



Functional Nutrition Working Group

Newsletter September 2023

The mission of the Functional Nutrition Working Group is to educate our profession and aid in lobbying efforts in order to be a resource in enhancing their ability to gain knowledge in the field of functional nutrition and provide their patients with effective holistic healthcare.

Are you tired?

- Adrenal Glands can contribute towards fatigue
- One major sign to adrenal fatigue is increased thirst and craving salt
- A cardinal sign of fatigue is that "water is running through me"
- Often related to nutritional deficiencies

What to look for?

Labs:

- CMP (especially look at electrolyte imbalances)
- Hormones (look at DHEA and conversion issues)
- Cortisol levels (check for sugar dysregulation)

Examination:

- Ragland's test (changing of blood pressure)
- Pupil response (constriction vs. dilation)

Connections:

- Hormone dysregulation can lead to thyroid imbalances
- Sugar dysregulation can lead to diabetes or insulin resistance
- Adrenal fatigue can lead to blood pressure dysfunction
- Adrenals utilize many vitamins and minerals for energy

UPCOMING WEBINAR BENEFITS:

- Learn how to analyze lab results
- Recognize patterns and assessments
- Learn what labs to order
- Improve the quality of patient care



[Register for Upcoming Webinar](#)

Female Hormonal Imbalances

Presented by:

[Dr. Alison Benedetto](#)

Sept 28, 2023 12:30-1:30 PM

FEMALE HORMONAL IMBALANCES
Functional Evaluation & Management Utilizing the DUTCH Test
THURSDAY, SEPTEMBER 28 - 12:30 - 1:30PM

CLICK HERE TO REGISTER

PCA MEMBER **\$24**
NON-MEMBER **\$32**
1 CE

Learn Female Hormonal Production and Function w/ the Most Common Clinical Presentations of Hormonal Imbalances and How to Use the DUTCH - Dried Urine Test for Comprehensive Hormones, Inc. Nutritional Support Strategies for Clinical Presentations.

[CLICK HERE](#)



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