



Michelle Meyer

Functional Nutritional
Therapy Practitioner

What is a Functional Nutritional Therapy Practitioner ?

A Functional Nutritional Therapy Practitioner™ (FNTP) is a practitioner certified by the Nutritional Therapy Association, Inc.®, trained to evaluate a client's nutritional needs, support normal function, and identify nutritional deficiencies.

An FNTP is not trained to provide medical diagnosis, to prescribe or treat any medical or pathological condition, illness, injury or disease, and is not a replacement for a medical doctor.

- Rather, FNTP's direct their clients on a path of discovery to the underlying issues affecting their health, empowering them with knowledge and showing them how to make the changes themselves. They are trained to work alongside licensed practitioners to support a doctor's diagnosis and other therapies.

An FNTP makes recommendations about dietary changes, lifestyle considerations and nutritional supplementation based on a systematic, functional approach.

Using non-invasive evaluative technique called Functional Evaluation and Lingual-Neural Testing, the intention is to identify what will nourish the body and help it to find equilibrium.

What is the Functional Evaluation and Lingual-Neural Testing?

The Functional Evaluation is a process which allows Nutritional Therapy Practitioners (NTP) to identify organ systems under stress and then prioritise and support accordingly.

Lingual-Neuro Testing is a valuable biofeedback tool that enables practitioners to determine what the Body is missing. LNT accesses the body's innate ability to discriminate between what it needs, and what it does not need, in order to correct a specific problem. This simple and effective technique makes the difference between a generic nutritional therapy plan and a personalised one.

Steps and process

1. Once we have spoken on your free intro call, I will send you two questionnaires and a food journal to complete. We will then meet for your first consultation. Here we will go through in detail, your Health History, food journal analysis and Nutritional Assessment questionnaire. We will determine your goals and priorities and work to balance your diet to achieve them. (This can be done in person or via phone or video call)
2. Once dietary changes have been made and your signs and symptoms have started to improve we will conduct the Functional Evaluation and Lingual-Neural testing. This appointment will take around 75 minutes. This testing will enable us to understand the nutritional needs for YOUR body to regain balance. (This is a in person appointment- please wear loose and comfortable clothing)
3. Throughout the program you will receive information relevant to you and recipes to help you will fresh ideas and follow up emails and calls to help you stay on track.