



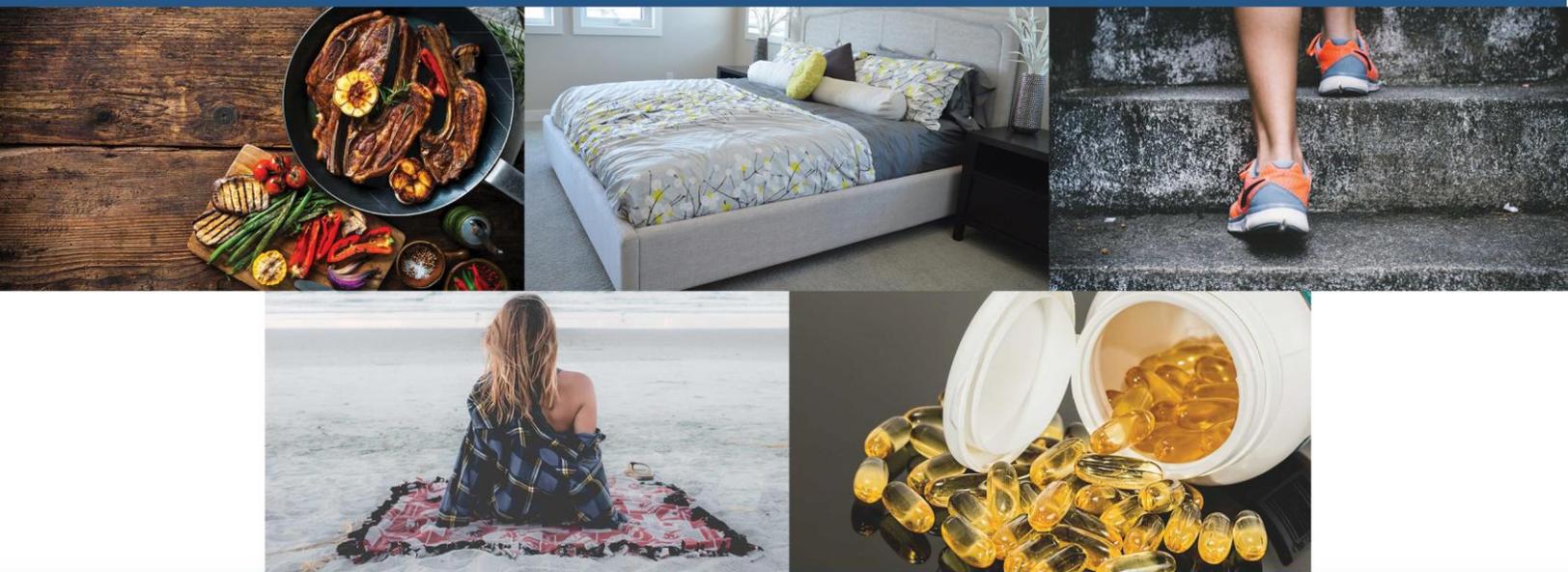
# FDN

Functional Diagnostic Nutrition®  
Certification Course & Community

## D.R.E.S.S.

# For Health Success® Guidebook

By Reed Davis



“Identify hidden causes using functional lab work to help people get well and stay well naturally”

*How Functional Diagnostic Nutrition® Addresses Underlying Conditions at the Root of Common Health Complaints and How General Principles of Health Building Outperform Specific Treatments*

## The Cycle of Trial and Error

Achieving vibrant health takes a decent amount of awareness and effort, but it's easier than standard medicine, the media, and the *health nuts* make it seem. More and more frequently, people suffer with all kinds of maladies and hardly anyone seems to be looking for real, permanent solutions. Standard medicine seeks to treat the symptoms and manage disease, while others tell us to eat better, exercise more, or to purchase their magic lotions, potions, powders, and pills. Still others may run a lab test or two, but usually end up treating the test results instead of the person.

The truth is people who don't feel or look their best (and who want to make changes) have had no way to identify the critical malfunctions in the body which need correction in order to restore health. And, they have never been presented with a system or set of instructions on how to restore, repair, and rebuild those critical functions, until now.

If you or someone you care about is caught up in the standard medical system or has been jumping from one practitioner to another with little or no improvement, there are a few realities we must address. You, your loved one, or perhaps your client is likely caught in a vicious *cycle-of-trial-and-error*, possibly taking medications or using supplements and modalities that don't address the underlying causes of the unwanted condition. Maybe you're tired all the time or lack focus, maybe you can't maintain your weight or can't sleep, or maybe you suffer from an autoimmune condition or worse. Whatever the unwanted condition, you haven't gained the insights needed to correct the problem at the causal level.

You may have struggled for years with various diets, exercise programs, standard and alternative therapies, but no clarity has been brought to your particular situation. For thousands of people in similar circumstances, Functional Diagnostic Nutrition® and the DRESS for Health Success® programs have been the answer.

## Functional Diagnostic Nutrition®

Functional Diagnostic Nutrition® (FDN) is a phrase coined by Reed Davis to describe the investigative process he developed while working as the Case Manager in a successful wellness clinic. Starting in the late 1990's, Reed noticed a huge "needs gap" in the standard health care model. Most unhealthy people entering the clinic had seen multiple practitioners one-after-the-other, spent thousands of dollars, and still hadn't reached their health goals. Some were worse off than ever, even though they had "tried everything." Quickly realizing these folks were caught in a *cycle-of-trial-and-error*, Reed decided he would be the last person his clients ever needed to see.

As naive as that sounds, Reed spent 15 years working with over ten thousand test cases and made his own observations about who got better, and who didn't. It should be no surprise to the reader that "those working closest to the underlying cause" were able to stop chasing symptoms and begin to make improvements in function and health. Symptoms disappeared of course, but many complaints were often permanently resolved, even when the client had been previously diagnosed with a medical condition. What Reed Davis developed is now a well-established system of investigation into causal factors and natural solutions being taught all over the world.

Functional Diagnostic Nutrition® provides a step-by-step system to investigate the underlying causes of disease and identify *healing opportunities*, while the goal of the D.R.E.S.S. For Health Success® program is to provide individualized behavior and lifestyle programs that restore function and resolve unwanted health conditions permanently.

## What is Metabolic Chaos?™

Humans maintain health and vitality through a phenomenal orchestration of cells, tissues, organs, systems, fluids, gases, chemistry, and energy which runs on a set of instructions or *innate intelligence* within every cell. The sum of these activities and chemical reactions and the inherent programs they run on is called *metabolism*. When we're functioning

properly, metabolic processes work in harmony to maintain *homeostasis* and balance. While there is some flexibility in the operating ranges of the processes, a loss of homeostasis in one area or system may cascade into other areas, and eventually produce the symptoms one is experiencing -- often far removed from the critical system that is actually failing!

Hidden stressors or malfunction in an area, left unchecked or not corrected in the body, will cascade downstream into other areas. As one dysfunction builds upon another, depending on individual *weak links in metabolism*, all manner of disease and symptoms may occur. Observing that the exact same symptom or cluster of symptoms could be found in many people, even though the *originating* malfunction or imbalance had occurred in entirely different systems, Reed coined the phrase The Metabolic Chaos™ Cascade to explain the phenomenon. Likewise, the same originating imbalance or dysfunction may cascade through an entirely different set of weak links or *vital voids in metabolism* from person to person, and thus produce entirely different sets of symptoms.

Your health complaints may stem from one, or a few, imbalances or malfunctions in your body not directly connected to the symptoms you are feeling. By properly investigating and assessing the *underlying causes*, you can stop using band aids that give only temporary relief and actually heal what is creating your symptoms instead. By identifying *healing opportunities*, FDN provides the keys to help you actually get well and stay well, naturally!

## The Foundational Lab Work of FDN

FDN practitioners (FDNs) run functional lab work to help identify HIDDEN stressors and dysfunctions that are downgrading health and creating or contributing to *Metabolic Chaos™*, a term Reed coined to describe what's going on inside that is producing unwanted symptoms.

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*FDNs don't guess, they test.*

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Once *healing opportunities* are identified through carefully selected labs and a thorough history, only then can individualized, time-honored natural protocols be recommended that will change how well the body functions. When improvements are made, true healing occurs.

Clients invariably get better as long as they stay in the healing process. While no guarantees can be made because we do not control the outcomes, we can reasonably expect that the body will heal, symptoms will disappear, and health, energy, and vitality will be restored. In many cases, even previously diagnosed conditions have simply vanished over time.

Over many years of experience, working with thousands of people and running thousands of lab tests, Reed discovered a small handful of excellent high quality lab tests that reveal critical imbalances and dysfunctions which, once restored to normal function, result in fantastic clinical outcomes. In short, Reed discovered “Which labs to use, what they tell you about a person and how to fix the problem.” In essence, FDN treats nothing specifically, but treats everything non-specifically. Reed learned not to treat the test results, but to treat the person instead.

Better still is the idea that people can opt in to a self-care program, become aware of what's really going on inside, and be highly motivated to follow the behaviors and therapies that lead to improved function and health.

### *Adrenal Stress and Hormone Profile*

The Adrenal Stress and Hormone Profile is a simple saliva test that can be done at home, this test measures salivary Cortisol, DHEA, Estradiol, Estriol, Progesterone, Testosterone, and Melatonin. Hormonal balance is essential to good health and the adrenal glands are at center stage in relationship to the body's ability to regulate hormones. In the event of adrenal or HPA Axis dysfunction, underlying causes must be determined through lab testing. The Access Stress and Hormone Panel (SHP) involves a simple collection of 4 saliva samples over the course of a day. Proper interpretation of the lab test results can also help identify where environmental and lifestyle stressors are located, as well as insights into how to support the endocrine system. Here are some functions of the Stress and Hormone Panel:

- Tests adrenal function, circadian rhythm, stress and sex hormone levels

- Additional hormones for a more complete view of the impacts of chronic stress on the individual's core body systems.
- The SHP can provide useful insights and information about what needs to be done and a record of hormone levels at the outset of a health building process

### *The GI-MAP*

The Diagnostic Solutions Laboratory GI Microbial Assay Plus ("GI-MAP") includes markers for gluten sensitivity, inflammation in the gut, immunity in the gut, pancreatic enzyme sufficiency, and occult blood. It also looks for the presence of pathogens – including *H Pylori* and other bacteria, parasites, worms and viruses – in the gastrointestinal tract. The GI-MAP provides us with information on:

- Intestinal health issues like gas, bloating, distension, diarrhea, and constipation.
- Possible overgrowth and excessive colonization by opportunistic bacteria
- Pathogenic parasites and protozoa
- Markers of intestinal health as pertaining to digestion, immune response, inflammation, and detoxification

### *GI Intestinal Permeability Test*

This test uses two at-home urine samples to assess recovery of a lactulose and mannitol challenge. Healthy function of the intestinal barrier is essential to disease prevention and overall optimal health. On the front lines in defending the body, the mucosal layer is the surface barrier of the GI tract, which can be exposed to a multitude of stressors, antigenic and inflammatory foods, pathogens, imbalances of neurotransmitters, toxins, and medications. These can weaken and break down the protective barrier. FDN investigates:

- The integrity of the gut mucosal barrier, leaky gut (intestinal permeability), and malabsorption

- Interpretation includes villous atrophy, crypt hyperplasia

These three “flagship” labs are easy to do at home and highly important because they assess the function of fundamental systems of the body including the hormone, immune, digestion, and detoxification systems. Together they help us assess Metabolic Chaos™ and identify healing opportunities in an individual. If any of these systems are malfunctioning or out of balance, a cascade of health issues can arise causing a myriad of symptoms and states of disease. This is what is meant by *getting to the underlying cause!*

## Overview of the DRESS for Health Success® Program

Now that you know how disease occurs, you may be wondering what can be done to unravel Metabolic Chaos™, repair the damage done, and restore a normal operating system. This is where the DRESS for Health Success® program, the five most important health habits, comes in.

The acronym “D.R.E.S.S.” stands for the five most critical health habits “Diet, Rest, Exercise, Stress Reduction, and Supplements.” These critical behaviors and lifestyle factors (habits) provide the foundation for EVERYBODY to get well and stay well, naturally. DRESS, as practice by FDNs, is a lab-guided program so powerful that even serious, previously diagnosed conditions have been completely reversed, when the five habits are followed properly and patiently.

- ***Research shows that around 70% of Americans are on at least one prescription medication. Many are on several drugs that only address the symptoms and carry serious side effects.***
- ***Antibiotics, antidepressants, and painkillers are the most common drugs prescribed today. These can only mask the symptoms and never address the underlying cause.***
- ***23.5 million Americans suffer from an autoimmune condition, wherein the body is attacking itself!***

- ***An estimated 1 in 10 adults report being depressed, a truly sad state of affairs (pun intended).***
- ***70 - 80% of all doctor visits are for stress related conditions for which doctors have little or no training, and nothing to offer other than temporary relief care.***

These facts are just the tip of the iceberg. Globally, these numbers are out of control! The world is full of sick people, and FDNs can help correct these problems at the causal level by getting to the underlying conditions and correcting them with the lab-guided D.R.E.S.S. for Health Success® system.

Our program works – plain and simple. We hope this guidebook will help people everywhere to *build health!*



# The First Habit: *DIET*

Eating according to genetic requirements helps to increase metabolic efficiency. Eating the wrong foods is a major contributor to Metabolic Chaos™. The three main guidelines regarding what we eat that profoundly affect our health are: 1) eating real, whole foods; 2) eating right for your individual metabolic requirements; and 3) eliminating the foods that cause stress to our bodies. Foods we are *sensitive* to and junk foods are major contributors to Metabolic Chaos™.

### *Real, Whole Foods*

Our ancestors grew up on REAL food; their children grew up on real food, and the cycle has continued for millennia, up until the agricultural revolution. Populations exploded, and suddenly there were a lot of people to feed! At that time, people started to rely less on hunting and gathering and began to develop more systematic ways of producing what we eat.

Food production has continued to change. No more scrounging and foraging. As you may be aware, as farms got bigger and bigger, the nourishment available in our food supply has diminished, and is now infused with varying levels of sugar, trans-fats, and harmful chemicals.

We are now disconnected from the production of our food, and some growers prioritize quantity and convenience over quality. The lower the quality of food, the less nutrients and nourishment it provides. The picture only gets worse when we consider the amount of insecticides, herbicides, and artificial fertilizers that are added to the food supply.

Looking back even just 100 years, it's easy to see that food has transformed immensely! As the world became more industrialized, the shelf life and preservation of food became more urgent. Spoiled product equals lost profits, and food companies must create items that don't perish as easily. The only way to make that happen is to process perishables with preservatives and other additives (the stuff we should be avoiding).

Today, much of modern society is living off of processed food that is full of chemicals, fillers, and preservatives, which in turn, is downgrading the health of our population. People are sicker than ever before, and the foods they choose to consume are causing much of the diseases we see running rampant today. Fortunately, this is an avoidable problem. High quality real food is extremely powerful, which is a very important concept, especially when battling any type of health issue. Food quality matters, as what we eat can be the worst poison or the best medicine. If a person's diet is optimal, the avoidance of disease can become a reality, and people who are sick can build health. Experience has proven this time and time again.

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## So, What Should We Eat?

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Starting with *real food*, eating for your own unique genetic requirements is referred to as Metabolic Typing® and is a proven way of eating what helps improve and maintain health. Each person has a distinct way of processing or *metabolizing* food according to their genetics, and this can be calculated by taking a simple Metabolic Typing® questionnaire. (Available at [www.MTDiet.com](http://www.MTDiet.com))

Knowing your Metabolic Type® helps determine at what point carbohydrates will be converted into needed energy or into fat instead. Likewise, we'll know how much protein and fat needs to be added to the fuel mixture we call food. For example, those who are *carb types* will be able to burn starches and grains far more efficiently than those who fall into the *protein type* category. If you think of your cells as little engines, then it is our job to discover the correct fuel mixture for each person.

Ultimately, determining your Metabolic Type® will allow you to choose foods that your body can utilize properly in a very efficient manner. While this may seem complicated, FDN practitioners teach people to eat the right foods and the right ratios of protein, fat and carbs for each individual, so everyone can reach their ideal weight and energy levels. Once we eat the foods that our bodies were meant to handle, we naturally lose weight, or gain it, depending on our specific needs. With this, we don't feel hungry or deprived, and cravings for bad selections naturally dissipate over time. When considered along with other variables, a Metabolic Typing® diet helps bring the body into a balanced state and avoid medications or harmful "fad diets."

### *Food Sensitivities and Stress-Inducing Diets*

The Metabolic Typing® test provides each individual with a list of the foods that are right for his or her type. It also provides the correct ratios of protein, fat and carbs that match that person's genetic heritage. Eating according to one's type produces feelings of satiation, high energy, and a sense of well-being. However, this should be further modified by eliminating the foods to which you are *sensitive*. There are two popular and effective ways to find out which foods may be contributing to poor health.

1. ***Begin an elimination diet using trial and error.***
2. ***Run a laboratory test for food sensitivities.***

**An elimination diet** is one that removes the most common *allergenic* foods for a period of approximately three weeks to three months. This method has produced great results, with many people reporting that they feel better or that their main complaints have disappeared completely. Foods are then reintroduced into the diet one-at-a-time to see if any reactions occur or symptoms re-appear. There are varying elimination diets in use, each with slightly different recommendations; but in general, they all recommend eliminating processed sugars, trans-fats, wheat, dairy, soy, eggs, and corn. FDN practitioners usually recommend that one also eliminates alcohol and caffeine for at least three weeks to three months.

Once these foods are subtracted from the diet, many symptoms can clear up. Therefore, an elimination diet can be a neat way to kick start any dietary changes one is making while building their health.

The elimination process can take up to three months and will require some tracking and attention to how the body is responding. This is where coaching by a FDN practitioner is exceptionally helpful to stay on track and get all one's questions answered.

**Food sensitivity testing** is the easiest way to identify foods and food items that should be eliminated. There are a handful of tests available that can detect immune system and other inflammatory responses to particular foods and products that should be eliminated. Again, by eliminating these foods, some people have been able to quickly recover lost function and health and avoid the discomfort and symptoms that may be stemming from those foods. A trained FDN practitioner can help one choose which food sensitivity test is best for each situation.

### ***Tips to Help Improve One's Diet***

There is no need to change everything all at once. In reality, small steps are more effective in the long run. Even if you do one or two of the suggestions below, you will be doing a great deal to improve your overall health.

- ***When shopping for food, read labels. As the saying goes: “If your grandma can’t read it, don’t eat it!” Stick with foods that your very own grandmother would recognize if she were to look at the ingredient label. Also, the longer the list of ingredients, the more chance there are ingredients that you don’t***

want to eat. We also call this the “5 ingredient or less” system. Know what you are eating.

- **Buy and consume whole foods as much as possible – eat REAL food. That means avoiding food from bags, boxes, and cans. Items that contain added sugar, preservatives, trans-fats, and artificial ingredients lack nutrition. In simpler terms, stay away from selections that have a long list of ingredients. Typically, once food labels begin to exceed five ingredients, they start becoming more of a risk to your health.**
- **Avoid Most Diet Meal Plans. Sorry to say it, but many commercial “diet meal plans” as advertised by a variety of celebrities are not healthy. All it takes is one look at the ingredient labels on such products to understand why they’re dangerous – avoid them!**
- **Cook your own food. Learn to prepare delicious meals that are healthy and help you reach your goals. If you don’t feel like you have time to cook, adjust your schedule to make time. You can do almost a week’s worth of cooking in one afternoon and freeze or refrigerate it.**
- **Eat what is right for you. To fuel us properly, food must be of the purest form, of the right amount, and tailored to your own genetic potential. This is also why most trendy diets today don’t work for everybody. Pay attention to your body, and eat what makes you feel the best. If a food makes you bloated and tired, don’t eat it! Eat what makes you feel energized and satisfied.**
- **Maintain good glycemic control. Fluctuating blood sugar causes a great deal of stress on your body creating unpleasant symptoms, energy problems, and states of disease. Sugary foods can cause this fluctuation in blood sugar. The secret to steady blood sugar levels is fine-tuning the correct ratio of protein, fat, and complex carbs at each meal. Get it right and you’ll know it.**
- **Document your progress. Perhaps the greatest tool you have is the ability to try something new and make note of any changes, for better or worse. Any climb back to health requires you to pay attention to your body, notice what is going on, and adjust according to what works for you. At first, keep a daily journal and note your observations after each meal. Diet Check Record sheets (DCRs) are included with the Metabolic Typing® test found at [www.MTDiet.com](http://www.MTDiet.com). The following effects are measured 1.5 to 2 hours after a meal, please note:**

- ***Satiation - you should not feel hungry or have cravings. Rate how well each meal satisfies your hunger***
- ***Energy production - you should have abundant, solid energy, not nervous energy or feel tired underneath***
- ***Sense of well-being - you should not feel moody or depressed unless you have a good reason. Irritability for no reason is a symptom of a poor diet***

**In other words**, a meal should satisfy your hunger, give you solid energy until the next meal, and produce a positive emotional state. Unfortunately, this is not a common scenario for many people, today, but it can be!

By eating real food that is right for your type and eliminating foods that are irritating, you can adjust your diet to fit your individual needs. A FDN practitioner's goal is to help design and perfect a diet that improves health and allows one to feel and look their best. FDN practitioners may recommend the official Metabolic Typing® test and also test for food sensitivities. Understanding how to fuel the human body can be tricky, especially when everyone functions so differently. With a little patience and the right tools, anyone can get there!



The Second Habit:  
*REST*

Too many people report they are exhausted these days. The science of sleep is constantly revealing new data, and the information is pretty remarkable. It's been proven many times over that poor health can directly correlate with poor sleep quality. However, disrupted sleep patterns can be improved with a little investigation into the causes and simple lifestyle adjustments.

## **Our Adrenals and Sleep**

The adrenal glands, small organs that sit on top of the kidneys, serve as an endocrine powerhouse and help keep many bodily functions working in harmony, including regulating the daily sleep-wake cycle. If you're having problems going to sleep or staying asleep, there is a good chance that your adrenals are malfunctioning on some level. Millions of people are walking around with what is referred to as *adrenal dysfunction*, which is involved in almost every health issue. The adrenals are considered the stress glands and produce the "stress hormone", cortisol. Once the adrenals begin to malfunction, many other areas of the body can begin to go the same route. Scientists have found that insomnia correlates directly with adrenal stress. If you're stressed, fatigued, or have sleep issues, it's possible that your adrenal glands have hit their threshold. The good news is you can have your adrenals and hormone levels checked through a FDN practitioner.

### **How to Improve Your Sleep:**

Just as with the suggestions for improving your diet, there is no need to panic and try to change everything in your life all at once! Even if you do one or two of the suggestions below, you will be doing a great deal to improve your overall health!

- ***Eat a snack around bedtime. If the snack is "right for your type," it not only stabilizes blood sugar levels, it will help balance your sleep and repair hormone levels as well as important neurotransmitters. Starchy, carb-heavy snacks or meals during the late hours of the day can dramatically inhibit quality sleep. The high carb snack will raise blood sugar, which will trigger an insulin response. Insulin may shuttle the sugar out of the blood while you sleep, but if blood sugar drops too low (hypoglycemia), you may wake up and not be able to fall back to sleep with ease.***
- ***Keep your sleeping space dark! When light hits the eyes, it disrupts the circadian rhythm of the pineal gland and the production of melatonin and serotonin – this process most definitely hinders sleep quality. There also should be as little light in the bathroom as possible if you get up in the middle***

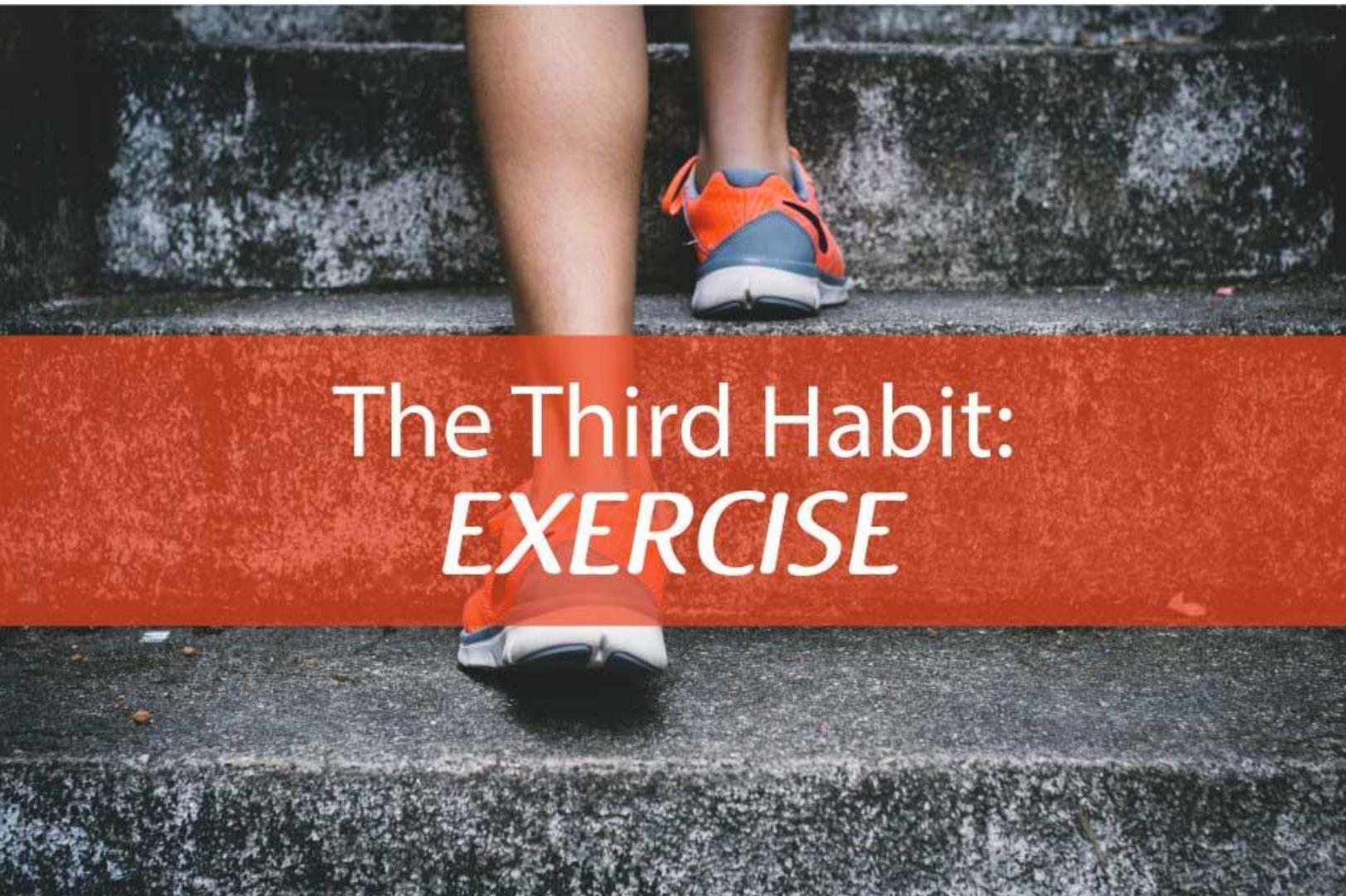
*of the night. Alarm clocks should be dim, and nightlights should not be used.*

- *Avoid television and/or computer activity right before bed. These types of electronic devices are too stimulating to the brain, and it will take longer to fall asleep. They're also disruptive to the pineal gland function for the same reason as mentioned above.*
- *Wear socks to bed. Due to the fact that the feet have the poorest circulation, they often feel cold before the rest of the body. Studies have shown that wearing socks to bed reduces the amount of times a person wakes throughout the night. It really works!*
- *Read the right type of material. Reading something spiritual, religious, inspirational, or calming will help you to relax. Try not to read anything stimulating, such as a mystery or suspense novel, as this may have the opposite effect. In addition, if you are really enjoying a suspenseful book, you may wind up unintentionally reading for hours, instead of going to sleep. It's easy to get lost in a good read!*
- *Alarm clocks are sometimes necessary, but they can be destructive. Avoid using loud alarm clocks, as waking in such a manner can be very stressful on the body. Try picking a tone that will wake you but is calm at the same time. If you want to use a basic alarm clock, make sure that you buy one that isn't too loud or obnoxious. The body shouldn't be scared into waking every day.*
- *Get to bed as early as possible. Yes, we know this is a tough one. Our systems, particularly the adrenals, do a majority of their recharging or recovering between the hours of 10PM and 2AM. In addition, your liver, gallbladder and brain do some important detoxing while you are sound asleep, contributing to overall health. Prior to the widespread use of electricity, people would go to bed shortly after sundown, as most animals do, in a natural diurnal cycle (awake during the day and asleep during the night) that nature intended for humans, as well. Once again, this is another reason to keep lights low once the sun starts to go down.*
- *Check your bedroom for electromagnetic fields (EMFs). EMFs are fields of electricity that surround all electrical devices. In fact, our very earth has electromagnetic fields, and our bodies run on a symphony of electromagnetic impulses (think of the heart beat). EMFs emitted by*

*electrical devices can disrupt the pineal gland and production of melatonin and serotonin and may have other negative effects. Some health professionals even recommend that people pull their circuit breaker before bed to kill all power in the house.*

- *Keep the temperature in the bedroom below 70 degrees Fahrenheit. Many people keep their homes, and particularly, the upstairs bedrooms, too hot. The hotter one is, the harder it may be for that individual to fall asleep and stay asleep. You also don't want your sleeping space to be too cold, either. Overall body temperature plays a HUGE role in sleep quality.*
- *Ask your doctor if your meds could be disrupting your sleep. Many medications, both prescription and over-the-counter, may have negative effects on sleep. There is no such thing as a drug deficiency. Most drugs are used to treat symptoms and do little to restore normal sleep function. However, do not stop taking prescription meds before discussing it with your doctor.*

The tips above are some of the most effective ones to implement and will get you real results, fast. However, there are many more ways you can improve your sleep, and a proper investigation into the underlying cause may be required. FDN practitioners have a wealth of knowledge regarding sleep and can help you get the rest you require to be healthy.



The Third Habit:  
*EXERCISE*

We all know that exercise is vital part of a healthy life. This might seem obvious, but many people today live very sedentary lives. We sit at work, sit in our cars, and sit in front of the television at home to unwind. But our bodies are not designed for so much sitting. We are meant to move! That movement causes our blood to bring oxygen to our organs (including our brains); it allows us to build muscle and to strengthen our lungs and hearts. Exercise also helps to carry toxins out of the body. With exercise, everything gets oiled and strengthened; our bodies move more freely and with more ease; everything just lights up!

Just as with diet, there are many theories as to what type of exercise is most beneficial. The real questions revolve around how and when one should exercise. Much of the “how” depends on *what* you’re looking to achieve. Are you trying to lose weight? Put on muscle? Improve your flexibility? Have more energy? Maintain your overall health? All of the above?

Whatever the case may be, exercise is important for many reasons, and it is beneficial to one’s health to have a daily regimen. From joint flexibility to having a healthy heart to reducing depression, the upsides are endless.

Research now suggests that shorter, more intense exercise sessions can build fitness and burn calories more effectively than a long routine. Much of what *you* need to maintain a healthy physique won’t require expensive machines. FDN recognizes this newfound data, and as a result, we have broadened our coaching programs and advice to create more efficient health plans for our clients. A FDN practitioner can help with developing an individualized routine or refer you to someone who can.

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## *How to Exercise More Effectively:*

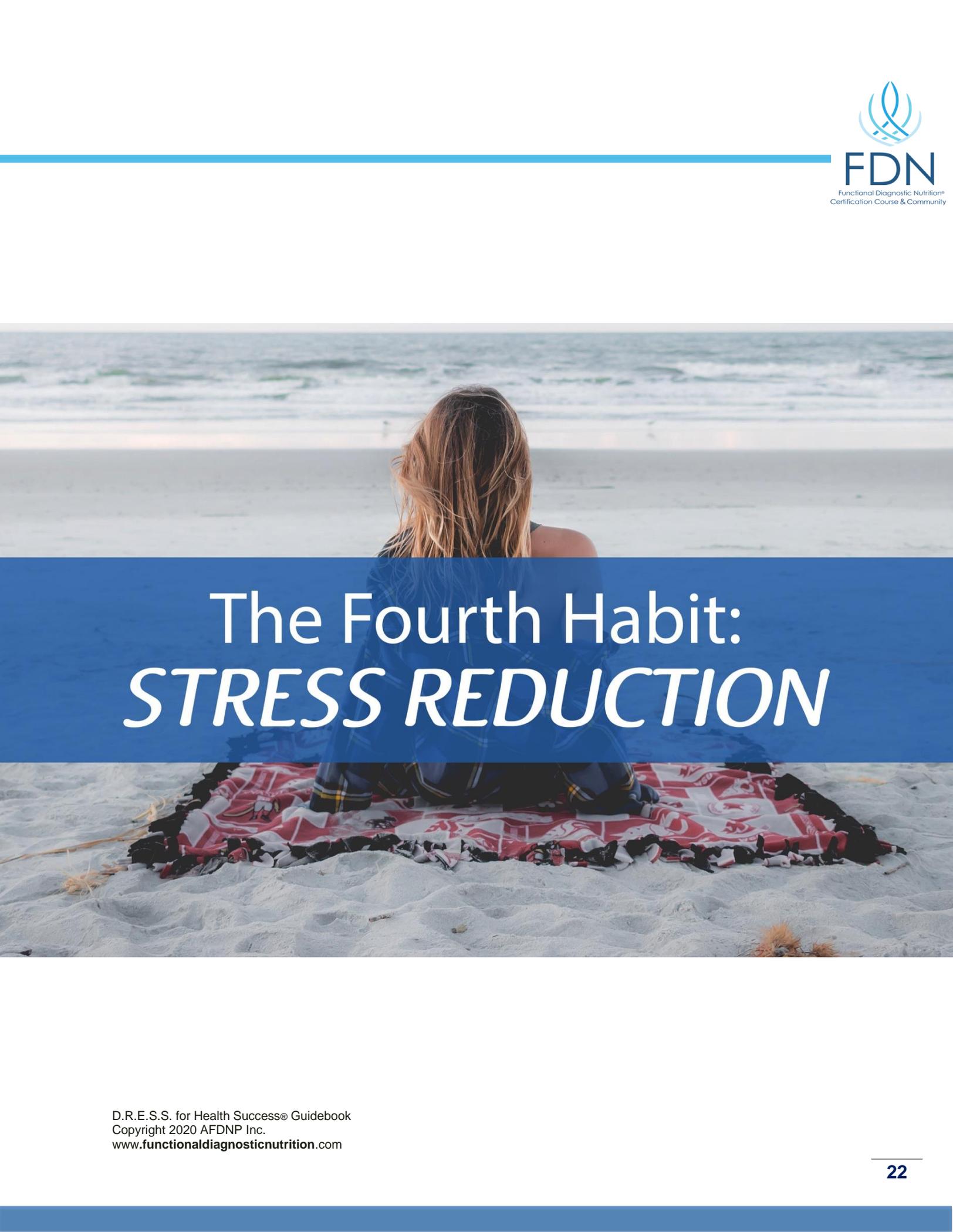
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Just as with the above suggestions for improving your diet and sleep, there is no need to panic and change everything in your life all at once! Even if you do one or two of the suggestions below, you will be doing a great deal to improve your overall health!

- ***Don't sit too long at work. If you work an office job that requires you to sit for extended periods of time, make it a priority to get up every 30 minutes to move your body. Some companies are now using "stand up desks" which have actually been used for centuries.***
- ***Start a daily exercise routine. Try yoga, walking, interval training or playing a sport that is fun, effective, and not overly time-consuming. Doing something active that is enjoyable is a huge part of getting and staying fit.***
- ***Do not remain sedentary for the majority of your day.***
  - ***walk to work or school***
  - ***park far away from the doors***
  - ***take the stairs***
  - ***enjoy being outside and in nature***
  - ***do some pushups if you can***
  - ***take a walk around the block***
  - ***get outside and breathe in some fresh air***
  - ***just move!***

Keep moving. We know that finding time to exercise can be tough, but we'll help find a system that works for you. Keep in mind, if your body is stressed, dealing with some form of disease or exhausted, there are many exercises that you SHOULDN'T be doing!

There is no "one size fit's all approach." A trained FDN practitioner can help find out what program will work best for you.



# The Fourth Habit: *STRESS REDUCTION*

Is all stress bad? The clear answer is “no.” There is a difference between *eustress* and *distress*. Eustress is the good kind of stress that makes things happen, move forward, grow, and develop. Sunlight is a type of eustress on a flower that makes it suck nutrients out of the ground in order to grow and bloom. Eustress is the force of nature that makes a butterfly break out of its chrysalis, expand its new wings, and take off to find a mate.

*Distress*, on the other hand, whether mental, physical, or chemical, can be extremely destructive. Distress is any influence that causes or leads to *malfunction* and, therefore, is involved in all disease. When not addressed properly, this type of stress can ruin one’s mental, emotional, and physical health and cause one to age more rapidly and feel lousy. While millions of us feel that stress is just something we have to live with and can’t be improved upon, FDNs know this *is not* the case and can help you discover hidden stressors and eliminate or reduce them.

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## *The Acute Stress Response*

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When put into a threatening situation, our bodies are designed to react with extreme efficiency! Our bodies have an evolutionary system in place to deal with stress.

As dangers or threats are perceived, a distress signal is sent to the hypothalamus portion of our brain (the command center) via the sympathetic nervous system. This initiates the “fight or flight” response and helps us deal with the impending threat.

Adrenaline floods our bloodstream, and the pituitary gland secretes something called ACTH (adrenocorticotrophic hormone), which travels to the adrenal glands stimulating even more hormone production – cortisol, to be specific.

Cortisol, known as the *stress hormone*, increases blood sugar, heart rate, respiration, dilates the pupils, and aids in the breaking down of fat, protein, and carbohydrates for energy. Cortisol also suppresses the body’s immune system, digestion, and reproductive organs as these are non-essential during a flight/flight episode. Cortisol is a necessary hormone for these types of situations but, when found in chronically elevated levels, cortisol can be quite destructive.

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## *The Chronic Stress Response*

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Today, many people are so *chronically* stressed out that they can't shut this system off. From the moment they wake, to the moment they fall asleep, their bodies are in *chronic stress response* mode. Some people actually suffer stress response in their sleep! This reaction further restricts the body from performing and/or maintaining adequately, therefore, causing disease and widespread destruction of that individual's health.

The fast heart rate, increased flow of adrenaline, thoughts of worry and angst, sleepless nights are, unfortunately, all too common. In fact, we experience stressors that we may not even be aware of. Fortunately, these stressors and opportunities to make improvements can be identified by a trained FDN practitioner.

### *Internal (HIDDEN) Stressors*

When we think about stress, we often think only about *external* stressors such as traffic jams, physical injury, financial worries, arguments at home or work, etc. But we also experience something deemed as *internal* stress which FDNs call the HIDDEN stressors. These include stress or dysfunction related to the (h)ormone, (i)mmune, (d)igestion, (d)etoxification, (e)nergy production, and (n)ervous systems.

These stressors and dysfunctions are, for the most part, hidden and go overlooked. Yet they are at the root of most common health problems today.

#### **Examples of external stress:**

- ❖ *Running into a bear in the woods*
- ❖ *Being yelled at by your boss*
- ❖ *An argument with your significant other*
- ❖ *Getting cut off in traffic*
- ❖ *Your house catches on fire*

#### **Examples of internal stress:**

- ❖ *parasitic infections*
- ❖ *poor dietary choices*

- ❖ *heavy metal toxicity*
- ❖ *yeast overgrowth and biofilm*
- ❖ *hormonal imbalances*

When stress of any kind is present, if it is not soon resolved, the *stress cascade* begins. The body will begin to break down, and symptoms will eventually appear.

The important thing to realize is that the symptoms are the last thing to appear in the stress cascade. The underlying cause is usually “upstream” and far removed from the actual symptom. That’s why chasing symptoms rarely leads to recovering function and health.

Two people can have the exact same symptoms, such as joint pain or headaches. Yet each one will have a different set of stressors (internal and external) and dysfunction upstream. Likewise, two people can have the exact same set of stressors but the dysfunction we find upstream is different in each person as the stress cascades downstream in ways unique to each individual and, moreover, this can result in two distinct sets of symptoms! Again, FDNs try not to chase symptoms, but prefer to work at the underlying condition or malfunction, instead.

Unabated negative stress from any source, left unresolved, can lead to a *chronic stress response* and serious health problems. Chasing symptoms does not deal with the underlying malfunction. If health is to be restored, chronic stressors must be identified and eliminated or reduced until function is returned to normal. It’s entirely possible that ill health can be reversed. FDN practitioners are trained to identify healing opportunities and help clients interrupt the stress cascade.

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## *How to Reduce Stress*

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Just as with the above suggestions for improving your diet, sleep, and exercise, there is no need to change everything in your life all at once. Even if you do one or two of the suggestions below, you will be doing a great deal to improve your overall health!

- ***De-stress at home. Take some time every day to let go of all of the things that cause you stress during the day. Turn off the phone, tell the family you will not be available for a period of time and do something that calms your***

*mind and body. Practices such as yoga, tai chi, qui gong, meditation, walking, sitting in nature, etc., are just a sampling of ideas.*

- *Pay attention to your body. Listen to it more. Spend time preening a little. Cut your toenails, give yourself a foot and hand massage, stretch, read something spiritual or inspirational, listen to soothing music, turn down the lights and don't work or think about work. As you pay more attention, you may get insights as to what makes you healthier.*
- *Get help. There are many practitioners who specialize in health care practices and can help you to build health and maintain it. See a massage therapist, chiropractor, counselor, reflexologist, acupuncturist, etc. Each of these areas of health care can be used according to your needs at the time. Experiment with which modalities work best, and enjoy the health benefits!*
- *Try Emotional Freedom Technique. Emotional Freedom Technique (EFT) is a simple system of tapping on a series of acupressure points in order to reduce the intense emotional responses that impact the mind and body. EFT has the potential to significantly reduce physical and psychological ailments as it releases the body from the stress response.*

If you feel you are doing everything and are still not feeling better, a FDN health detective can help by identifying stressors and dysfunctions that are preventing you from health and happiness. Once the healing opportunities are identified, we help you address them so you can start to feel better!



# The Fifth Habit: *SUPPLEMENTS*

Supplements are not always the first thing to turn to when you need help. The supplement market is a *huge* industry, therefore; claims, suggestions, and marketing ploys are put forth in order to increase sales. Knowing which supplements are useful is where the knowledge of a FDN practitioner comes in handy.

As with all aspects of health, there is no “one size fits all” approach. This is very true with supplements. Much like with one’s food choices, supplementation should be tailored to each individual in order to address specific healing opportunities, provide support, and make up for poor food quality.

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## *How to Use Supplements*

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FDNs are NOT supplement salespeople! We never suggest anything that is not indicated in our individual assessments. We do recommend supplementation with most of our clients to stimulate healing and balance and support the improvements that need to take place. Once health is restored, clients learn how to maintain it and take care of themselves.

Many supplement companies make claims that are not supported by reality. Only by understanding how to choose products based on the needs of each individual can one expect to achieve the benefits, and not waste a lot of money on trial and error. FDN recommends the use of high quality supplements when needed. Once we identify what’s going on with a client, we can proceed with a healing protocol, which may likely involve the use of supplements. The products we use are natural, potent, proven, and professional.

## Conclusion

Functional Diagnostic Nutrition® is a step-by-step system of functional lab testing and individual interpretation and correlation, accompanied by our DRESS for Health Success® protocols. Together, these help fill a "needs gap". People need a self-care system that they can follow and which will help build health instead of just treating disease and symptoms.

While FDN and DRESS for Health Success® may seem complicated, they are actually quite easy to do. A FDN practitioner can help you identify what needs to be healed and can work with you to develop a healing protocol that addresses and incorporates all of the behaviors and habits of health - diet, rest, exercise, stress reduction, and supplements.

Hiring a FDN practitioner is not a substitute for asking your doctor for help. It is something that you do in addition to talking to your doctor. Do not make any changes in your diet, supplement, or exercise routines without first consulting with your doctor.

Functional Diagnostic Nutrition® and D.R.E.S.S. for Health Success® are proven methods that have helped thousands of people and can help *you* and people you care about to improve health, so you can look and feel your best.

It's faaaaantastic!

To your health,

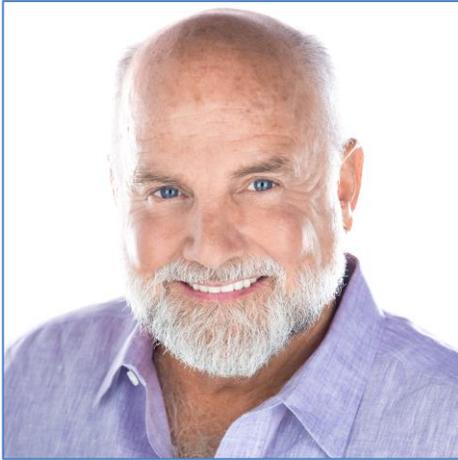
Reed Davis  
Founder, Functional Diagnostic Nutrition® and  
D.R.E.S.S. for Health Success® Program

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***For more information on how you can learn to practice FDN,  
please visit [www.functionaldiagnosticnutrition.com](http://www.functionaldiagnosticnutrition.com)***

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**Reed Davis**, Board Certified Holistic Health Practitioner (HHP) and Certified Nutritional Therapist (CNT), is an expert in functional lab testing and holistic lifestyle medicine. He is



the Founder of Functional Diagnostic Nutrition® (FDN) and the FDN Certification Course with over 3000 graduates in 50 countries. Reed served as the Health Director at a Wellness Center in Southern California for over 10 years and with over 10,000 clients is known as one of the most experienced clinicians in the world. Reed serves on the Advisory Board of the American Natural Wellness Coaches Board and the American Association of Natural Wellness Coaches. He lives in the US and when not teaching the FDN

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## Medical Disclaimer

*Information provided in this document is for informational purposes only and is not intended to diagnose, treat, cure or prevent any specific disease. The information shared is a result of years of practice and experience by Reed Davis and his colleagues. However, this information is NOT intended as a substitute for the advice provided by your physician or other healthcare professional.*

## Functional Diagnostic Nutrition®

### Health Coach Disclaimer

*Functional Diagnostic Nutrition® health coaches do not diagnose, treat, prevent, or cure any disease or condition. Nothing we share with our clients is intended to substitute for the advice, treatment or diagnosis of a qualified licensed physician. Functional Diagnostic Nutrition® (FDN) Practitioners may not make any medical diagnoses or claim, nor substitute for your personal physician's care. It is the role of a Functional Diagnostic Nutrition® Practitioner to partner with their clients to provide ongoing support and accountability in an opt-in model of self-care and should be done under the supervision of a licensed physician.*