

# FUNCTIONAL NUTRITIONAL THERAPY PRACTITIONERS

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## What's a Functional Nutritional Therapy Practitioner (FNTP)?

FNTPs use a deep foundational and bio-individual approach to functional, holistic nutrition to balance body chemistry and achieve optimal wellness. An FNTP has gone through extensive training to learn a hands-on skillset called the Functional Clinical Assessment (FCA) that allows them to evaluate the nutritional imbalances and deficiencies at both the body system and organ level that are unique to a specific client and create a tailored set of recommendations designed to support that client's wellness goals.

## What skills and tools does an FNTP possess? FNTPs are able to:

- Conduct an informative interview and assessment with clients
- Suggest individual foundational supplement recommendations
- Conduct an efficient Functional Clinical Assessment and Lingual Neuro Testing Assessment to identify primary areas of dysfunction in the body and the appropriate nutrients to support healing
- Evaluate Food and Mood journals and make recommendations for beneficial dietary changes, as well as in key lifestyle areas such as stress management, sleep, hygiene, and intentional movement
- Evaluate the Nutritional Assessment Questionnaire (NAQ) and interpret the information
- Communicate using appropriate terminology
- Prepare nutrient-dense foods
- Create recipes and meal plans

## What's the value of the Functional Clinical Assessment (FCA)?

The FCA is a skillset that allows the practitioner to assess imbalances and deficiencies within the body and address the following questions for each client. *Is there a functional deficiency? What particular nutrient will work for that client? When is the client sufficient?* These questions enable the practitioner to create personalized, bio-individual recommendations that are uniquely tailored for each client. Each test assesses a specific organ or system for imbalance, allowing the practitioner to communicate with the client's body to identify potential root causes behind the symptoms or concerns presented.

*Upon graduation, an FNTP has received a minimum of 325 curricular hours, a minimum of 65 hours of in-person, hands-on training, coupled with a minimum of 6 hours of testing (midterm and final written and practical examinations).*

FOR MORE INFORMATION, VISIT [NUTRITIONALTHERAPY.COM/NTPS-FNTPS](https://www.nutritionaltherapy.com/ntps-fntps)



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