



WELCOME TO

GHT ACADEMY

Where functional medicine
becomes second nature.

Transform your approach to health

WHAT IS GHT ACADEMY?



Welcome to GHT Academy, where we understand the journey you're on because we've walked it ourselves. Let's be honest—functional medicine isn't just another tool in your kit; it's a complete overhaul of how you think about health, and it's not for the faint of heart.

If you've ever found yourself deep in a rabbit hole of research, feeling like every answer only leads to more questions, you're not alone. Maybe you've had moments where you're staring at a patient's chart, knowing there's something more you could do, but just not sure where to start. Or maybe you're new to this space, feeling like you're trying to drink from a fire hose, struggling to piece together the overwhelming amount of information out there.

We get it. We've been there, too. We know the frustration of wanting to do more for your patients but feeling like you're constantly playing catch-up, or just scratching the surface. It's a heavy load to carry, especially when you're dedicated to making a real difference in people's lives. That's why we created GHT Academy—not just as another educational program, but a community of like-minded providers with the intention to serve their population to their very best ability.



Our two-tiered education system is crafted with you in mind, whether you're looking to build a solid foundation or deepen your expertise. We're here to cut through the noise, to help you sift through the overwhelming information and turn it into actionable, practical strategies that will elevate your practice. This isn't just about adding more letters after your name; it's about transforming the way you approach health, giving you the confidence to tackle even the most complex cases with clarity and precision.

At GHT Academy, we're more than just educators—we're your partners in this journey. We're here to help you reignite that spark of passion, to remind you why you chose this path in the first place. Because you didn't become a clinician to feel stuck or uncertain—you did it to make a difference, to heal, to change lives. And with our support, you can do just that. So, if you're ready to take your practice to the next level, to go from overwhelmed to empowered, join us. Together, we'll navigate the complexities of functional medicine and transform the way you practice—one patient at a time.

GHT ACADEMY

Hello there

For over a decade, I've dedicated my career to the intricacies of functional medicine, immersing myself in some of the most advanced and prestigious training programs available. And while I am grateful for every opportunity that I have had, I could not help but notice a significant gap that persisted across many of these programs: the practical, day-to-day application of putting this clinical knowledge into action in our businesses. This was particularly true of utilizing functional tests and not one-size fits all protocols in real-world scenarios.

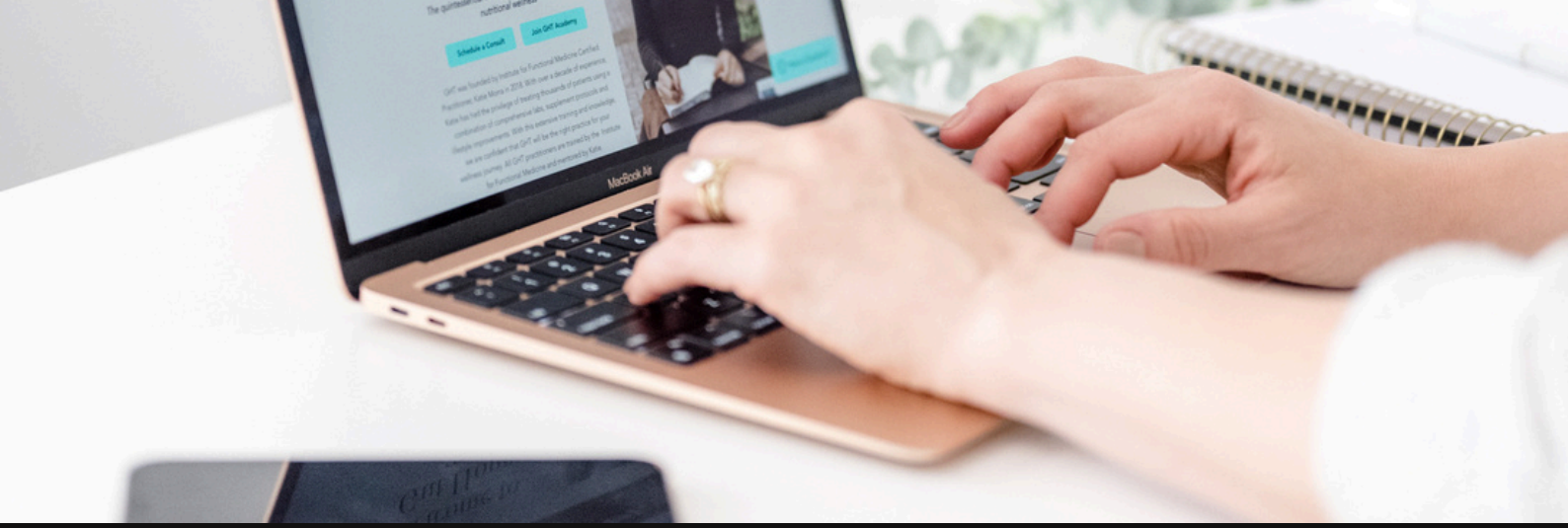
My path diverged somewhat uniquely in that I was fortunate enough to work directly with thousands of functional medicine patients over several years. This wasn't just a chance to apply what I had learned through my trainings; it was an opportunity to delve deeply into the nuances of clinical labs, to observe patterns, and to see firsthand what worked—and what didn't—in various scenarios. This hands-on experience allowed me to refine and perfect protocols that are not only theoretically sound but have been proven effective through real-world application. I understand that not every clinician has the opportunity to accumulate this level of practical experience early in their careers, and this is precisely why GHT Academy was born.

Our mission is to transform the way you approach patient care, ensuring that you can support your patients with both the knowledge and the practical tools necessary for true healing. At GHT Academy, we are deeply invested in your success. We understand that the impact you have on your patients is directly linked to the confidence and competence you bring to your practice. That's why our program goes beyond just imparting knowledge—we focus on the assurance that you can put everything you've learned into practice effectively, come Monday morning. The success of your business and patient outcomes are at the heart of everything we do and our team is there to support your growth every step of the way.



Katie Morra





TIER 1 PLANNING CALENDAR

Jan-Jun 2025

MODULE 1

Blood Chemistry
from a Functional
Lens

Released January 1st

MODULE 2

Hypothyroidism:
From Testing to
Healing

Released January 6th

MODULE 3

H pylori:
the Great Evader
+ BONUS TRAINING

Released February 1st

MODULE 4

SIBO: Uncovering
the Root Causes
+ BONUS TRAINING

Released February 3rd

MODULE 5

Healing with the
GI Map
+ BONUS TRAINING

Released March 1st

MODULE 6

Breaking Down the
DUTCH test: Cortisol

Released on March 1st

MODULE 7

Breaking Down the
DUTCH test:
Androgens

Released on April 1st

MODULE 8

Breaking Down the
DUTCH test:
Progesterone

Released on April 1st

MODULE 9

Breaking Down the
DUTCH test:
Estrogen

Released on May 1st

MODULE 10

Gut & Hormones:
Connecting the
Dots

Released on May 1st

MODULE 11

Detox 101:
Environmental
Impact

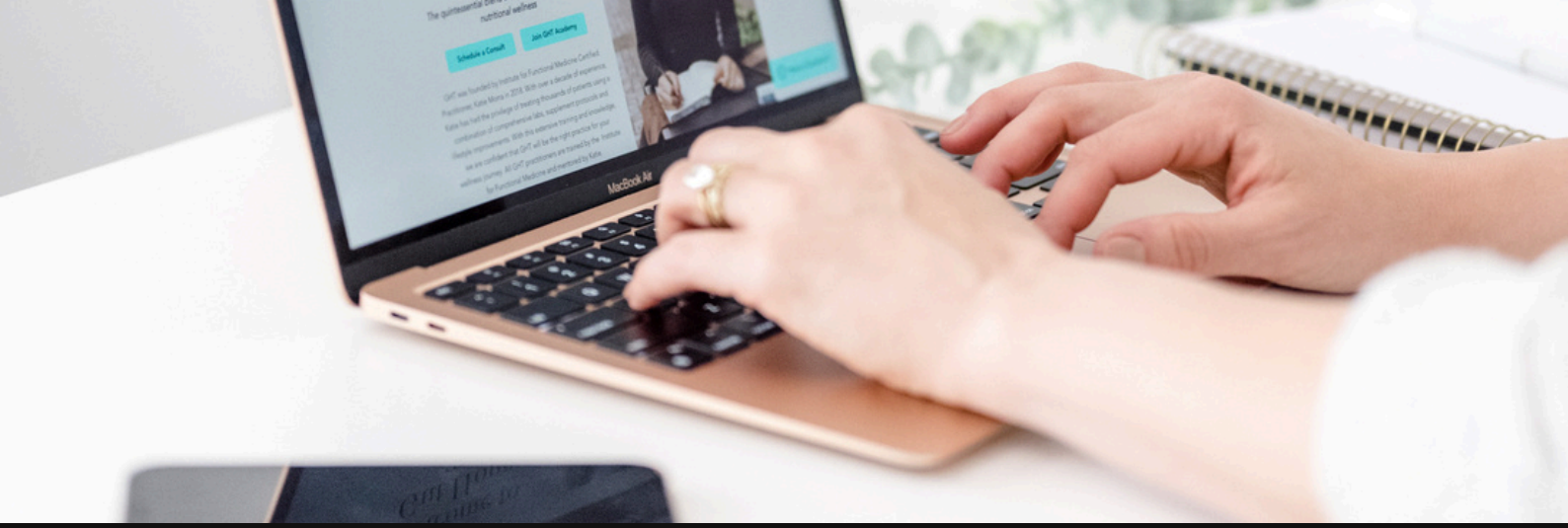
Released on June 1st

MODULE 12

Mold & Metals: The
Unseen Triggers

Released on June 1st

Note: All topics, speakers & dates are subject to change



TIER 2 PLANNING CALENDAR

Jan-Jun 2025

MODULE 1

Gastritis and Esophagitis from a Functional Medicine Perspective

Released January 1st

MODULE 2

Inflammatory Bowel Disease from a Functional Medicine Perspective

Live Guest Lecture with Jade Etter
January 6th

MODULE 3

Gallbladder Health from a Functional Medicine Perspective

Released February 1st

MODULE 4

Histamine Intolerance from a Functional Medicine Perspective

Released February 3rd

MODULE 5

Skin Health from a Functional Medicine Perspective

Released March 1st

MODULE 6

Lyme & Co-Infections from a Functional Medicine Perspective

Live Guest Lecture with
Marybeth Charno
March 3rd

MODULE 7

Uro/Gyn Health from a Functional Medicine Perspective

Released on April 1st

MODULE 8

Immune Dysregulation in Peds from a Functional Medicine Perspective

Live Guest Lecture with
Natasha Ruiz
April 7th

MODULE 9

Infertility from a Functional Medicine Perspective

Released on May 1st

MODULE 10

Pain from a Functional Medicine Perspective

Released on May 1st

MODULE 11

Fatigue from a Functional Medicine Perspective +
2 Bonus Trainings

Released on June 1st

MODULE 12

Going from Good to Great

Released on June 1st

Note: All topics, speakers & dates are subject to change

WHAT IS INCLUDED?

CURRICULUM

GHT Academy offers a two tiered membership program. Those that have graduated from tier 1 will be eligible to enroll in our high level tier 2 program (refer to course descriptions). Each tier includes 12 advanced training modules that build upon your prior gained knowledge.



CLINICAL MASTERY

GHT Academy offers multiple in-detail practitioner lab and protocol guides as a part of our tier 1 membership program that you will continue to benefit from in tier 2 and as the perfect tool for quick in-office guidance to support patient care.

LIVE SESSIONS

GHT Academy offers monthly live Q&A office hours throughout both tiers because being able to discuss the knowledge you gain with our mentors and your peer community, is vital to professional growth. All live sessions are also recorded for you to reflect back on.



PEER COMMUNITY

GHT Academy offers access to our private Facebook community where members connect over cases, clinical questions, business questions, new research, favorite products and so much more. This is one of the most cherished pieces of our program.

MENTORING

As a GHT Academy member you will have optional access to 20% off of all mentoring options through the span of your 6 month enrollment (email, virtual and package offerings). We have noticed that members who enroll in mentoring quickly grow their clinical skills and business.



LIVE Q&A SESSIONS

Every month in both membership programs, you will have the opportunity to join our mentors, as well as your peers, for a live question and answer hour. This is conducted in a comfortable, laid-back environment where you are safe to discuss questions regarding the two previously released modules in the month. For example In tier 1 the first month you will learn about blood chemistry and hypothyroidism so our first live Q&A will revolve around those two topics.

Unsure if you can make all of the live sessions? No worries! Our team records every live and puts them up for your review almost immediately. You will have recording access to all live Q&As for a full year after your start date. Additionally, we encourage students that know they can not attend a live session to email any questions they are hoping we will discuss ahead of time to be added to the question queue.

These live sessions not only ensure that anything you want to dive further into or have further clarification on happens but allows us to start applying the concepts learned to real life patient scenarios. All live Q&A dates with access links will be available on your welcome document once you enroll (all dates and times are subject to change).

PEER COMMUNITY

Every member has access to our private practitioner and coach community on Facebook. This feature of GHT Academy has proven to be extraordinarily helpful to our members. Every day we have members seeking each others support on complex cases, inquiring about new functional tests, products, research and so much more. Our founder, Katie, is also in this group and an activate participant in guiding all of our members, unlike many other programs on the market.

We have even had job opportunities, sales, referral opportunities, bonus trainings and more be offered through our private community. Our peer community is like having 100+ professionals at your fingertips for second and third opinions and feedback and we could not think of anything more supportive than this, especially for those who are in a solo practice.

PRACTITIONER GUIDES

Our practitioner guides are meticulously curated for those who are not yet part of the prestigious GHT Academy membership. These lab and supplement guides, available for individual purchase, serve as essential tools for practitioners eager to deepen their expertise and elevate their practice. With each guide carefully crafted to address key aspects of functional medicine, you can confidently apply these insights in your work. Stay tuned, as more guides are in development and will soon be released to further enrich your professional toolkit.

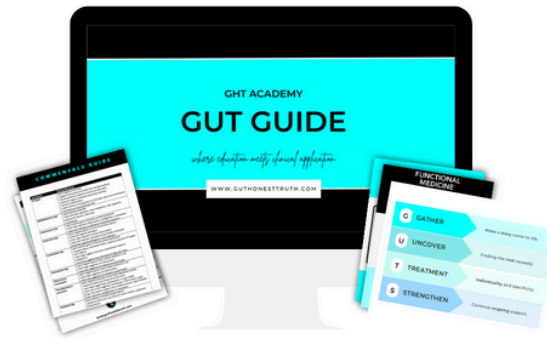
For our esteemed GHT Academy members, these guides are more than just resources—they are integral components of your educational experience. As a complimentary benefit of your membership, you gain exclusive access to guides that are precisely tailored to the lectures within your cohort's curriculum. This ensures that your learning is not only comprehensive but also seamlessly integrated with practical tools that can be immediately applied in your clinical practice. Our commitment to supporting your growth means you'll always have the latest and most relevant resources at your disposal, empowering you to make a meaningful impact on your patients' health and well-being.



WHAT'S INCLUDED?

- Phases of Detoxification
 - Overview of Phase I, Phase II, and Phase III detoxification
 - Supplements and dietary strategies to support each detox phase
- Hormones
 - Understanding the specific roles each hormone plays in the health of our body
 - Symptoms and root cause considerations for imbalances of hormones
- DUTCH Testing Interpretation
 - A detailed how to interpretation guide for DUTCH test results: estrogen, progesterone, androgens, and cortisol
 - Understanding hormone metabolism pathways and what they indicate about overall health
- Condition-Specific Approaches including strategies for optimizing hormones, supplement recommendations including dosages and lifestyle modifications
 - Low/High Estrogen
 - Low/High Progesterone
 - Low/High Androgens
 - Low/High Cortisol

PRACTITIONER GUIDES



WHAT'S INCLUDED?

- H. pylori
 - Overview of what H pylori is and how we can identify it in clients
 - Advantages and limitations of 5 various testing methods: breath tests, stool tests, blood tests, and endoscopy
 - Overview of characteristics of H pylori related virulence factors and association with disease states
 - H pylori treatment options including product dosing
- Small Intestinal Bacterial Overgrowth (SIBO)
 - Overview of what SIBO and SIFO are and how we can identify it in clients (including all 3 types)
 - Breakdown of different testing options for IBO (lactulose, glucose)
 - Tips to ensure clients complete their breath test correctly
 - How to interpret test results and identify bacterial overgrowth
 - SIBO treatment options including product dosing and elemental diet
 - Post SIBO clearance considerations
- Candida
 - Overview of what fungal overgrowth is and how we can identify it in clients
 - Candida treatment options including product dosing and diet
- Parasites
 - Overview of 10 common parasitic infections and how we can identify it in clients
 - Parasite treatment options including product dosing
- Post infectious IBS
 - Overview of what post infectious IBS is and how we can identify it in clients
 - How to interpret IBS Smart test results
 - Treatment options including product dosing
- Stool Test Guide
 - Overview of differences 4 main tests on the market
 - Tips to ensure clients complete their test correctly
 - A guided breakdown of 36 key stool test markers, including notable patterns and questions to consider asking your clients
 - Treatment options including product dosing

PRACTITIONER GUIDES



WHAT'S INCLUDED?

- Phases of Detoxification
 - Overview of Phase I, Phase II, and Phase III detoxification
 - Strategies to support each phase effectively
- Heavy Metals
 - Detailed breakdown of common heavy metals (e.g., mercury, lead, arsenic)
 - Sources of exposure and health implications
 - Detoxification strategies specific to heavy metals
 - Overview of testing methods for detecting heavy metals
 - How to interpret test results for effective treatment planning
 - Treatment options including product dosing
- Mold & Mycotoxins
 - Comprehensive breakdown of mold and mycotoxins
 - Sources of exposure and health implications
 - Detoxification strategies specific to mycotoxins
 - Overview of testing methods for detecting mold & mycotoxins
 - How to interpret test results for effective treatment planning
 - Treatment options including product dosing
- Biomarkers Breakdown
 - Key biomarkers to monitor during detoxification
 - How to interpret biomarker levels in the context of mold and heavy metal exposure
 - Tracking progress and adjusting treatment based on biomarker trends
- Additional Considerations in Mold Treatment
 - Dietary recommendations for those exposed to mold
 - Lifestyle adjustments to support recovery
 - Managing Herxheimer reactions: tips and protocols to reduce symptoms during detoxification

PRACTITIONER GUIDES

WHAT'S INCLUDED?

- Over 60 common blood markers including a comprehensive breakdown of:
 - CBC
 - CMP
 - Lipid panel
 - Iron panel
 - HbA1c
 - Insulin
 - Nutrient panel
 - Thyroid



WHAT'S INCLUDED?

- Thyroid Hormone Production
 - Overview of how thyroid hormones are created
 - Role of the hypothalamus-pituitary-thyroid (HPT) axis
 - Understanding the 3 mechanisms to a hypothyroid state
- Thyroid Lab Markers Breakdown
 - Explanation of key thyroid markers: TRH, TSH, Free T4, Free T3, Reverse T3, T3 Uptake, TPO & TgAB Antibodies
 - Reference ranges and optimal ranges for each lab marker
- Common Thyroid Patterns
 - Identification of common patterns such as hypothyroidism, Hashimoto's, Hashimoto's hypothyroidism and subclinical hypothyroidism
 - Overview of thyroid hormone resistance and conversion issues
 - Specific considerations for each pattern and what they indicate about overall thyroid health
- Interruptions in Thyroid Hormone Conversion
 - Identifying specific factors that interfere with hormone conversion
 - Strategies to address and improve thyroid hormone conversion including dietary recommendations and supplementation strategies for optimizing thyroid function
- Medication Considerations
 - Overview of common thyroid medications (e.g., Levothyroxine, Armour Thyroid)
 - How different medications affect thyroid hormone levels and conversion
 - Considerations for adjusting medication based on lab results and symptoms



1:1 PRIVATE MENTORSHIP

The most invaluable training our clinical team ever did was time spent 1-on-1 with our mentors. This was where knowledge and confidence really took off so we could continue mastering our craft. Private mentoring allows you to spend 1:1 time with our clinical team reviewing client cases, developing protocols or working through creating your next service offering. Be sure to download the scheduling instructions once you are signed up.

MENTORING OPTIONS

- Individual sessions:
 - 30 minute virtual
 - 60 minute virtual
 - Email
- Package options:
 - Basic package
 - Premium package
 - Email package (2 options)

**With an active membership you will receive 20% off both individual and package offerings. Please contact us to learn more about what is included in each package as well as pricing!*

WHAT DO WE MENTOR ON?

- Business mentoring
- Protocol development
- Second opinions on cases
- Gut
 - GI Map
 - GI Effects
 - SIBO
 - IBS Sure
- Mold & Metals
 - Total Tox Burden
- Nutrition & Micronutrients
 - Intra & Extra cellular testing
 - Therapeutic diets
- Hormones
 - Thyroid
 - DUTCH
- Blood chemistry
- Athletic performance
- & more..

PACKAGE MENTORSHIP

★★★★★

"Thank you so much for meeting with me today. I have done mentorship groups and I can tell you they have never been like this. I needed everything you said tremendously. I love your approach and appreciate your honesty as well as challenging me. It was EXACTLY what I needed."

INDIVIDUAL MENTORSHIP

★★★★★

"These mentorship sessions are so helpful and worth their weight in gold! I learn so much each time and the amount of time you save me while also getting feedback and reassurance that I'm on the right track is invaluable. Thank you!"

EMAIL MENTORSHIP

★★★★★

"Oh my god the depth of what you sent me back in this email!! Thank you, so helpful. Total steal will 12/10 use email mentoring again."

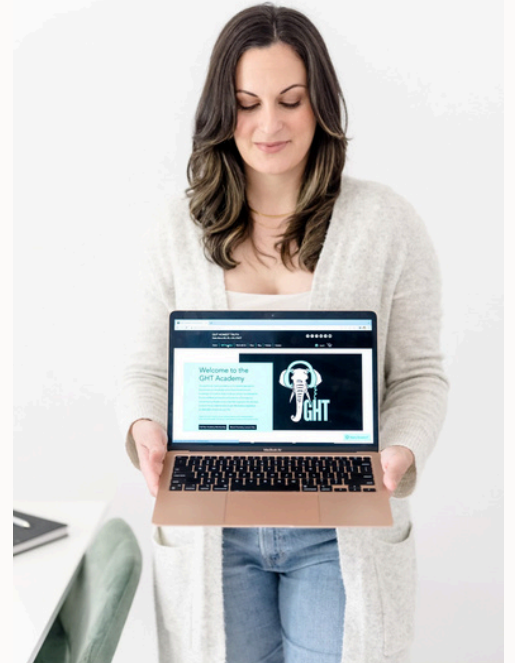
TIER 1 CURRICULUM



www.guthonesttruth.com

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MODULE 1 BLOODWORK FROM A FUNCTIONAL MEDICINE LENS



MODULE 1:

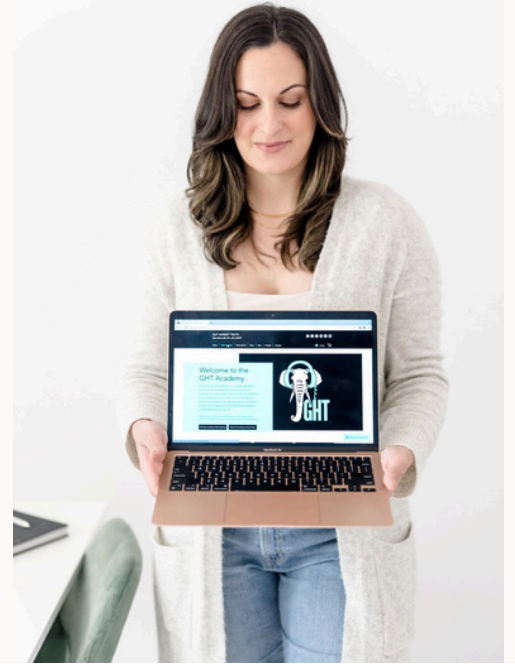
Every client that walks through your door has a long history of blood labs, and now you don't have to constantly search for the WHYs behind their imbalances because we've done that work for you. This course is designed to help you effortlessly identify key patterns in blood work, uncover the root causes of health issues, and deepen your knowledge with practical tools. You'll gain the confidence to analyze your patients' health with precision, making informed decisions that truly support their path to wellness—all while expanding your healing toolkit with ease.

Overview of this module:

- Identifying patterns in your patient's blood work from a conventional and functional lens
 - Nutrient deficiencies- vitamin D, magnesium, zinc
 - Anemia (iron, B12, folate)
 - Patterns in RBC, hemoglobin, hematocrit, MCV, MCH, MCHC, RDW
 - B12/folate deficiency anemia
 - Iron deficiency anemia
 - Lab ordering cheat sheet
 - Supplement cheat sheet
 - Digestive dysfunction
 - Hypochlorhydria
 - Adrenal dysfunction
 - Adrenal hyper vs hypofunction
 - Adrenal insufficiency
 - Liver and gallbladder function
 - Oxidative stress
 - Renal insufficiency
 - Immune insufficiency
 - Working up a case
 - Asking the right questions as you continue working with your patient

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MODULE 2 HYPOTHYROIDISM: FROM TESTING TO HEALING



MODULE 2:

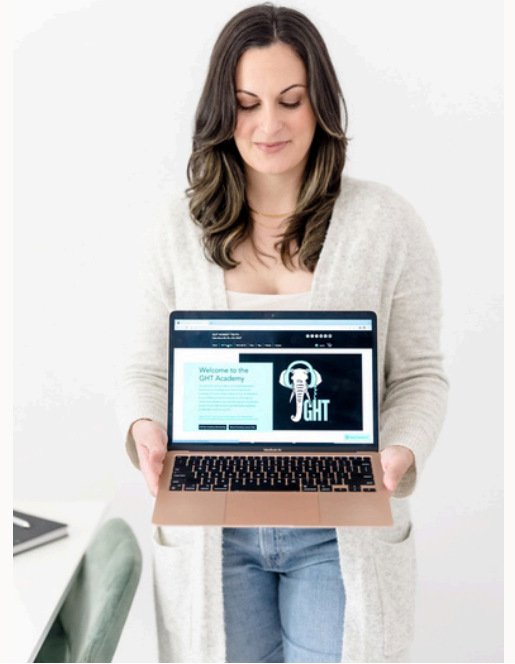
In this module, you'll dive deeper into thyroid health than ever before. You'll master the ability to identify lab patterns, recognize early signs of autoimmune development and the progression of thyrocyte destruction as well as make connections to root drivers of dysfunction. You'll also gain the skills to recognize when additional functional testing is necessary, and build a practical approach to managing and reducing antibody levels. With these insights, you'll gain the tools to effectively support your patients' health, empowering you to address the root causes of thyroid dysfunction and provide targeted, impactful care. This module will transform your approach to thyroid disorders, giving you the confidence to make a real difference in your patients' lives.

Overview of this module:

- Thyroid physiology and hormone synthesis review
- Common signs & symptoms of hypothyroidism & Hashimoto's thyroiditis
- Understanding thyroid lab markers
- The 3 mechanisms to hypothyroid state
- The 6 most common thyroid lab patterns
- Understanding thyroid antibodies and severity of disease
- A review view of hashimoto's
 - Triggers
 - Hashimotos and the microbiome
 - Hashimotos and other organ systems
 - Gallbladder
 - Hepatic function
 - Hashimotos and blood sugar
 - Hashimotos and infertility
 - Hashimotos and the immune system
- Working with your patient
 - A deep dive on common prescriptions
 - Why your patient may not be absorbing their HRT
 - Deepening your toolkit
 - Nutrition considerations
 - Nutraceuticals & botanical approaches
 - Additional support options
 - An outline for follow up visits

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MODULE 3 H PYLORI: THE GREAT EVADER



MODULE 3:

Helicobacter pylori is the most common gastrointestinal infection worldwide. Over 50% of the population carries this bacteria, which means at least half of the clients that walk through your door have it. In this module on H. pylori, you'll uncover how this often-overlooked bacterium is the missing piece of the puzzle in many health cases. H. pylori is extremely common and has far-reaching effects on various physiological systems, from digestive health to immune function, and its presence can be the driver of persistent health concerns for your clients. You'll learn why better managing and addressing H pylori is often the most effective starting point for treatment, allowing you to set the stage for lasting improvement in your patients' health.

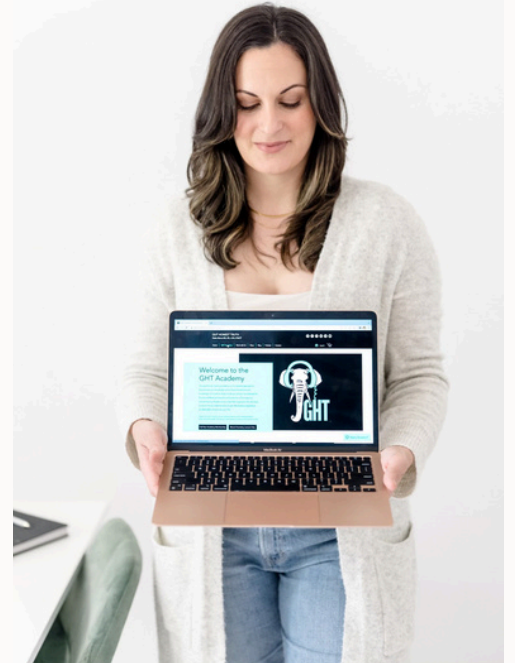
Overview of this module:

- Stomach dysfunction
 - Signs & symptoms of an imbalance within the stomach
 - Contributing factors to an imbalance within the stomach
- The importance of stomach acid
 - Medical conditions associated with low acid
 - Blood work patterns you may see out of balance
 - Necessary nutrients
 - Stomach acid testing
- Structural abnormalities
- H pylori infection
 - Transmission
 - Immunological impacts
 - Coccoid vs Rod shaped
 - Testing methodologies
 - What promotes H pylori
 - Virulence factors and support
- Interventions
 - Medications
 - Natural therapies
 - Dietary interventions
- Rebound acid hypersecretion and PPI use
- Working with patients and building patient protocols

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MODULE 4

SIBO: UNCOVERING AND ADDRESSING THE ROOT CAUSES



MODULE 4:

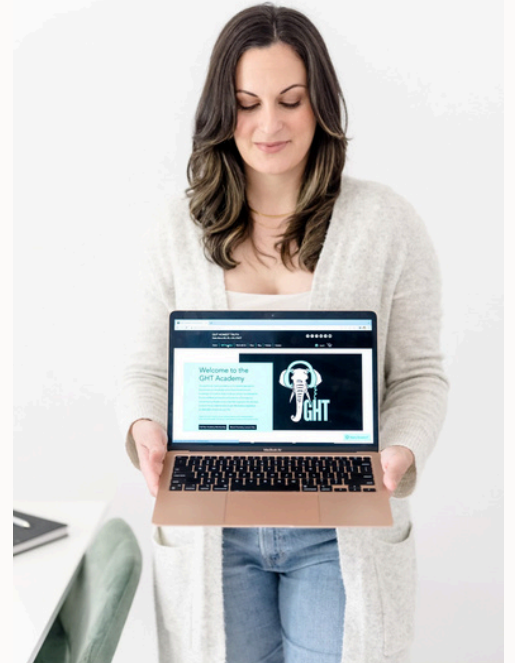
Small Intestinal Bacterial Overgrowth (SIBO) contributes to 60-80% of all IBS cases which means the odds are extremely high that you will work with SIBO clients in your practice. In this module, you'll gain a deeper understanding that SIBO is actually a symptom rather than a fundamental cause of gastrointestinal problems. You'll learn to confidently identify the underlying factors that contribute to the recurrence of SIBO, whether they are related to gut motility, structural issues, or other underlying conditions. This module will equip you with a full spectrum of potential treatments and their applications, you'll be better prepared to tailor your approach to meet each patient's unique needs. This module will not only help you manage SIBO effectively but also address the contributing factors, paving the way for sustained, long-term health improvements for your patients.

Overview of this module:

- Understanding and differentiating SIBO and SIFO
 - The 3 subtypes of SIBO
 - Common signs & symptoms
 - Conditions associated with SIBO
- A deep dive into the top 6 contributors to SIBO
- A conversation about testing
 - Ensuring accurate results
 - Why the type of test matters
 - Patterns you may see in bloodwork
 - How to interpret the results of testing (including IBS Smart)
- Methods for SIBO clearance
 - Medication approaches
 - Herbal approaches
 - Elemental diet approach
- Working with patients and building patient protocols
 - Post-clearance care

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MODULE 5 HEALING WITH THE GI MAP



MODULE 5:

In this module you'll master the art of interpreting and using one of the most sought after comprehensive stool tests to gain a detailed understanding of your patients' gut health. While the GI-MAP provides valuable insights into factors such as gut microbiota, digestive function, and potential pathogens, it's crucial to remember that effective patient care involves more than just analyzing test results. You'll learn to integrate the data from the GI-MAP with a thorough evaluation of the patient's overall health, history, and symptoms.

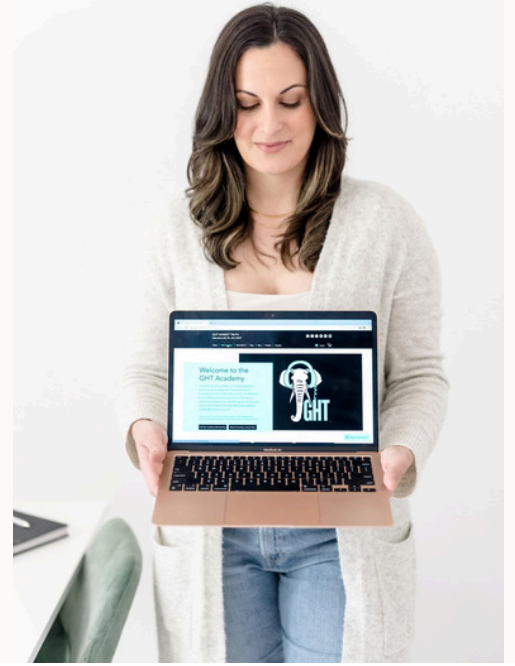
This approach ensures that you don't rely solely on test results but instead develop nuanced, personalized treatment plans. By refining your interpretation and critical thinking skills, you'll be able to craft precise and effective protocols that address each patient's unique needs and promote sustained gut health and overall well-being.

Overview of this module:

- Comparing stool test options on the market
- A comprehensive breakdown of the GI map and how to work with each section including dietary, herbal, medication and botanical strategies
 - Pathogens
 - Dysbiosis
 - Commensal vs opportunistic bacteria
 - Identifying
 - Potential autoimmune triggers
 - Mast cell activation
 - LPS producers
 - Hydrogen sulfide producers
 - Hydrogen producers
 - Low butyrate producers
 - Parasites & worms
 - Fungal overgrowth
 - Intestinal health markers
 - Identifying difference in testing methodologies for zonulin
 - Additional add on testing options

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MODULE 6 BREAKING DOWN THE DUTCH TEST: CORTISOL



MODULE 6:

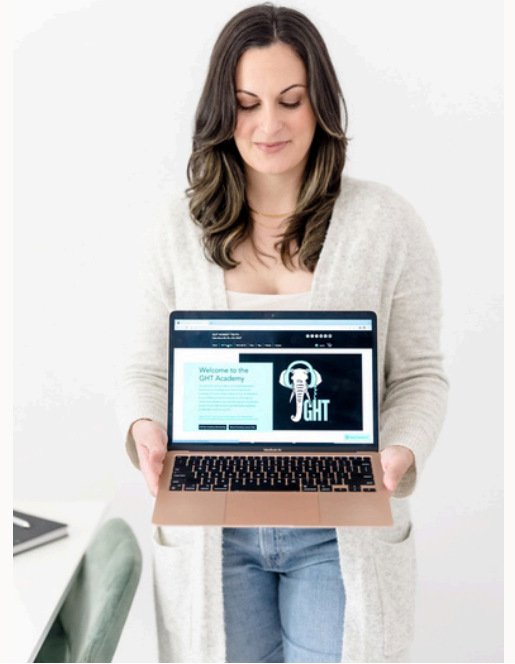
In this module on reviewing cortisol testing results from the DUTCH test, you'll navigate the complexities of cortisol metabolism and address common misunderstandings surrounding this crucial hormone. Cortisol testing can be challenging due to the variety of ways cortisol production can be disrupted, and misconceptions can lead to incorrect interpretations and treatment plans. This module will equip you with the skills to accurately differentiate between various cortisol production discrepancies, from high morning cortisol to adrenal insufficiency. You'll learn to apply the correct tools and strategies to support your patients effectively, ensuring that your treatment plans are based on a precise understanding of their cortisol levels and overall adrenal health. By mastering these concepts, you'll be able to offer more targeted and effective care, ultimately helping your patients achieve better outcomes and balanced hormonal health.

Overview of this module:

- A review of the nervous system
 - The HPA axis
 - The adrenal glands
- Traditional vs functional endocrinology models
- High vs low cortisol
 - Detrimental impacts of chronically imbalanced cortisol
- How the immune system, thyroid, gut health and cortisol impact one another
- Clinical pearl questions for you to use in your care
- Understanding of DUTCH testing
 - Breakdown of biomarkers
 - Free vs metabolized cortisol
 - Cortisol patterns
 - Cortisol vs cortisone (and why that's important)
 - Cortisol and metabolic health
 - A deep dive into the CAR
 - CAR patterns
- Supporting patients
 - Supplemental strategies for supporting sleep vs supporting wakefulness and when to use each
- Lifestyle considerations
 - From mitochondrial support to nervous system tools

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MODULE 7 BREAKING DOWN THE DUTCH TEST: ANDROGENS



MODULE 7:

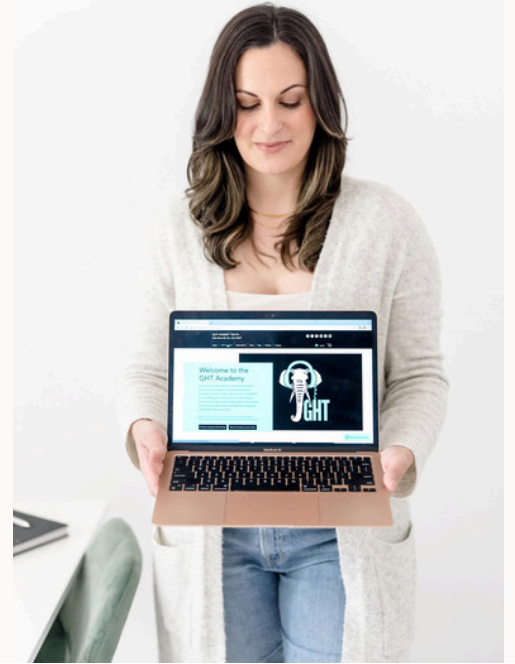
In this module on androgen breakdown in the DUTCH test, you'll learn to meticulously review androgen metabolism results to make informed treatment decisions. Androgen levels and their metabolites can reveal critical insights into hormonal imbalances, but interpreting these results requires an eye for detail. This module will guide you through the nuances of androgen breakdown, ensuring you understand the significance of each marker and how variations can impact your treatment approach. By carefully analyzing these results, you'll be able to tailor your recommendations with precision, leading to more effective and personalized patient care. Mastering this aspect of hormone testing will enhance your ability to address underlying issues and optimize treatment outcomes.

Overview of this module:

- A review of what androgens are, where they're made, and various forms
 - Urine vs serum testing
 - Roles of androgens in our physiology
- Understanding the symptoms of high vs low androgens
- A review of binding proteins: SHBG & albumin
 - Testing
 - How to support lowering binding proteins
- DHEA vs DHEA-S
 - Considerations of high vs low and how to support clients
 - Review of SULT2A1 enzyme
 - DHEA OTC use
- Testosterone
 - Roles of testosterone in our physiology
 - Low vs high and how to support clients
 - Review of 5a reductase, DHT and epi testosterone
 - Review of NC-CAH
 - Review of UGT2B17 deletion
 - Review of aromatase
 - DUTCH test patterns and interpretation
- Conventional vs functional medicine approaches

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MODULE 8 BREAKING DOWN THE DUTCH TEST: PROGESTERONE



MODULE 8:

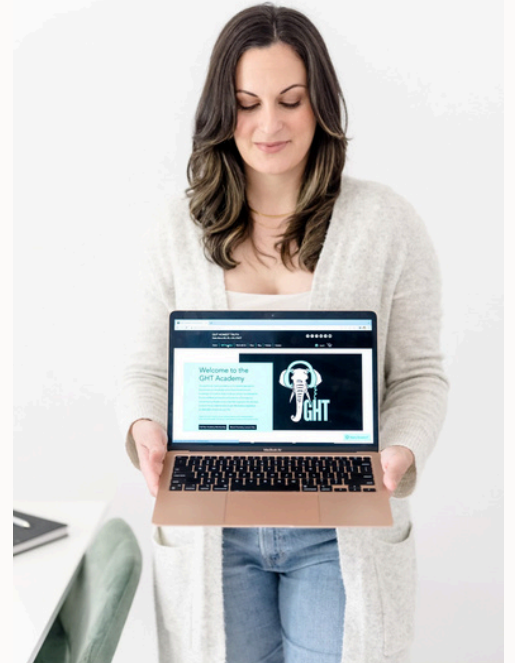
In this module on progesterone analysis using the DUTCH test, you'll gain the expertise to scrutinize progesterone levels with precision, recognizing their crucial role in hormonal balance. Progesterone testing can reveal important information about a patient's reproductive and overall hormonal health, but interpreting these results correctly is essential for making accurate treatment recommendations. This module will teach you to meticulously review progesterone levels and their metabolites, ensuring that you understand how fluctuations and imbalances affect your treatment strategies. By mastering the intricacies of progesterone testing, you'll be equipped to develop targeted, effective protocols that address your patients' specific needs and enhance their overall well-being.

Overview of this module:

- A deep dive into progesterone
 - Roles
 - Physiological levels
 - Production
- Interpreting the DUTCH test
 - Patterns you may see
 - Progesterone metabolites
- Symptoms, causes, and considerations for low progesterone
- A review of conditions
 - Luteal phase defect
 - PMDD
- Hormones and progesterone
 - Prolactin
 - Estrogen
 - Pregnancy
- Progesterone and the gallbladder
- Progesterone and sleep
- Progesterone and insulin resistance
- Allopathic care model for low progesterone
- Functional medicine approaches to low progesterone
 - Dietary
 - Herbal/supplemental
 - Lifestyle
 - The case for HRT

GHT Academy

MODULE 9 BREAKING DOWN THE DUTCH TEST: ESTROGEN



MODULE 9:

In this module on estrogen analysis using the DUTCH test, you will gain a comprehensive understanding of how to interpret estrogen levels and their impact on overall hormonal health. Many patients are increasingly turning to various "hormone-balancing" supplements without a clear grasp of how these products affect their estrogen levels and broader endocrine function.

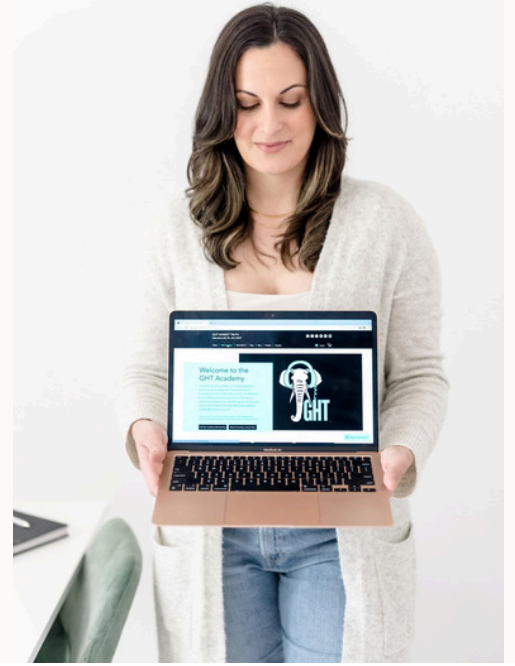
This module will address the prevalent issue of misinformation and provide you with the knowledge needed to navigate these complexities. You will delve into the intricacies of estrogen metabolism, learning to differentiate between various estrogen metabolites and understanding how imbalances can influence health. The module will also clarify when and how to incorporate specific herbal approaches into your treatment plans, ensuring that you use these remedies in a way that is both safe and effective. By mastering these concepts, you will be equipped to make informed recommendations that go beyond generic solutions, offering personalized, evidence-based strategies to help your patients achieve optimal hormonal balance and overall well-being.

Overview of this module:

- A review of estrogen
 - Roles in our physiology
 - Physiological levels
 - When/how/why estrogen made
- The difference in the 3 main types of estrogen (estradiol, estrone and estriol)
- Estrogen metabolism
 - A detailed review of the 3 phases of estrogen detoxification
 - Supplemental support strategies for each phase
 - Lifestyle recommendations
 - Dietary considerations
- When to use DIM vs sulforaphane vs I3C
- A review of sulfation, glucuronidation, methylation & COMT
- Interplay and support of the intestines, liver & bile
- An overview of the estrobolome
- Patterns you may see on the DUTCH test (low vs high estrogen)
 - Questions to consider asking clients
 - Supplemental strategies for low vs high estrogen

GHT Academy

MODULE 10 GUT & HORMONES: CONNECTING THE DOTS



MODULE 10:

In this module on the gut-hormone connection, you'll uncover the critical and complex relationship between gastrointestinal health and hormonal balance. This module will help you to see both the broad picture and the intricate details of this dynamic interplay and how a disruption in either system can have a profound impact on the other.

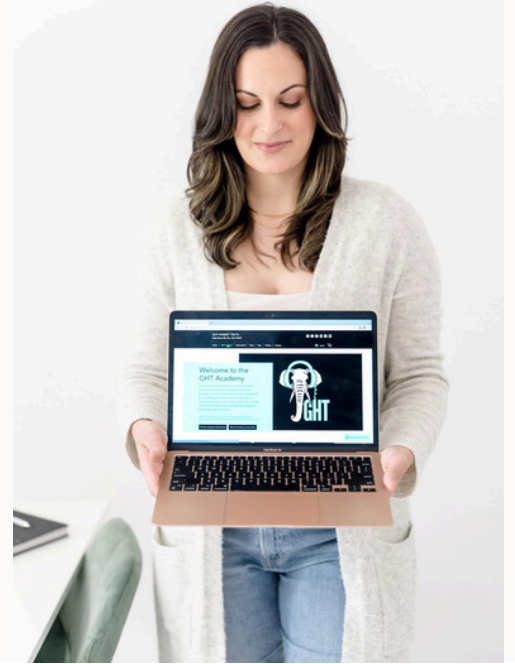
To deepen your understanding, the module includes detailed case studies that illustrate real-world scenarios and help you apply theoretical knowledge to practical situations. By working through these case studies, you'll refine your skills in assessing and addressing gut and hormonal health issues comprehensively. This hands-on approach ensures that you can develop effective, personalized treatment plans that address both systems, ultimately supporting your patients' overall well-being and long-term health improvements.

Overview of this module:

- Making Connections
 - The interconnected relationship of micronutrient deficiencies, thyroid hormone conversion, slowed motility, pathogenic overgrowths, & hormone discrepancies
- A deep dive
 - The estrobolome
 - The endobolome
- Reviewing the interplay and connections of
 - PMS
 - PCOS
 - Endometriosis
 - Fibroids
 - Cancers
 - Prostate health
- Main considerations for a holistic approach to your patient
 - Testing
 - Lifestyle
 - Health optimization
- Case studies

GHT Academy

MODULE 11 DETOX 101: THE ENVIRONMENTAL IMPACT



MODULE 11:

In this module on detoxification, you'll delve into the intricate physiology behind the body's detoxification processes and understand why supporting these systems is crucial for optimal health and disease prevention. You'll explore how the liver, kidneys, and other organs work together to eliminate toxins and the impact of various factors that can disrupt these natural processes.

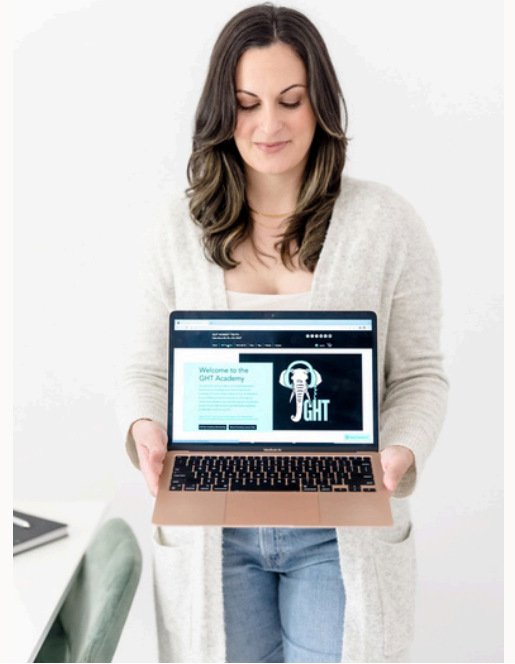
You'll learn how to assess detoxification capacity and identify potential bottlenecks or dysfunctions. You'll also gain practical insights into effective strategies and interventions to enhance your patients' detoxification processes. By mastering these concepts, you'll be well-equipped to develop targeted, evidence-based protocols that support and optimize your patients' detoxification systems, ultimately contributing to their overall health and well-being.

Overview of this module:

- Overview of toxin exposure and organs involved in detoxification
- Symptoms and conditions related to the buildup of toxins
- Signs your patient needs detoxification support
- Reasons for inefficient detoxification
- A deep dive in the physiology of each phase of detoxification
- The importance of bile
- Toxic burden and adipose tissue
- Toxic burden and fertility
- Toxic burden and autoimmunity
- Testing options & best practices
- A holistic approach to detoxification
 - Nutrition, lifestyle & supplemental approaches

GHT Academy

MODULE 12 TOXIC BURDEN: THE UNSEEN TRIGGERS



MODULE 12:

In this module, you'll delve into the critical yet often hidden health issues of mycotoxin and heavy metal exposure and toxicity. You'll explore the profound physiological effects of mold and heavy metals on the body, including their impact on immune function, inflammation, and various organ systems.

This module will provide a thorough explanation of how to effectively manage mold exposure, including strategies for identifying mold-related health issues, implementing effective detoxification protocols, and mitigating ongoing risks of exposure. By understanding these processes in detail, you'll be better equipped to help your patients reduce their toxic burden and achieve significant improvements in their health and well-being.

Overview of this module:

- An overview of heavy metals and mycotoxins
 - Where they're coming from & how that's impacting your patient's body
- Heavy metals
 - Symptoms of toxicity
 - Metals and the gut
 - Metals and parasites
 - Metals and probiotics
 - Testing your patient and their home
- Mold & Mycotoxins
 - What are they and where are they coming from
 - Symptoms of exposure
 - Common misdiagnoses
 - The impact on the body (yeast, endotoxins)
 - Negative impacts exposure has on other bodily systems
 - Water damaged buildings
 - Testing your patient and their home
- Working with your patient
 - Developing patient protocols
 - The ABCs of treating mold exposure
 - Testing the home and testing your patient
 - Testing for CIRS
 - Dietary modifications
 - Binders
 - Nutrient support
 - Antifungals
 - Herximer reaction support
 - Additional considerations

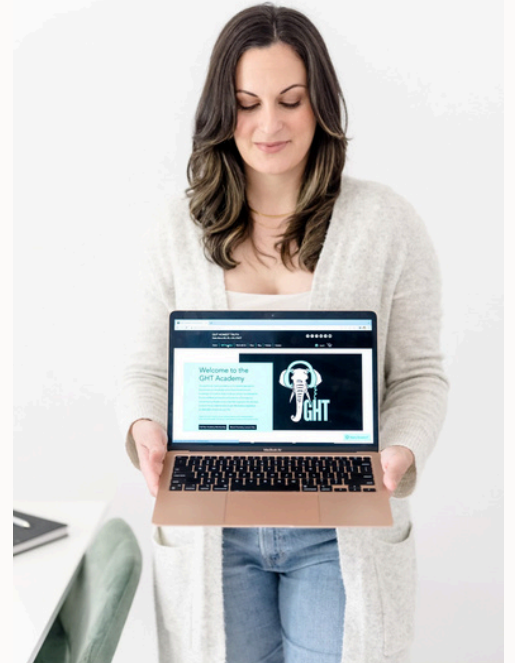
TIER 2 CURRICULUM



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GHT Academy

MODULE 1 GASTRITIS/ESOPHAGITIS FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 1:

In this module on gastritis and esophagitis from a functional medicine perspective, you'll gain a deep understanding of these common yet often misunderstood conditions that affect the upper digestive tract. Gastritis, an inflammation of the stomach lining, and esophagitis, an inflammation of the esophagus, can cause significant discomfort and disrupt daily life. These conditions are frequently treated with medications such as PPIs, that aim to minimize symptoms but don't necessarily address the underlying causes, leading to ongoing or recurrent problems for the client.

You'll explore the dietary, stress, infections, hormonal and toxic triggers that are at the core of these conditions as well as the impact of long-term medication use. By applying functional medicine principles, you'll learn how to approach gastritis and esophagitis holistically, using targeted lifestyle and supplement strategies to heal and support the digestive system from the mouth down. By understanding and addressing the root causes of gastritis and esophagitis, you can help your patients achieve lasting relief and improved digestive health.

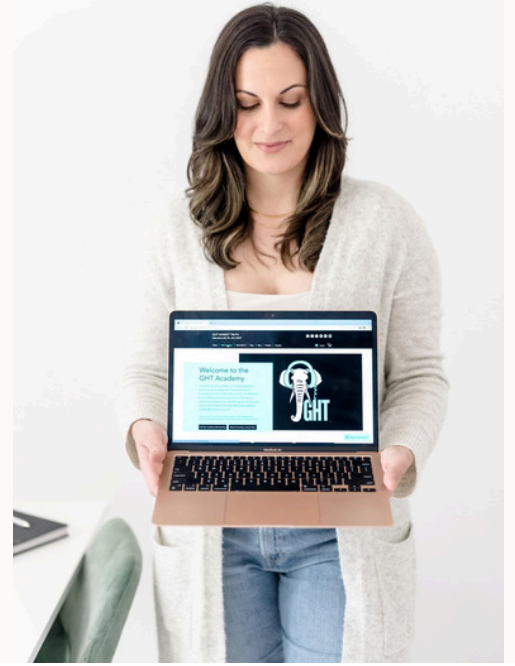
Overview of this module:

- Key factors contributing to gastritis and esophagitis
- The importance of stomach acid
- The detriment of chronic PPI use
- Spotlight conditions
 - Barrett's esophagus
 - Eosinophilic esophagitis
 - Strictures
 - Hiatal Hernias
 - Helicobacter pylori
- Reviewing the interplay and connections of
 - Lifestyle
 - Infection
 - Toxic burden contributors
 - Hormonal imbalances
 - Nutrition
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 2 INFLAMMATORY BOWEL DISEASE FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 2:

In this module on Inflammatory Bowel Disease (IBD) from a functional medicine perspective, you'll gain a comprehensive understanding of the chronic and often debilitating conditions that fall under the IBD umbrella, including Crohn's disease and ulcerative colitis. IBD is characterized by persistent inflammation in the gastrointestinal tract, leading to a range of symptoms that can severely impact a person's quality of life. Conventional treatments typically focus on managing symptoms and controlling inflammation with medication, but they often fall short of addressing the underlying causes of the disease.

You'll explore the complex factors contributing to the development and progression of IBD, including genetic predisposition, environmental triggers, gut microbiome imbalances, and immune system dysregulation. By applying functional medicine principles, you'll learn how to approach IBD with a holistic and individualized treatment plan, utilizing dietary interventions, lifestyle modifications, and targeted supplementation to reduce inflammation, restore gut health, support overall well-being and quality of life.

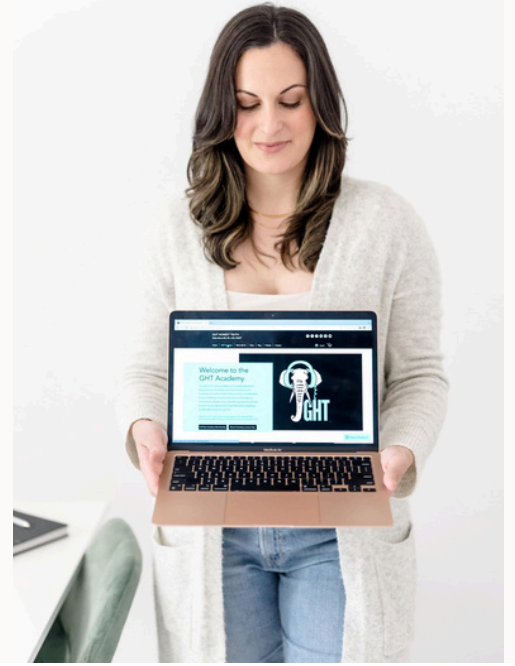
Overview of this module:

- A deep dive on what IBD is and the physiology of it
- A differentiation on types of IBD
 - Organ involvement and structural discrepancies
 - Signs & symptoms
 - The difference between an allopathic and functional medicine approach to managing IBD
- Root causes from a functional perspective
 - Genetics
 - Gut Imbalances
 - Hormonal Imbalances
 - Immune imbalances
 - Infection
 - Toxic Burden
 - Nervous System
- Spotlight conditions
 - Intestinal permeability
 - SIBO
 - Extraintestinal manifestations of IBD
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 3 GALLBLADDER HEALTH FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 3:

In this module on gallbladder health from a functional medicine perspective, you'll gain a comprehensive understanding of the often-overlooked role of the gallbladder in maintaining optimal digestive function and overall health. The gallbladder, while frequently dismissed or underappreciated in conventional medicine, is a crucial organ responsible for more than bile production and the digestion of fats. Many individuals are unaware they have gallbladder issues until their discomfort is inconsequential, leaving them to cope with symptoms alone or organ removal.

This module will help you recognize the signs of gallbladder problems that are often missed in routine assessments, providing a deeper insight into the underlying factors affecting the gallbladder. You'll learn to apply functional medicine approaches to effectively support gallbladder health, including practical strategies for dietary modifications to improve bile flow, lifestyle interventions to reduce stress on the gallbladder, and the use of targeted supplements to support bile production and digestion resulting in improvement in digestive function and overall well-being.

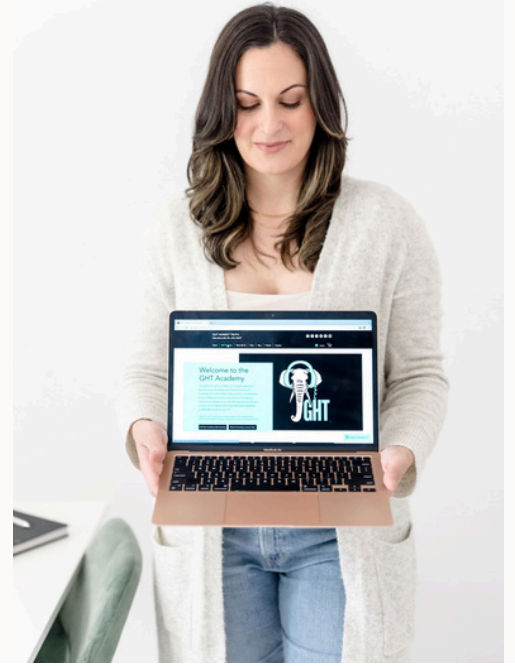
Overview of this module:

- Gallbladder dysfunction
 - Signs and symptoms
 - What impacts the gallbladder's health
 - Most at risk populations
- Organs involved in bile synthesis
 - The liver, pancreas and small intestines role
- Components of bile
 - Hormones involved in gallbladder function
- Bile secretion and reabsorption
- Root cause approach
 - Risks with gallbladder removal
 - Gut, hormones, toxic burden and nerve function
- Spotlight conditions
 - Gallstones
 - Biliary colic
 - Cholecystitis
 - Cholestasis
 - Biliary dyskinesia
 - Primary biliary sclerosis vs sclerosing cholangitis
 - Polyps
 - Porcelain gallbladder
 - Post cholecystectomy syndrome
 - Bile salt dumping
 - Bile salt deficiency
 - Bile reflux
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 4 HISTAMINE INTOLERANCE FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 4:

In this module on histamine from a functional medicine perspective, you'll unravel the complexities surrounding this often misunderstood aspect of health. Histamine is not just a cause of allergies and sinus problems but plays a role in various physiological processes, including mood disorders, immune response and digestion.

You'll learn to identify the signs of histamine intolerance and understand its role in exacerbating symptoms related to various health concerns, such as MCAS, vertigo and POTS. This module will equip you with the knowledge to address histamine intolerance comprehensively, enhancing your ability to support your patients' health and reduce symptom severity and

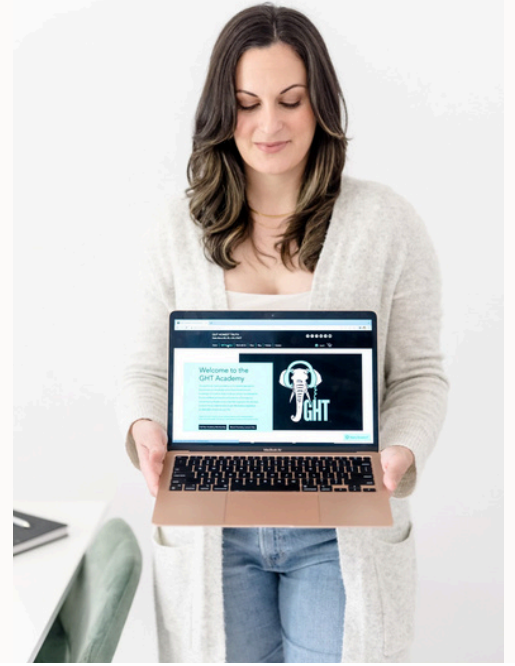
Overview of this module:

- Histamine Overview
 - How histamine is produced
 - The interconnectedness of different physiological systems and histamine
 - Signs & symptoms of histamine intolerance
- The difference between histamine-n-methyltransferase (HNMT) deficiency & Diamine oxidase (DAO) deficiency
- Root cause approach
 - Genetics, toxic burden, immune, gut, nervous system, hormones, blood sugar
- Spotlight conditions
 - Sleep issues
 - Mood disorders
 - Vertigo
 - POTS
 - MCAS
 - Urticaria
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 5 SKIN HEALTH FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 5:

In this module on skin health from a functional medicine perspective, you'll delve into the intricate connections between skin conditions and other underlying systemic issues. Rather than focusing solely on surface symptoms, this module will guide you in exploring how factors such as hormonal imbalances, nutrient deficiencies, and chronic inflammation contribute to various skin issues.

You'll learn to identify the root causes of common skin problems, such as acne, eczema, and psoriasis, and understand how imbalances within the gut, immune system, and other physiological systems can manifest on our skin as a mirror of our internal health. This module will provide you with practical strategies for addressing these underlying causes, including dietary adjustments, lifestyle changes, and targeted supplements. By applying a functional medicine approach, you'll be equipped to create comprehensive treatment plans that address the whole person, not just their skin. This holistic perspective will enable you to offer more effective, long-term solutions for improving skin health and overall well-being.

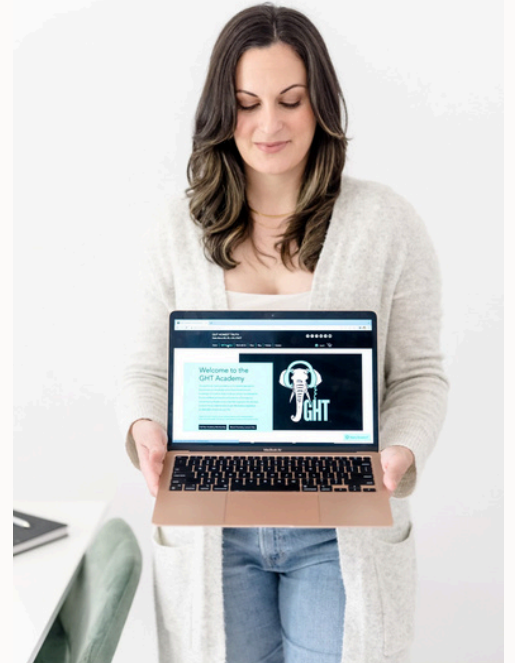
Overview of this module:

- A deep dive on the skin microbiome
 - Common signs and symptoms of skin issues
 - Allopathic vs functional medicine approaches to skin issues
- Root cause approach
 - Food sensitivities, gut, toxic burden, stress/trauma, immune system, nervous system, hormones, genetics
- Spotlight conditions
 - Acne
 - Psoriasis
 - Rosacea
 - Eczema
 - Perioral dermatitis
 - Urticaria
 - Keratosis Pilaris
 - Raynaud's
 - Seborrheic dermatitis
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 6 LYME & CO-INFECTIONS FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 6:

In this module on Lyme disease from a functional medicine perspective, you'll gain a deep understanding of this complex and often elusive condition caused by the *Borrelia burgdorferi* bacteria, typically transmitted through tick bites. Lyme disease can manifest in a wide range of symptoms, from flu-like symptoms in its early stages to chronic, debilitating conditions if left untreated or inadequately addressed. Conventional approaches often focus on a short one-size fits all antibiotic treatment, which we have found may not be sufficient to address the full spectrum of the disease's effects on the body.

This module will guide you in recognizing the diverse and sometimes subtle signs of Lyme disease, which can mimic other conditions and lead to misdiagnosis. You'll explore the multifaceted nature of Lyme disease, including its ability to affect various bodily systems such as the nervous system, joints, and cardiovascular system. By applying functional medicine principles, you'll learn how to approach Lyme disease with a comprehensive and individualized treatment plan, including strategies for supporting the immune system, addressing co-infections, reducing inflammation, and restoring overall health to support your clients' lasting recovery and improved well-being.

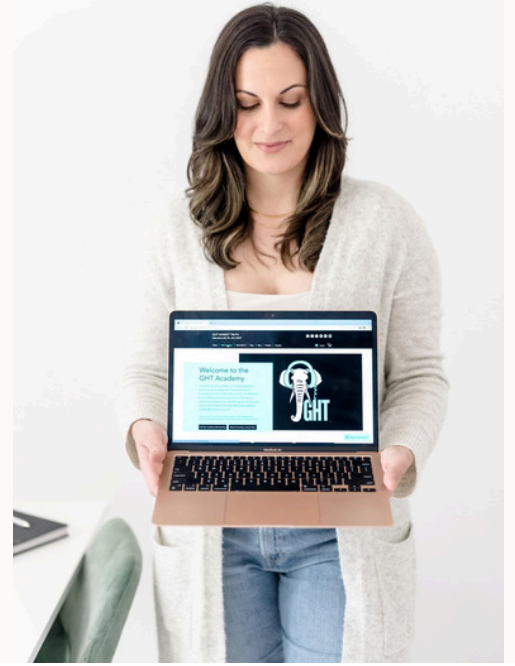
Overview of this module:

- A deep dive on tick borne illness
 - A review of lyme disease and it's stages
 - Recognizing early & late-stage symptoms
 - The role of co-infections and immune system dysfunction
 - The challenges in diagnosing lyme disease
- Root causes
 - Gut, toxic burden, immune, nervous system, hormones
- Spotlight conditions
 - Chronic lyme disease
 - Post-treatment lyme disease
 - Co infections (Babesia, bartonella, etc.)
 - Neuroborreliosis and its effects on the nervous system
 - Autoimmune responses triggered by lyme disease
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 7 URON/GYN HEALTH FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 7:

In this module on uro/gyn health from a functional medicine perspective, you'll gain a comprehensive understanding of some of the most common urinary and gynecological health conditions your clients are struggling with. Many uro/gyn issues are often managed symptomatically rather than addressing underlying causes, leading to unresolved discomfort and long term health concerns.

This module will explore how functional medicine approaches can provide deeper insights into these conditions, focusing on factors such as hormonal imbalances, chronic inflammation, and lifestyle. By understanding these conditions through a functional medicine lens, you'll be equipped to develop personalized treatment plans that go beyond symptom management. You'll gain practical strategies for supporting optimal uro/gyn health, including dietary adjustments, lifestyle modifications, and targeted therapies that will improve your patients' quality of life and overall health.

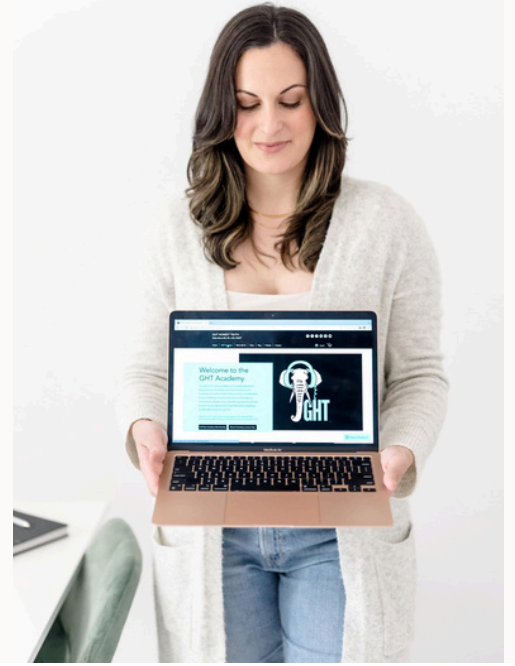
Overview of this module:

- Overview of this module
 - Common symptoms/conditions of URO/GYN issues
 - An overview of bladder health concerns
 - An overview of vaginal concerns
 - An overview of pelvic health concerns
 - Allopathic vs functional approaches to URO/GYN health
- Root cause approach
 - Gut, toxic burden, immune, nervous system, hormones
- Spotlight conditions
 - Overactive bladder
 - UTI
 - Interstitial cystitis
 - Autoimmunity of the vagina
 - HSV
 - Bacterial vaginosis
 - Yeast infections
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 8 IMMUNE DYSREGULATION IN PEDIATRICS FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 8:

In this module on immune dysregulation in pediatric patients from a functional medicine perspective, you'll gain a deep understanding of the challenges that arise when a child's immune system becomes imbalanced leading to a variety of chronic conditions such as allergies, asthma, autoimmune disorders, and frequent infections. All of which can significantly impact a child's development and quality of life. Conventional approaches typically focus on symptom management through medications, but these methods often overlook the underlying factors contributing to immune system dysfunction in the first place.

This module will help you identify the early signs of immune dysregulation in children, which can manifest differently depending on the individual and the underlying causes. You'll explore the various factors that contribute to immune imbalance, including genetic predispositions, environmental exposures, gut health, and nutritional deficiencies. By applying functional medicine principles, you'll learn how to create a holistic and individualized approach to restoring immune balance in pediatric patients, resulting in resilience and better health.

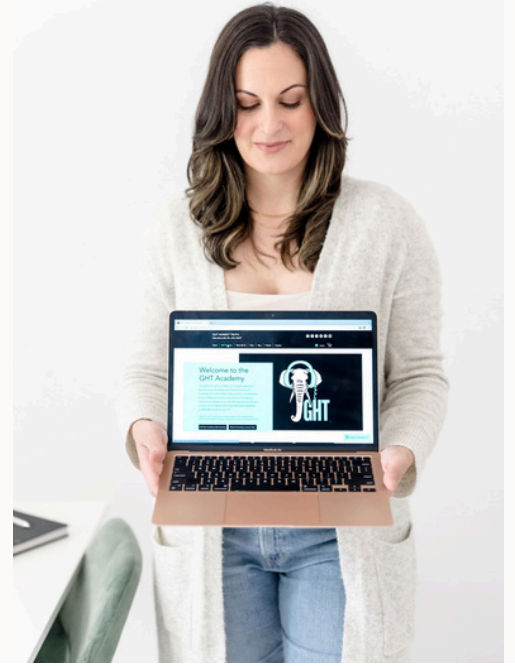
Overview of this module:

- Review of immune system development in children
- Recognizing early signs of immune dysregulation
- The gut-immune connection and its role in pediatric health
- Targeted supplementation to support immune health
- Root cause approach
 - Gut health, nutrition, immune health, thyroid health, nerve function, toxic burden, nervous system, inflammation and metabolism, mitochondrial health
- Spotlight conditions
 - Pediatric autoimmune disorders
 - Allergies and asthma
 - Recurrent infections
 - Atopic conditions (eczema, food sensitivities)
 - PANS/PANDAS
 - ADHD
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 9 INFERTILITY FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 9:

In this module on infertility from a functional medicine perspective, you'll uncover a compassionate approach to a deeply challenging issue that affects many individuals and couples. Countless patients have navigated the emotional and physical toll of infertility, often seeing numerous providers and undergoing a variety of treatments with little to no insights. This module will explore how functional medicine offers a fresh perspective by addressing the root causes of infertility rather than just managing symptoms.

You'll gain insight into how factors such as hormonal imbalances, nutritional deficiencies, chronic stress, and systemic inflammation can impact reproductive health. This module will equip you with practical strategies for uncovering and addressing these underlying issues through personalized dietary recommendations, lifestyle changes, and targeted supplements.

In finishing this module, you'll be empowered to offer hope and effective solutions to those who have struggled in their journey toward fertility. Your approach will not only provide a more comprehensive understanding but also deliver meaningful, holistic care that can make a significant difference in your patients' lives, helping them find a pathway to improved reproductive health and renewed hope for the future.

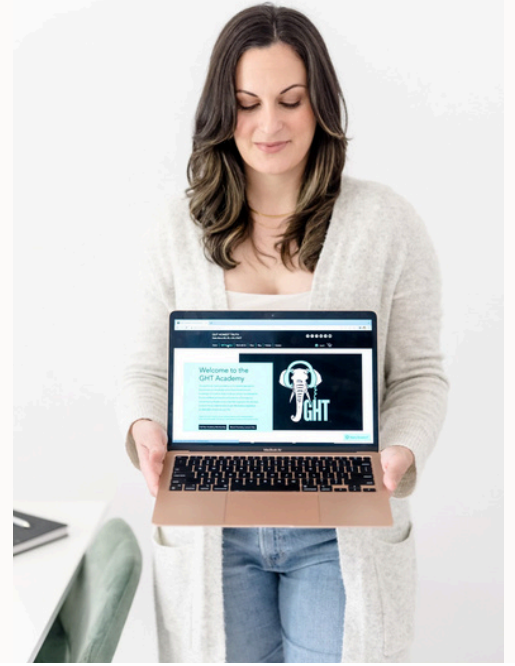
Overview of this module:

- Causes of infertility from an allopathic lens
 - Evaluating infertility
- Root cause approach
 - Gut health, nutrition, immune health, thyroid health, nerve function, toxic burden, nervous system, inflammation and metabolism, mitochondrial health
- Spotlight conditions
 - Diminished ovarian reserve (DOR)
 - Primary ovarian insufficiency (POI)
 - Anti-müllerian hormone (AMH)
 - Immunologic infertility
 - PCOS
 - Endometriosis
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 10 PAIN FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 10:

In this module on pain from a functional medicine perspective, you'll explore the multifaceted nature of pain, delving into its various types, causes, and the holistic approaches that can offer effective relief. Pain is not just a symptom; it is a complex experience that can arise from numerous sources, including structural issues, infections, immune dysregulation, hormonal imbalances, and nutrient deficiencies. Conventional treatments often focus on managing pain through medications, which may offer temporary relief but fail to address the root causes. In this module, we aim to uncover those underlying factors and provide strategies for long-term pain management and healing.

You'll gain insights into different types of pain, including neuropathic pain, nociceptive pain, musculoskeletal pain, inflammatory pain, psychogenic pain, and mechanical pain. It will cover common conditions associated with chronic pain, such as migraines, osteoarthritis, rheumatoid arthritis (RA), and fibromyalgia, emphasizing the importance of identifying and addressing the root causes beyond just injury.

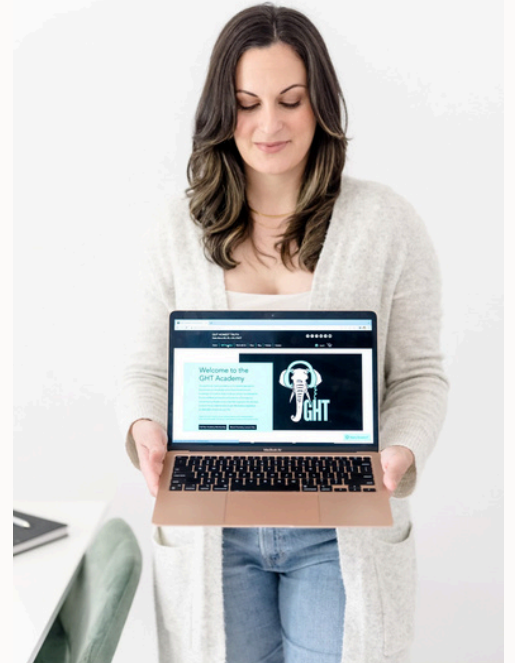
Overview of this module:

- Types of pain
 - Neuropathic
 - Nociceptive
 - Musculoskeletal
 - Inflammatory
 - Psychogenic
 - Mechanical
- Root causes of pain
 - Structural
 - Hypermobility
 - Infection
 - Immune dysregulation
 - Leaky gut
 - Hormonal imbalances
 - Nutrient deficiencies
- Spotlight conditions
 - Migraines
 - Osteoarthritis
 - Rheumatoid arthritis
 - Fibromyalgia
 - Migrating pain
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 11 FATIGUE FROM A FUNCTIONAL MEDICINE PERSPECTIVE



MODULE 11:

In this module on fatigue from a functional medicine perspective, you'll explore the complexities of chronic fatigue, a condition that affects countless individuals and often eludes conventional treatment approaches. Fatigue is more than just feeling tired; it can be a debilitating symptom that impacts every aspect of life, from mental clarity to physical performance. Conventional medicine often focuses on managing symptoms without uncovering the root causes, leaving many patients with unresolved fatigue. In this module, we will delve into the underlying factors contributing to fatigue and provide a comprehensive, individualized approach to restoring energy and vitality. You'll learn about the various types of fatigue such as mitochondrial dysfunction and central nervous system fatigue, and how these different forms of exhaustion can present in patients.

The module will cover key conditions associated with chronic fatigue, such as thyroid dysfunction, chronic infections like Lyme disease, gut imbalances, autoimmune conditions, and hormonal imbalances. Special attention will be given to nutrient deficiencies, particularly those affecting energy metabolism, and the impact of environmental factors such as mold exposure and toxin overload. By understanding and addressing the root causes of fatigue, you can help your patients regain their energy, improve their quality of life, and achieve sustained wellness.

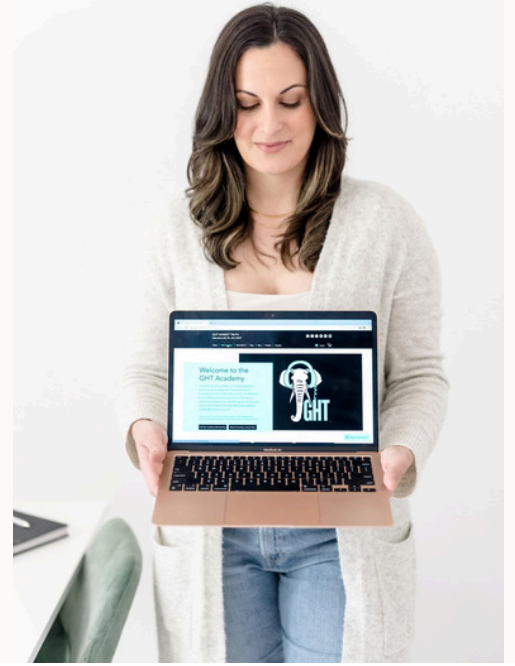
Overview of this module:

- Types of fatigue
 - Adrenal fatigue, mitochondrial dysfunction, central nervous system fatigue
- Root causes
 - Thyroid dysfunction
 - Chronic infection
 - Gut infection/malabsorption
 - Autoimmune conditions
 - Hormonal imbalances
 - Nutrient deficiencies
 - Insulin resistance
- Spotlight conditions
 - Chronic fatigue
 - Depression
 - Sleep disorders
 - Lyme
 - EBV
- Practical application
 - Supporting your patient through testing, nutrition, lifestyle, and alternative strategies

All content is subject to change.

GHT Academy

MODULE 12 GOING FROM GOOD TO GREAT



MODULE 12:

In this module titled Going from Good to Great, you'll explore the critical skills and strategies needed to elevate your practice and patient care from competent to exceptional. As healthcare providers, we often encounter moments where patient progress stalls, treatment plans become less effective, or we feel stuck in our approach. This module is designed to help you navigate these challenges by teaching you how to ask the right questions, when and how to pivot your strategies, and how to diversify your therapeutic approaches.

You'll learn the importance of staying curious and adaptable, recognizing when a patient's needs require a shift in perspective or methodology. It will guide you through the process of critically assessing your current approaches, identifying areas where they may fall short, and exploring alternative strategies to enhance patient outcomes. We'll discuss the value of having a well-rounded toolkit, enabling you to tailor your care to each unique patient rather than relying on a one-size-fits-all solution. This will help ensure that your practice continually evolves and improves from good to truly great, helping your patients achieve optimal health and well-being.

Overview of this module:

- The importance of asking the right questions
- Moving beyond a one-size-fits-all approach
- Recognizing when patient care becomes stagnant and how to pivot
- Strategies for reassessing and pivoting your approach
- Practical tips for continuous improvement in your practice
- Enhancing patient outcomes through adaptability and innovation

All content is subject to change.



GHT ACADEMY

We would like to extend a warm welcome to you as you embark on this transformative journey with our team. Whether you're here to deepen your expertise or to enhance the way you support your clients, we're excited to have you as part of our thriving community. This curriculum has been thoughtfully designed to provide you with the insights, tools, and strategies needed to elevate your clinical skills and practice to new heights.

We're here to support you every step of the way as you grow, adapt, and refine your approach. Together, we'll explore new horizons in functional medicine and coaching, pushing the boundaries of what's possible. We look forward to seeing all that you will achieve!

Ready to enroll? Spots are limited!

[Enroll as a member in our Jan 2025 Tier 1 Cohort for \\$1,699](#)

Have a question?

Schedule a [discovery call](#) with our team or more quickly contact us at info@guthonestruth.com

Want to see what other professionals are saying about GHT Academy?

Check out testimonials [here!](#)