

What is 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 to identify imbalances in the body
- 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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