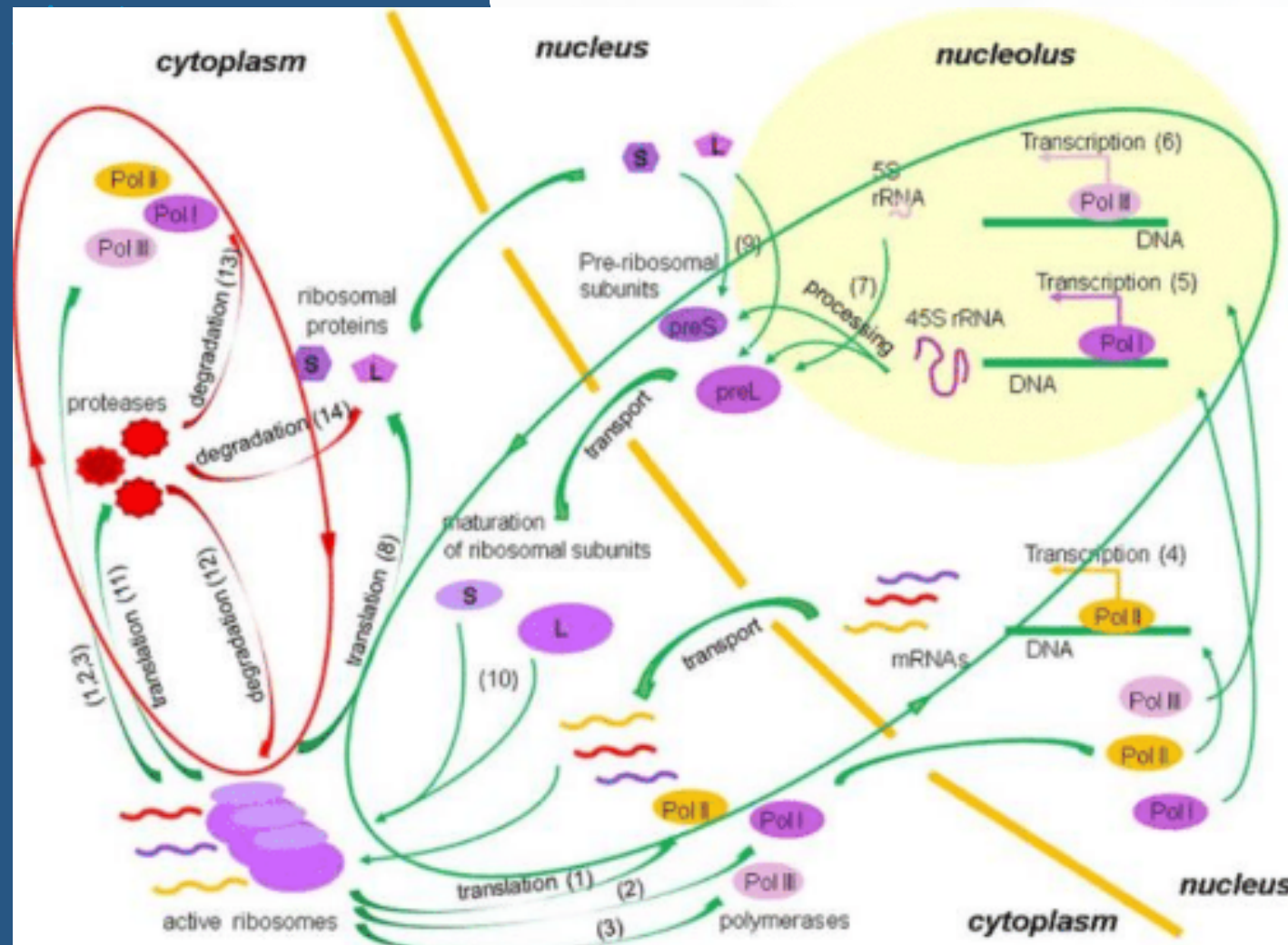
Symptoms disappear,
complaints often
permanently resolved
when you know
which steps to take!

What is Metabolic Chaos®

Metabolic Chaos® is a state where HIDDEN stressors have caused malfunction, but the symptoms appear so far downstream its impossible to predict the root cause.

A clue to Metabolic Chaos® is when intervention based on a traditionally reliable cluster of symptoms or even abnormal test results produces only a marginal response.

**Contributors to Metabolic Chaos® are the cause...
Metabolic Chaos® itself is the effect...until Metabolic
Chaos® itself becomes the single most-significant
condition!**





Old Paradigm: Adrenal Fatigue*

Hypothalamus, Pituitary

- NT, Immune, ANS, Hormones, Limbic
- Chemicals, pathology, hormones
- sensitivity/receptorship issues

Liver & Detoxification

- Binding - over or under binding
- Clearance - poor clearance

Cellular & Organ Tissues

- Sensitivity, resistance, (transduction and transcription)

Blood Sugar, Inflammation

- Glucose homeostasis

Adrenals

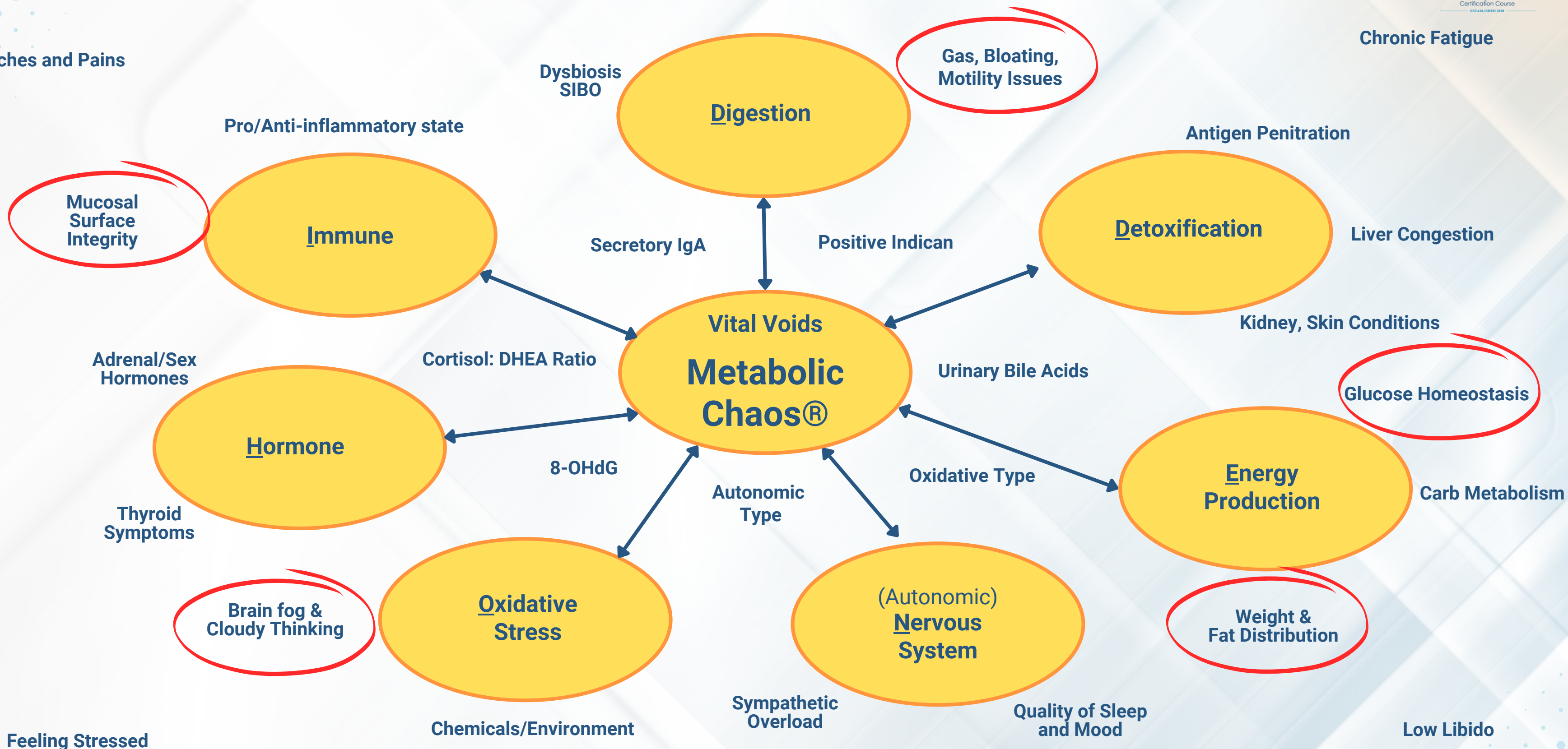
- Stress and hormones dysfunction

New Paradigm: Metabolic Chaos®

What is Metabolic Chaos®

Aches and Pains

Chronic Fatigue



What is Metabolic Chaos®

Aches and Pains

Dysbiosis
SIBO

Gas, Bloating,
Motility Issues

Chronic Fatigue

Pro/Anti-inflammatory state

Mucosal
Surface
Integrity

Immune

Digestion

Antigen Penetration

Detoxification

Liver Congestion

Secretory IgA

Positive Indican

Kidney, Skin Conditions

Adrenal/Sex
Hormones

Cortisol: DHEA Ratio

Hormone

Vital Voids
**Metabolic
Chaos®**

Urinary Bile Acids

Glucose Homeostasis

Thyroid
Symptoms

8-OHdG

Oxidative Type

Energy
Production

Carb Metabolism

Brain fog &
Cloudy Thinking

Oxidative
Stress

Autonomic
Type

(Autonomic)
Nervous
System

Weight &
Fat Distribution

Sympathetic
Overload

Quality of Sleep
and Mood

Low Libido

Feeling Stressed

Chemicals/Environment

The Metabolic Chaos® Cascade

HIDDEN stress and imbalances



if not soon resolved



cascade into other areas



the problem **Metabolic Chaos® ensues**



weak link dependent **causing serious dysfunction**



metabolic individuality **leading to dis-ease and symptoms**

how the problem appears or shows up



One diagnosis: Metabolic Chaos®

Symptoms don't matter...

The “root cause” may never be known..

but that's okay!

It may be undetectable, and very far removed from what one predicts or even measures..

but that doesn't matter!

**You can have a positive effect upon it
when you know what steps to take!**

3 Easy Steps to Resolving Metabolic Chaos®

1. Assess underlying conditions and contributors to Metabolic Chaos®
 - Comprehensive onboarding including careful history taking and lab investigation
2. Customize a D.R.E.S.S. for Health Success® Program
 - Individualized holistic behavior protocols
3. Run the Program—Ultimate in Health Coaching
 - Coach up function, coach down contributors to MC
 - Correct course as needed, health invariably “gets better”
 - Underlying causes are resolved, or vital voids are revealed

“Let’s figure out what needs fixing and help fix it”
~Reed



Step 1.

Run functional lab assessments to identify malfunctions & healing opportunities within these systems..

- Hormone
- Immune
- Digestion
- Detoxification
- Energy Production
- Nervous System



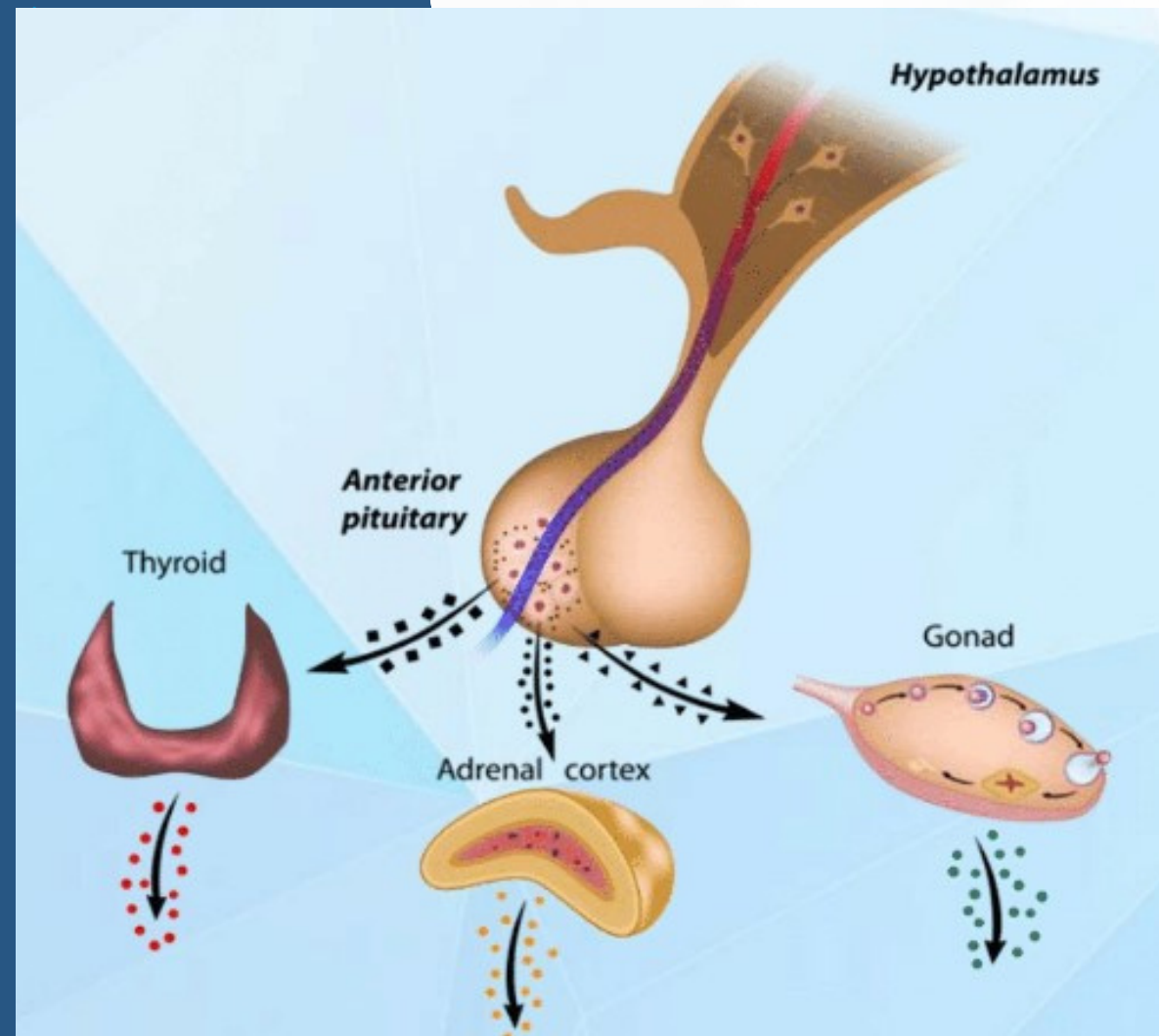
H.I.D.D.E.N internal stressors and dysfunctions which highly correlate with most common chronic health complaints

HPA Hormone/Stress Profile

Assesses hypothalamus-pituitary-adrenal (HPA) axis dysfunction, cortisol awakening response (CAR), adrenal dysregulation, circadian rhythm, sex hormone imbalances, immune system issues

- Cortisol, DHEA
- Estrogens, Progesterone
- Testosterone
- Melatonin

Provides snapshot of overall vital reserve, multiple healing opportunities, guides therapy, points to areas for deeper investigation, baseline to monitor changes



Are hormone imbalances
the problem, or result
of the problem?

This Documents Metabolic Chaos®

Metabolic Wellness Profile

Measures levels of Indican, Total Bile Acids and 8-OHdG, all key metabolic markers of Digestion, Detoxification and Oxidative Stress.

- Indican
- Total Bile Acids
- 8-OHdG

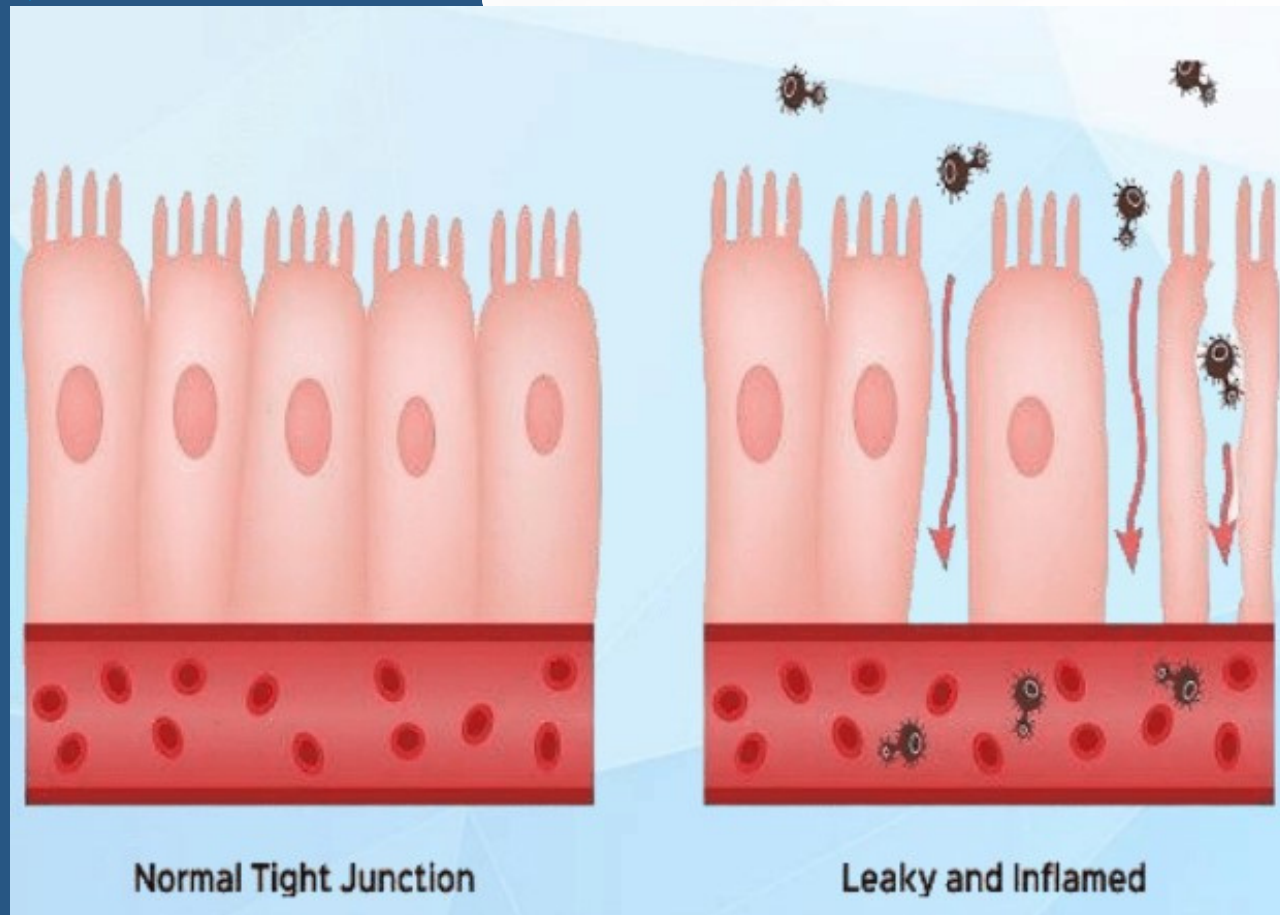
Identifies multiple healing opportunities, provides a direct measurement of liver congestion and deeper insights

This Documents Metabolic Chaos®



Is maldigestion and poor detoxification the problem, or result of the problem?

Mucosal Barrier Assessment



Is leaky gut the problem, or
the result of the problem?

Zonulin is a protein that modulates the permeability of tight junctions between cells of the digestive tract wall.

Zonulin plays an important role in the creation of what we think of as gut “leakiness.”

Histamine helps regulate gut function and plays a key role in the body’s inflammatory processes.

Diamine Oxidase (DAO) is one of the ways our body makes sure that Histamine levels stay in check.

- Zonulin Family Peptides (Zonulin FP)
- Diamine Oxidase (DAO)
- DAO:Histamine Ratio

This Documents Metabolic Chaos®

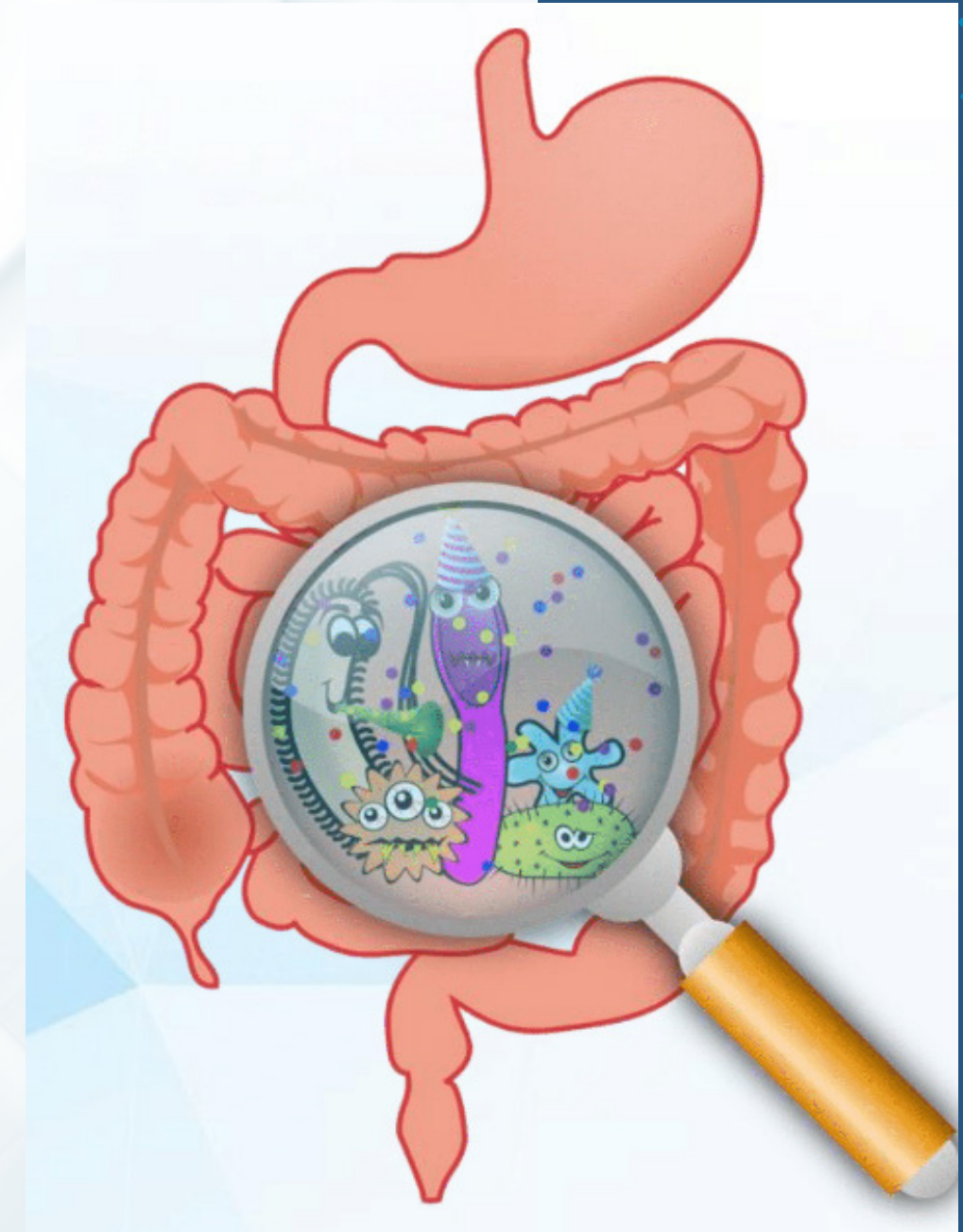
GI Pathogen Screening

Assess bacterial, parasitic & fungal overgrowth, infestation, pathology, dysbiosis

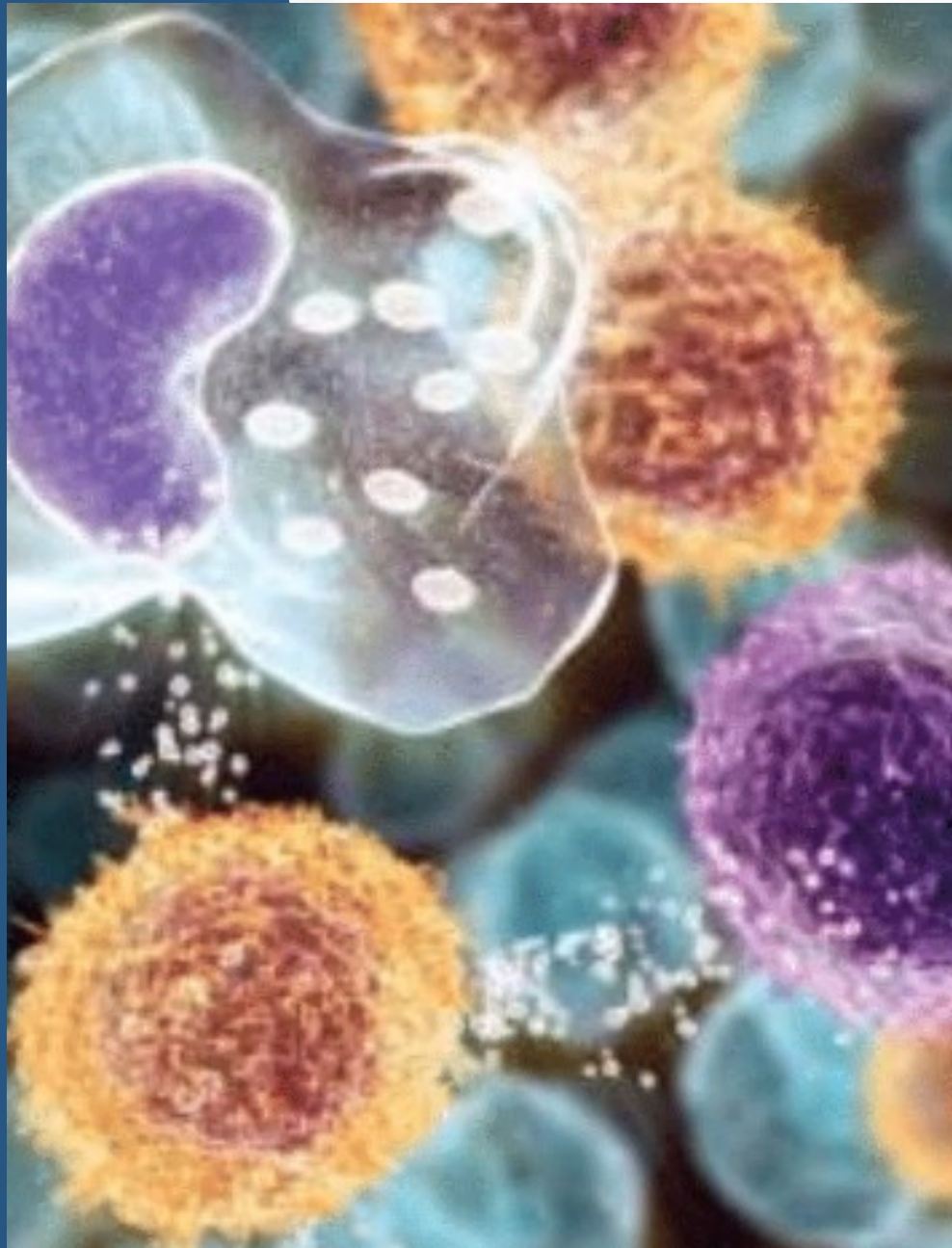
- PCR DNA Testing
- C. Diff Toxins
- Occult Blood
- H. pylori antigen
- Digestive function
- Immune function

Identifies pathogens & biofilms that interfere with healthy function and prevent healing

This Documents Metabolic Chaos®



Are bugs the problem, or the result of the problem?



“One man’s food is another man’s poison” ~ Lucretius

Food Sensitivity Testing

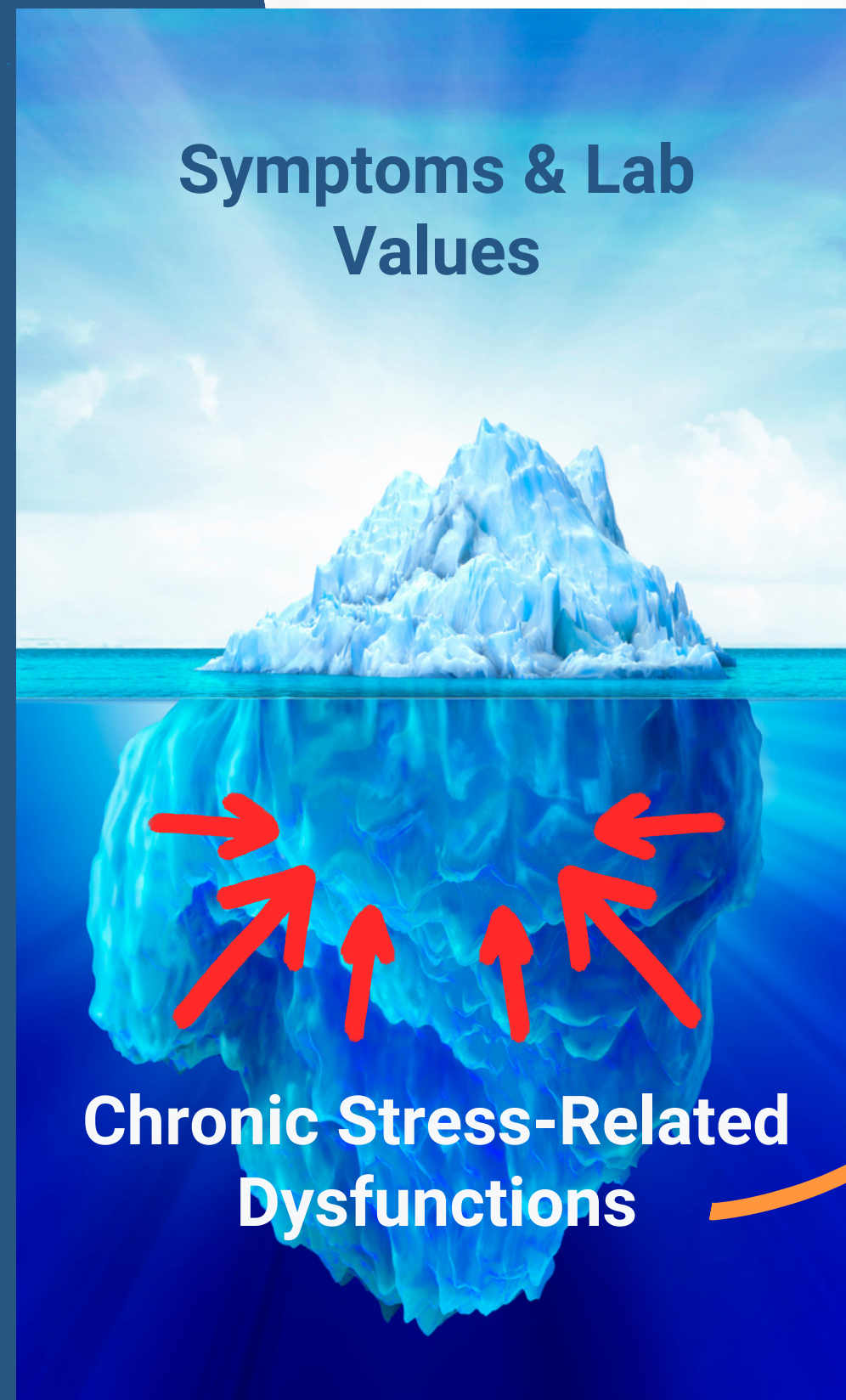
Mediator Release Test (MRT) determines which foods are reactive in an individual

- Up to 176 foods tested
- Avoid consuming for up to 3 months
- Re-introduce one at a time

"Patients generally reported a marked improvement in their D-IBS symptoms, decreased systemic symptoms, and an overall increase in their feeling of well-being."

source: American Journal of Lifestyle Medicine. July 2022. doi:1177/15598276221112309.

Contributors to Metabolic Chaos®



“You can identify healing opportunities and apply wellness principles” ~ Reed

HPA axis and adrenal dysfunction
Cortisol dysregulation, circadian rhythm problems
Hormone dynamics and imbalances
Poor nutrient breakdown and absorption
Pro-oxidant vs. anti-oxidant imbalances
Sluggish liver, Detoxification
Dysbiosis and gut malfunction
Antigenic overload and pathogenic conditions
Bacteria and yeast overgrowth
Biofilm, Biotoxins
Inflammation, Immunodeficiency

“Metabolic Chaos®”

Step 2. DRESS for Health Success® Program

Apply wellness principles that address all healing opportunities at once...



**A process so effective
FDN was granted a
Trademark by the
USPTO. Exclusive to
FDN Practitioners!**



Vital Reserve vs. Metabolic Chaos®

Coach up vital reserve ↑

- Diet
- Rest
- Exercise
- Stress Reduction
- Supplements



Known stressors
HIDDEN stressors
Any and all contributors
to Metabolic Chaos®

Coach down Metabolic Chaos® ↓

FDN Health Coaches run the program



Step 3: Adopt DRESS Program!

Everyone is different, but most go through three phases of care

- Relief Phase
 - Corrective Phase
 - Maintenance Phase
-
- Start with the weakest area, get it going
 - FDN's answer questions, guide course correction
 - Provide honest feedback & accountability
 - Retest or refer out for additional needs

“There is no power boating to health” ~ Reed

FDN Works Because of Sound Principles...

- We don't diagnose, treat, or prescribe
- We make observations about Metabolic Chaos® and remove as many contributors and stressors as possible, “unmasking” the basic systems that are actually failing
- We nurture and restore these functions and support weak links that are a part of Metabolic Chaos®, so clients invariably “get better”

**“General principles of health building
outperforms specific treatments” ~ Reed**

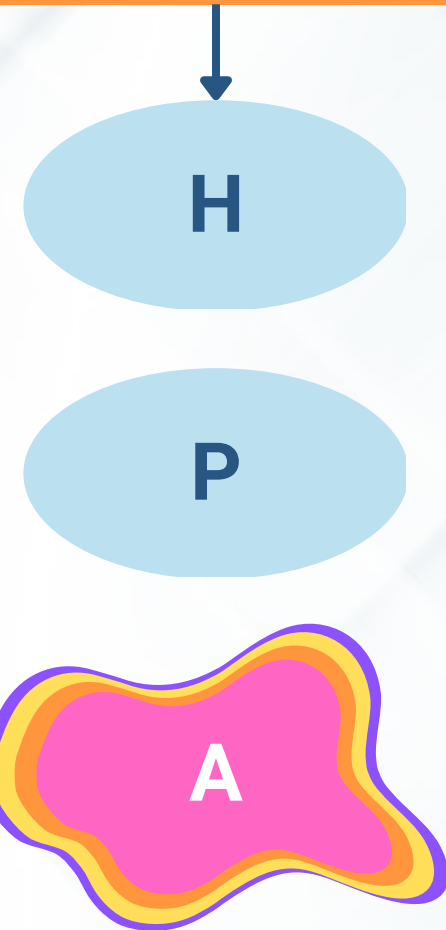


Adrenal/Hormone Client?

- Feeling stressed out
- Weight gain, can't maintain weight
- Low energy, fatigue
- Brain fog, poor sleep
- Hate to Exercise
- Poor memory
- Dizzy on standing
- Eyes sensitive to light
- Anxiety, irritable
- Crashing in day, second wind
- Depression
- Need for coffee to get started
- Bone density issues
- Immune system problems

NORMAL STRESS RESPONSE

Neurotransmitters, Hormones, Immune, ANS, CR



H - Hypothalamus

P - Pituitary

A - Adrenals

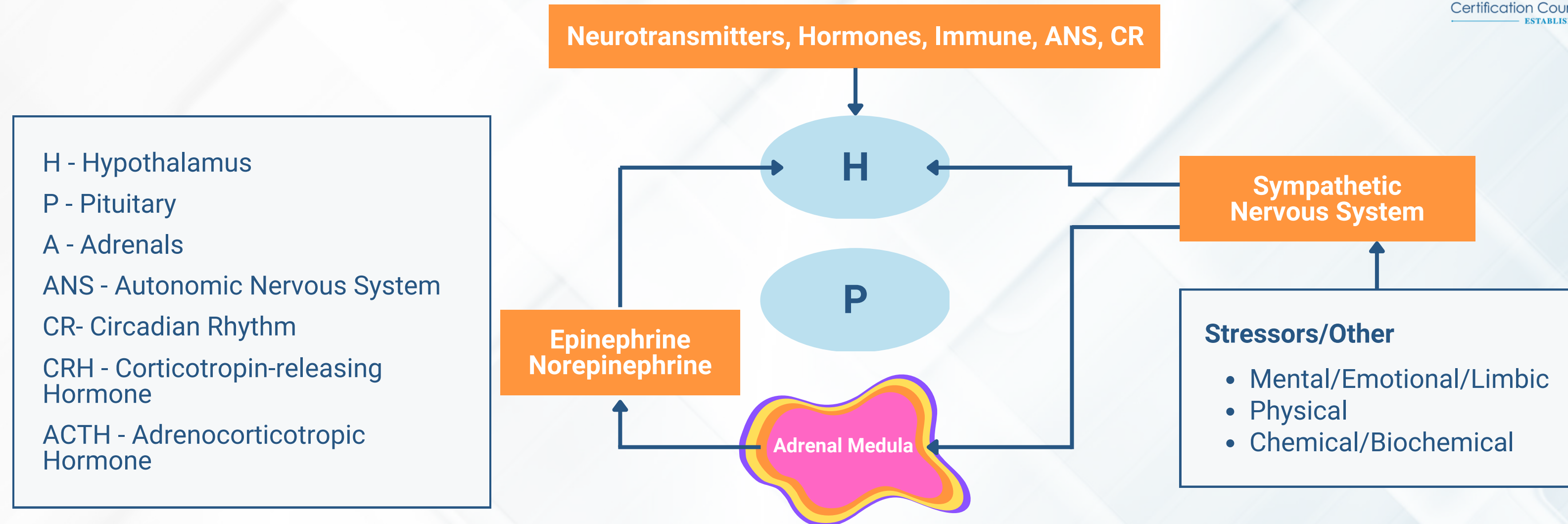
ANS - Autonomic Nervous System

CR- Circadian Rhythm

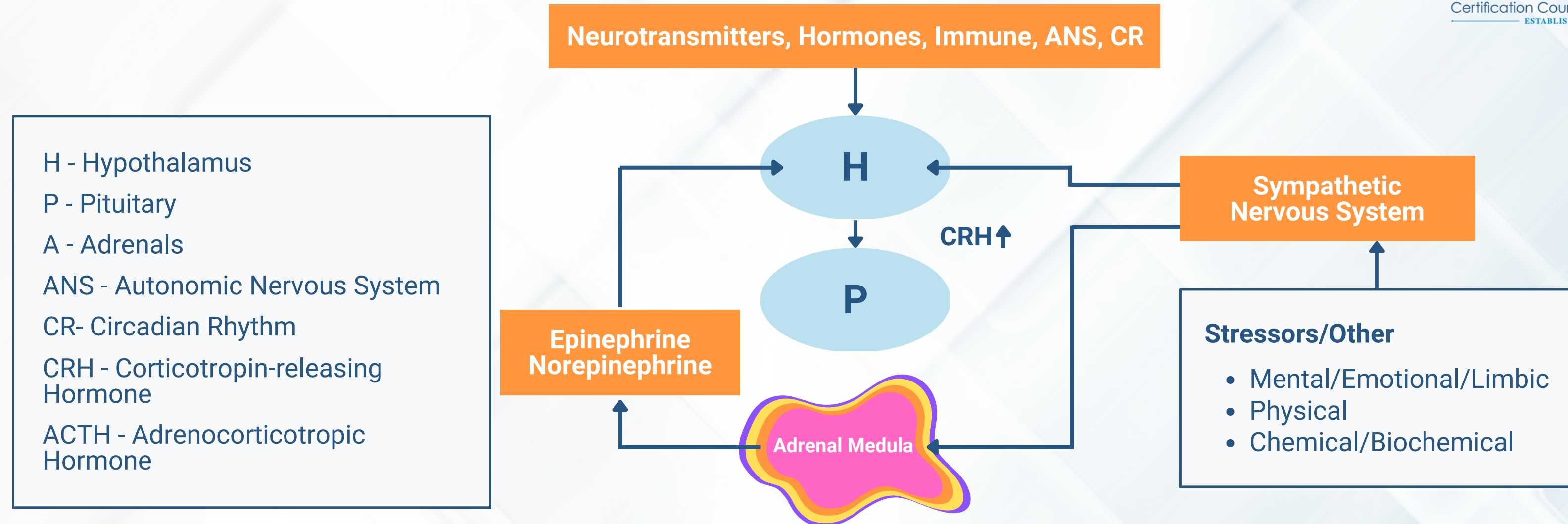
CRH - Corticotropin-releasing
Hormone

ACTH - Adrenocorticotrophic
Hormone

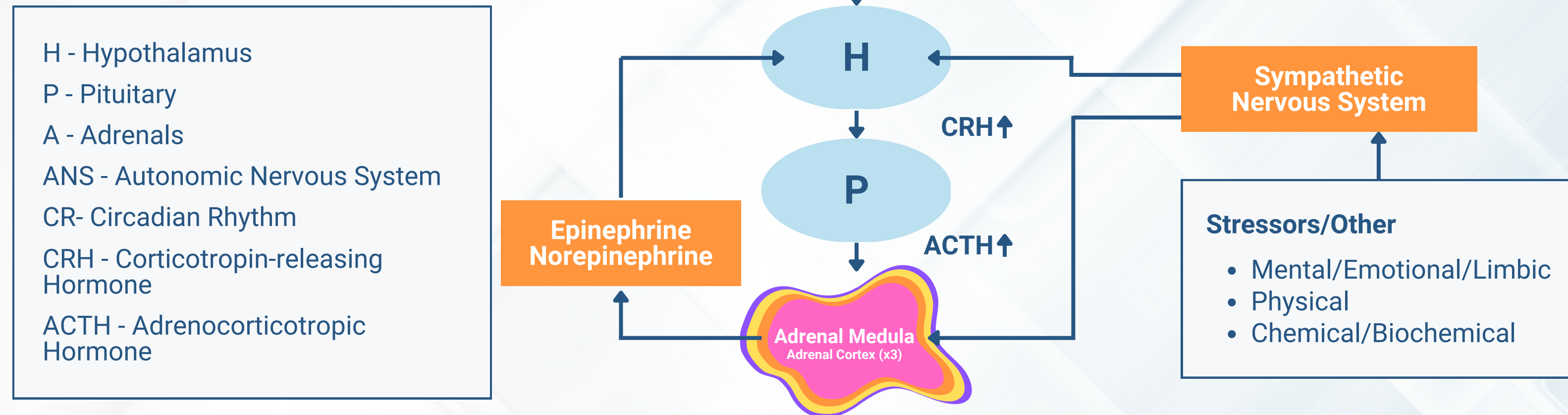
NORMAL STRESS RESPONSE



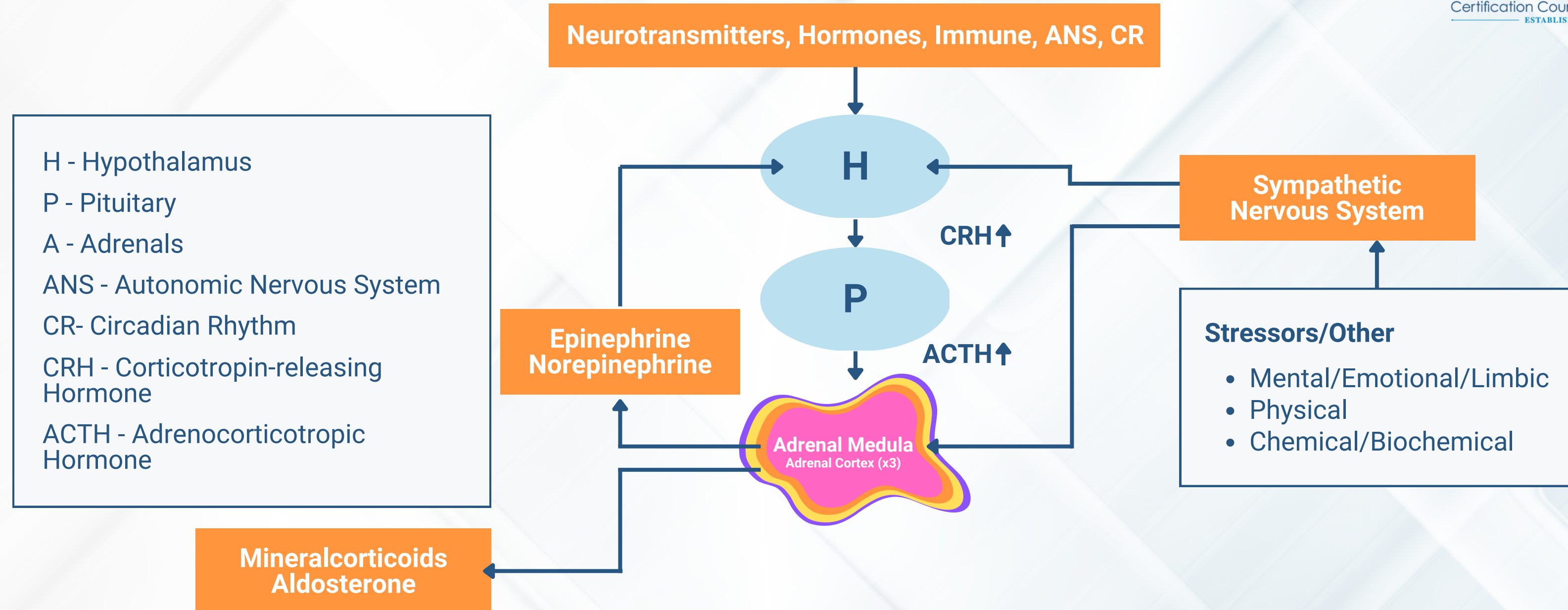
NORMAL STRESS RESPONSE



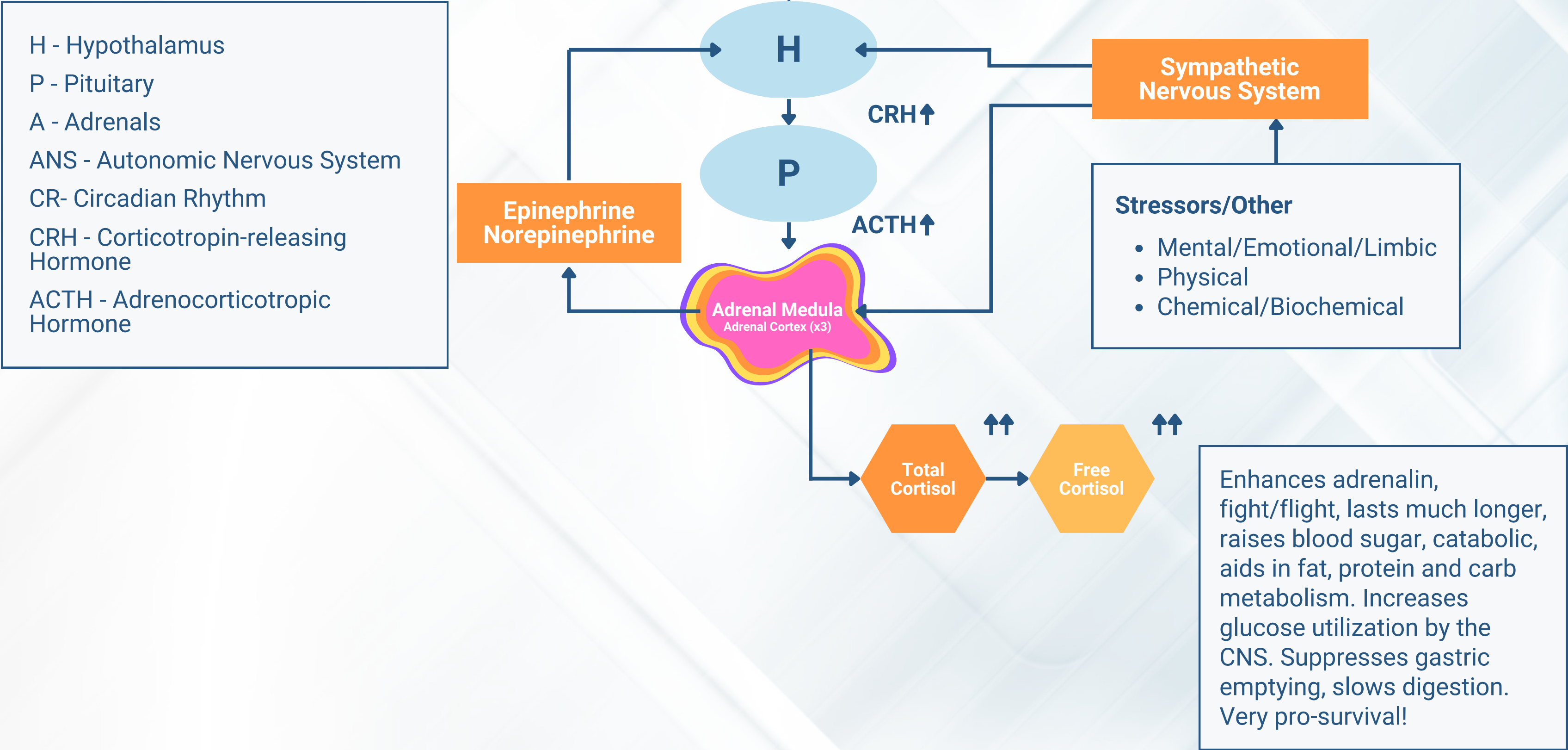
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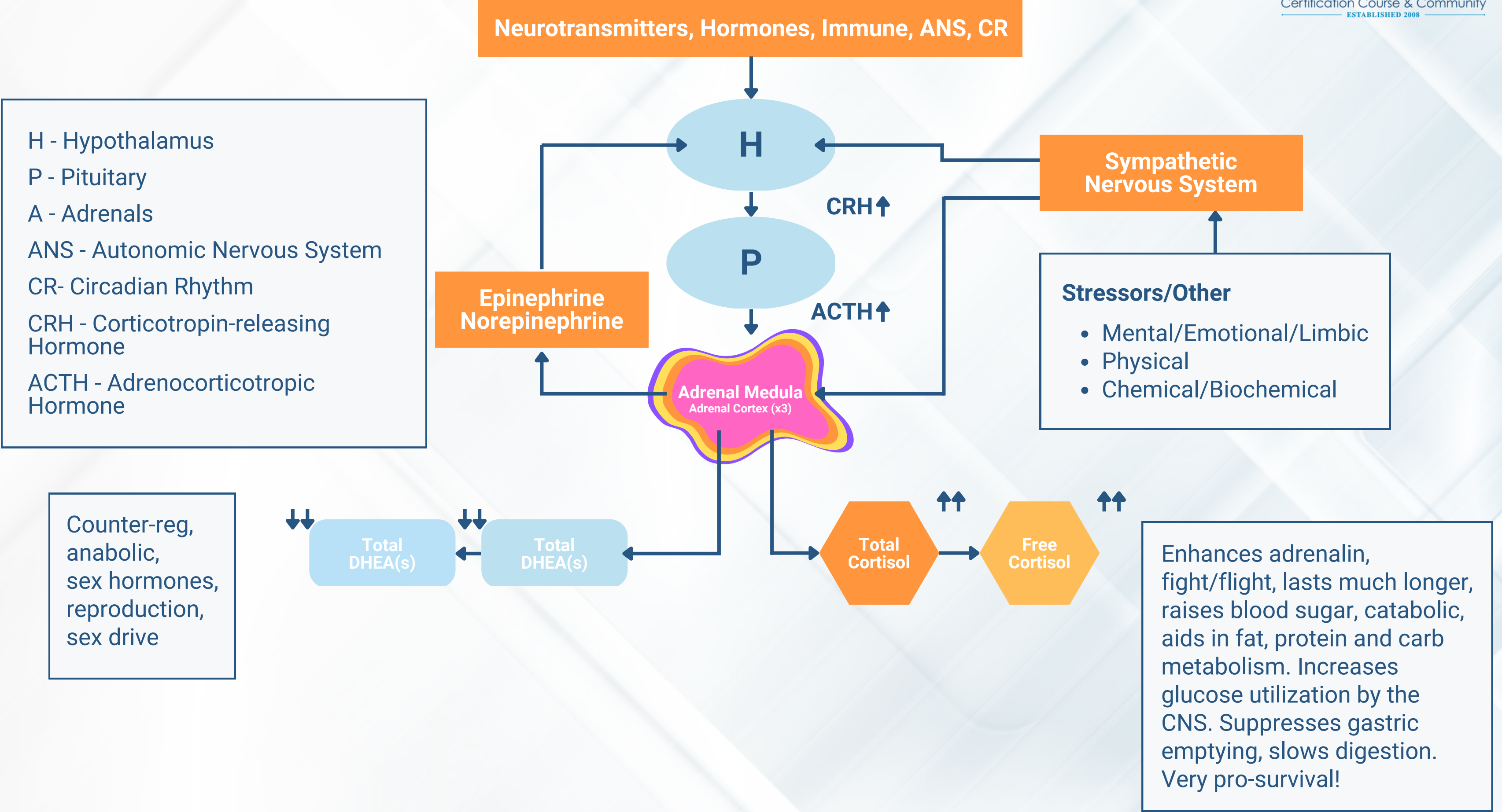
NORMAL STRESS RESPONSE



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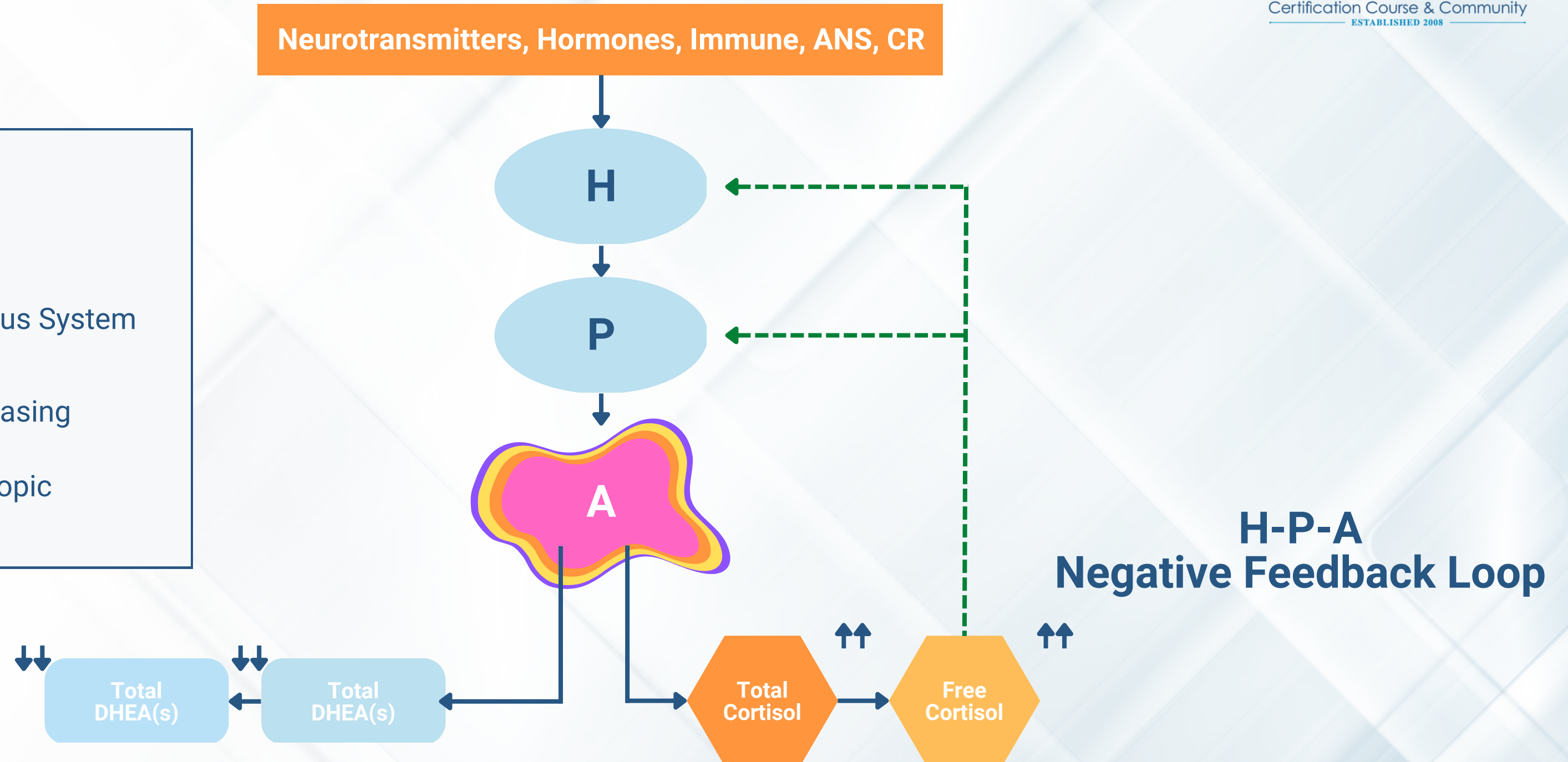


NORMAL STRESS RESPONSE



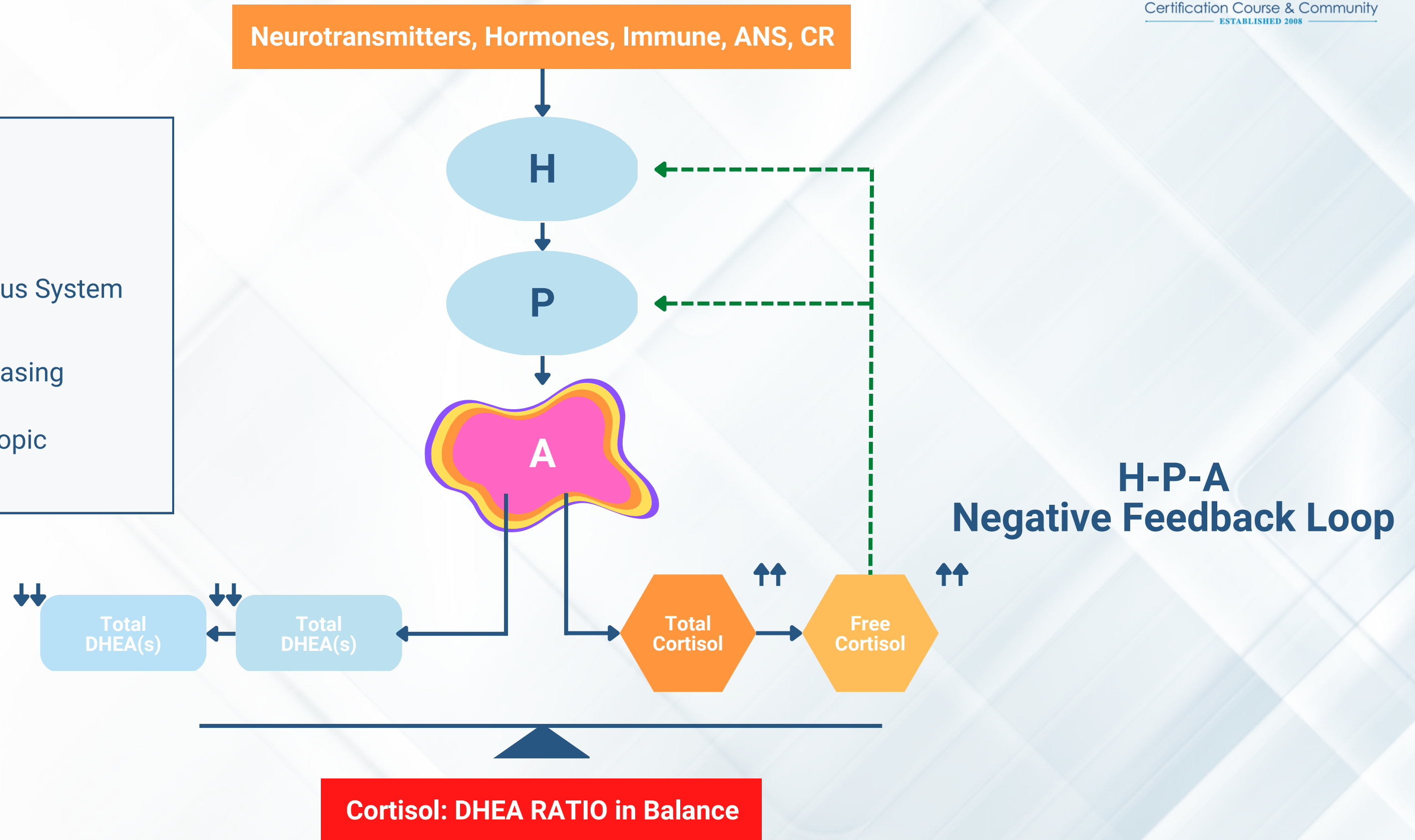
NORMAL STRESS RESPONSE

H - Hypothalamus
P - Pituitary
A - Adrenals
ANS - Autonomic Nervous System
CR- Circadian Rhythm
CRH - Corticotropin-releasing Hormone
ACTH - Adrenocorticotrophic Hormone



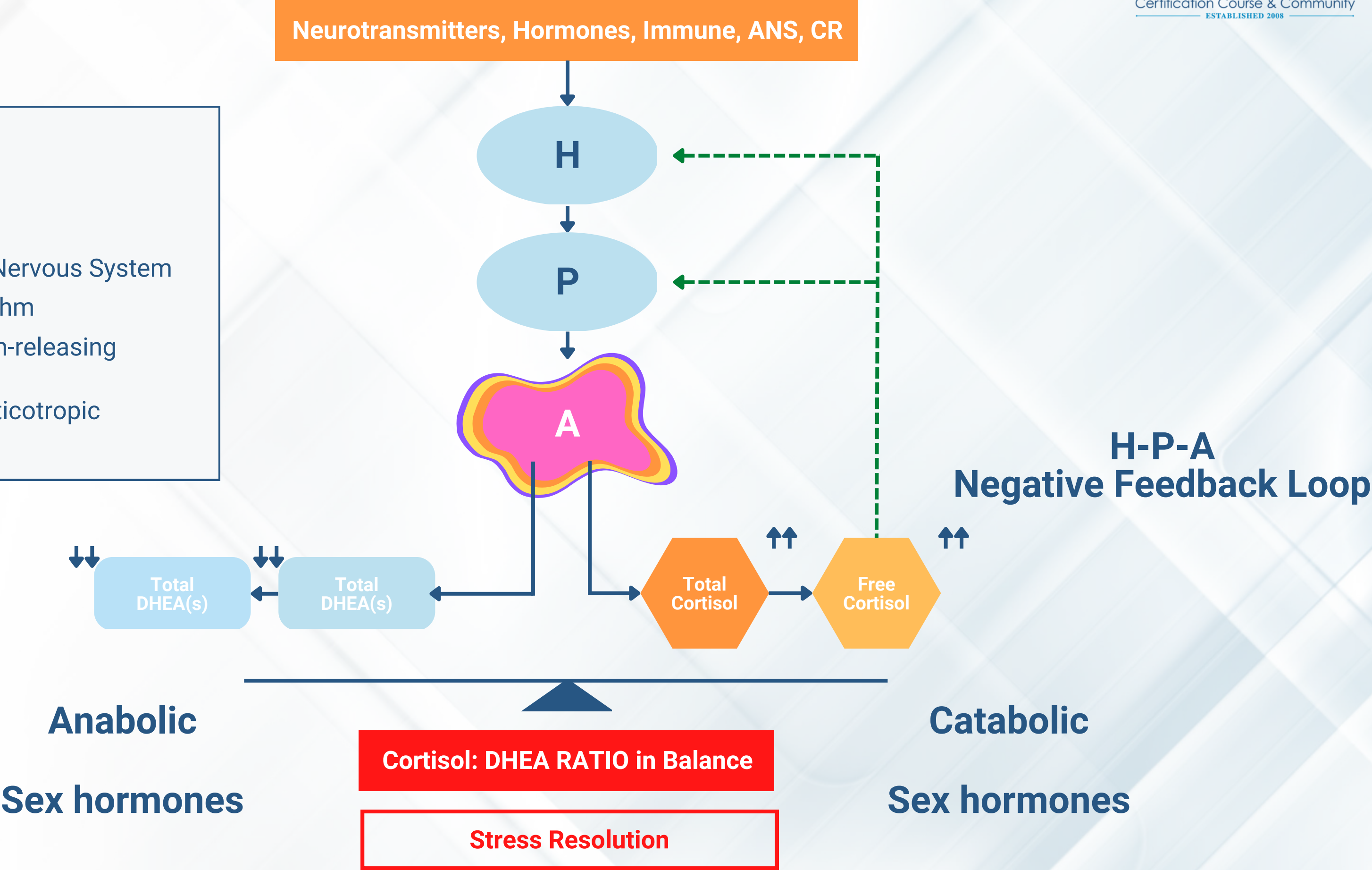
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Handling the Metabolic Chaos® Cascade & Chronic Stress-Related Disorders

Distress of any kind contributes to loss of homeostasis, dysfunction; “Metabolic Chaos®”

Weakened state of health, left unchecked, may diminish “vital reserve”, lead to symptoms downstream and further dysfunction

Our job is to look upstream, use labs available to identify opportunities to restore function and balance

Requires adopting behaviors & self-care therapies that “coach up” that vital reserve, strategic reserve, metabolic reserve...

...while we “coach down” contributors to Metabolic Chaos® allowing body to return to health and vitality; symptoms simply disappear

You want to be a practitioner who can say yes...

1. "Do you know what's wrong with me, all "they" do is treat symptoms!"

Yes, I can help fix the underlying cause

2. "Can you help me, I've tried everything!"

Yes, I can identify healing opportunities and design individual protocols that restore normal function, restore health

3. "Have you helped others like me, I'd hate to waste any more time or money?!"

*Yes, we've helped thousands just like you.
The FDN family is growing strong!*

They need someone with training, skills and credibility to help



People Have Choices



Opt-in self care model

OR



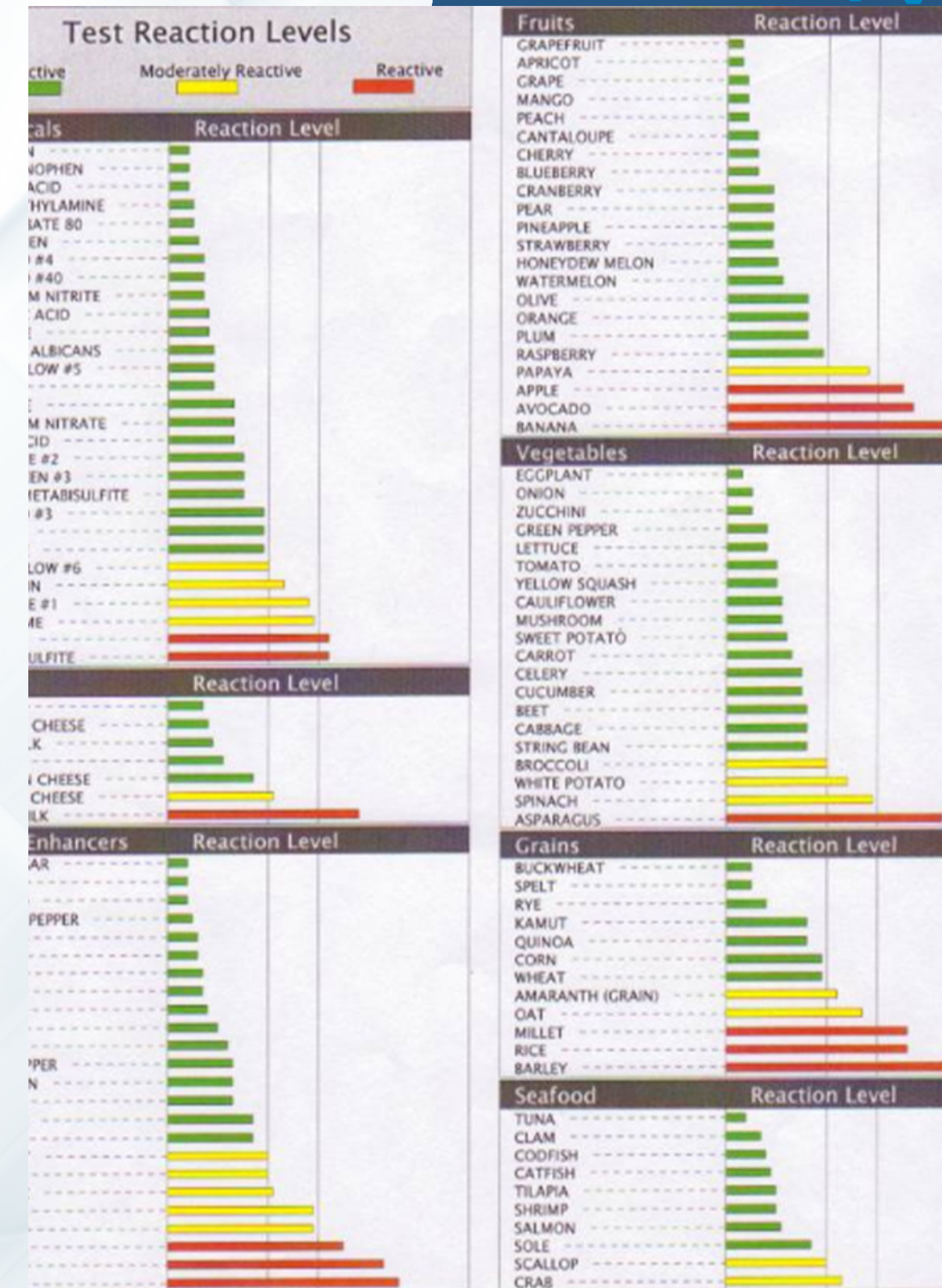
forced-in *disease* care model

FDN Health Coaching

FDN labs provide “observations” that are otherwise unavailable which may be useful in identifying healing opportunities, point out weaknesses.

We seek hidden stressors and underlying malfunctions until true causes are revealed.

Labs tell us what to work on, how to work on it, where to look next, how to get deeper and closer to cause.



Q and A Time

Ready to take your practice to the next level?

**Join the FDN family by Monday, March 5th
at midnight PST to save \$783! !**

fdntraining.com/bonus783



Save Now