



CompassCenter

FUNCTIONAL MEDICINE

“Bridge the Gap”

Virtual Class Series

Do you wonder why you are sick? Are you disappointed with your response to conventional treatments and looking for additional options? Would you rather use more natural treatment options or try a combination of conventional and natural treatments? Do you have risk factors and want to prevent getting sick? Are you feeling confused and overwhelmed by the massive but often conflicting information on the Internet? IF SO, THIS CLASS SERIES IS FOR YOU!

Finding Your Root Causes

Series of 3 virtual (video) classes explaining the importance of identifying and managing the root causes of your health issues, and how to start the search. Designed to help bridge the gap between conventional and functional medicine.

presented by

Connie Arispe, MD, IFMCP & Lindsay Samuels, FMCHC



Session 1: Saturday, May 6, 9:00-10:00 AM CST

- ◆ Overview of functional medicine and the need to identify and manage the underlying root causes of health issues, first-line lab tests and how to access them
- ◆ How to find clues to your root causes in your personal health history
- ◆ Step 1 diet & lifestyle strategies to support health and vitality
- ◆ Smart use of supplements & first-line supplement recommendation
- ◆ Q&A

Session 2: Saturday, June 3, 9:00-10:00 AM CST

- ◆ Identifying potential toxin exposures
- ◆ Interpretation of common lab results (“normal” lab reference ranges are not necessarily optimal)
- ◆ Next level diet & lifestyle recommendations including tips to reduce exposure to environmental toxins
- ◆ Q&A

Session 3: Saturday, July 8, 9:00-10:00 AM CST

- ◆ Introduction to common genetic vulnerabilities and strategies to mitigate risks
- ◆ Additional diet, lifestyle & supplement recommendations to optimize nutritional status and your body’s ability to eliminate toxins
- ◆ Q&A

Registration Fee: \$25 for individual class; \$60 for all 3 root cause classes

(discount only applies if all 3 sessions are purchased in same transaction)

Register at www.compasscenterfm.com/classes; subscribe for future class notifications

Call 641-357-9355 or 641-357-4150 for questions or to register by phone.

Outline and video access link will be emailed 1 week prior to session; all registrants will have access to video recording for 30 days after the class, even if unable to participate in live session

Registration not transferable. No refunds unless class is canceled