



Ali Miller
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Food-As-Medicine Virtual Ketosis Program



My 12-week Food-as-medicine Virtual Ketosis Program is next level! You are going to learn how to understand your body’s signals and feedback and you will be able to apply functional medicine approaches to whole body health. In my 6 classes of this 12-week program not only will I help you to get fat adapted and optimize your metabolism, but you will be empowered with next level food-as-medicine approaches for various areas of imbalance within the body.

Beyond the advanced topics and “a-ha” moments you will have with direct supplement recommendations and food-as-medicine solutions, I address keto pitfalls, provide customizable handouts, and support you in the private members-only Slack group (LIVE version only!)

FUNCTIONAL MEDICINE TOPICS INCLUDE:

Cardiovascular Disease

Insulin Resistance and Diabetes

Leaky Gut and Autoimmune

Inflammation and Food Sensitivity

HPA-axis, Thyroid and Adrenals

Dysbiosis, SIBO, Candida and Breaking Biofilms

PCOS, Infertility, Menopause and Andropause

Neurological Conditions

Genetics and the Epigenome

Detox and Endocrine Disruptors

What members are saying...

“I learned how and what to eat for a healthy lifestyle, what food works for my body and what foods hurt my body! Using food-as-medicine, my energy level tripled! I felt like I was walking through mud, now I am back on my bike and exercising at least 5 days a week. My diabetes is under control – from 1000 mg Metformin to ZERO! I went from a size 12 to a size 8 – YES! Ali and Becki are encouraging, extremely knowledgeable, and compassionate, but firm in their resolve. The program works! It’s easy and understandable.” – Renee S.

Program Includes:

- 6 Webinars
- 25+ Handouts & Worksheets
- Customizable Ketosis Protocol
- Two Ebooks
- ...and More!



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Virtual Food-As-Medicine Ketosis Program Curriculum

Pre-course materials:

Foundational handouts: Introductory Materials including Grocery List, Supplements to Support your Ketosis, Ketosis 101 and more!

Class 1: Kicking Off Your Ketosis Journey and Addressing Metabolic Disease!

Ready to start your journey to the healthier you? Learn about the Naturally Nourished ketosis protocol and supplements used to drive clinical outcomes for thousands of patients. The metabolic effects of producing ketones can be significant on the risk factors of cardiometabolic diseases. In this class, you will learn about true risk factors and functional approaches to reduce cardiovascular disease risk as well as diabetes and how to rebound from insulin resistance. Plus get set up for intermittent fasting that best honors your body!

Learn about the benefits of fasting and what to look for as benefits of fasting as well as elements to modify for hormone and thyroid support where needed. Participants will get access to the online classroom dashboard with access to archived classes, worksheets, and materials!

Handouts released:

Naturally Nourished Ketosis Protocol
Meal Plans
Coping with Side Effects
Ketosis Exchange List
Glucose Metabolism and Insulin Resistance
Therapeutic Considerations and Adapting Your Protocol



Class 2: Troubleshooting your Results and Reducing Food Sensitivities and Leaky Gut

Are you struggling to get keto-adapted or feeling frustrated by the rate of your results? Most people see 3-5 pounds of weight loss in their first week of ketosis. Ali will talk to you about how to best monitor weight loss progress and she will identify common keto pitfalls that may be hindering your success. With each problem or area of concern, your Naturally Nourished team will support you with navigation on the private facebook page and group discussion in live sessions.

This class covers the topic of leaky gut and food sensitivities, where to start with an elimination diet, the differences of blood tests available, and supplements to consider to support optimal digestion. Ali will discuss pros and cons of the carnivore diet and how it can be used along with a bone broth fast to accelerate healing inflammatory gut conditions. Hippocrates said, “All disease starts in the gut”, this class will empower you with ways to heal your gut for reduced inflammation and enhanced whole body health.

Handouts released:

Beyond Bone Broth: Digestion Supporting Foods
Building Your Protein Shake
Daily Tracking Journal

Class 3: The HPA-axis and How Stress Messes With Your Adrenals and Thyroid

Learn about the therapeutic role of ketones on mood and neurotransmitters. Ali will discuss the HPA-axis or flight and flight response of the body and how these alarms influence whole body health. Assess your stress axis in a take-home quiz and check in on your adrenal function. Understand the influence of chronic stress levels on your thyroid and adrenals and how to use food-as-medicine to support them as well as labs to thoroughly assess their function.

Now that you are fat adapted, we will explore your metabolic flexibility to make this a sustainable approach that is not overly restrictive or distressing to HPA-axis balance. Learn about how to assess your carb tolerance for dietary variety, increased intake of antiinflammatory phytochemicals, and support of optimal leptin levels.

Handouts released:

Stress Assessment
Understanding the HPA-axis
Choosing Your Stressors
Snack Swap Outs



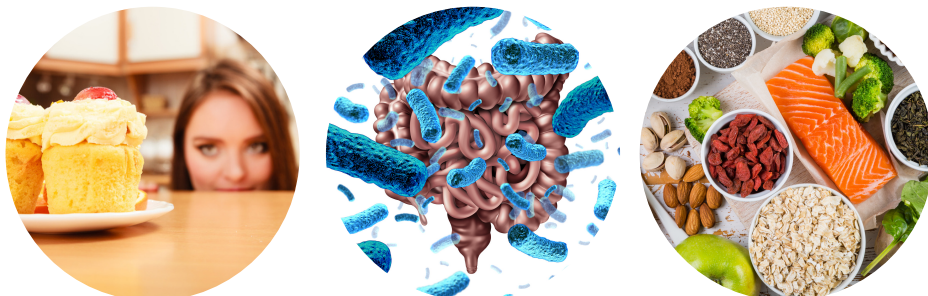
Class 4: Optimizing Your Microbiome and Breaking Up With Non-caloric Sweeteners

In this class we will continue to explore your metabolic flexibility with whole food swap outs for non-caloric sweeteners. You will learn about the microbiome and the influence of your gut bacteria on mood, metabolic, immune, and inflammatory conditions. When your gut is in a dysbiotic state due to the overgrowth of bad bacteria or yeast, your body reads this imbalance as a chronic stressor and this can disrupt neurotransmitter and inflammatory signals. Contrastly, if your gut is in an optimally balanced state of symbiosis where you have a thriving colony of probiotic strains, your body will produce more feel good neurotransmitters, and your body will have optimal metabolism, satiety, and immune function. You will learn how to assess the status of your microbiome and food-as-medicine tips to support a thriving healthy flora.

Learn about what to do if your body is in a state of dysbiosis and how to do a bacteria or yeast cleanse as well as potential root causes for imbalance. As we explore therapeutic foods we will also discuss how natural food sweeteners such as honey, banana, and dates, may better serve your body when weighing out the cons of non-caloric sweeteners such as monk fruit, stevia, erythritol, as well as their chemical counterparts. A non-caloric sweetener not only disrupts metabolic signaling of satiety and insulin release, it also has sterilizing effects on the microbiome, and can disrupt digestive function causing GI stress. You will learn to redefine your relationship with foods focusing on whole real food ingredients and channeling savory instead of sweet.

Handouts released:

Candida & Dysbiosis Quiz
Probiotic Challenge
Keto-friendly Superfoods
Keto and Food Freedom



Class 5: Optimizing Hormone Health and Considering Carb Cycling

The ketogenic diet has hormetic effects. When an optimal approach is taken, the keto diet can drive hormone rebound and balance to support improved fertility and a reduction of estrogen dominance. However, there are also pitfalls of the keto diet on hormones where the body can go into an imbalanced state. When a tight keto diet is paired with calorie restriction and high stress can often throw off the body and drive hormone suppression which can interfere with menstrual cycle and libido or if your body loses a significant amount of fat this can drive hormone imbalance and dominance. In this class you will understand the hormonal influence of the ketogenic diet and how to support your body with food-as-medicine to detox excess estrogen and promote balanced hormone production.

Ali will discuss the leptin-insulin connection and how carb cycling may be one way to support your body's hormone balance when following an otherwise tight ketogenic diet for sustainable results. You will learn techniques of how to approach a carb cycle, considerations, and ways to curb sugar cravings when expanding your diet to ensure you don't fall victim to binge eating or excessive carb consumption. Learn about how to successfully navigate your social schedule and professional obligations while staying committed to ketosis. Learn about techniques to curb cravings as well as how to order out and stay keto in otherwise unfriendly situations.

Handouts released:

Considering Carb Cycling
Balancing Flavor with FASS
Navigating Social Situations and Keto Party Foods



Class 6: Neurological Effects of Keto, Genetic Considerations, and Detox Support

As the program comes to a close, we will explore the therapeutic influence of the ketogenic diet on neurological health including dementia, MS, Parkinson's, ADHD, and more. When looking at a dietary approach to manage mood, reduce inflammation, support healthy aging process and prevent cognitive decline the approach to keto that you have now mastered will serve as a key outline in your journey. In this class you will learn about genetic factors to consider as metabolic risk factors, Alzheimer's, and interference with detoxification. You will learn about the impact of specific foods and nutrients with their influence on genetic expression through the science of nutrigenomics and how you can enhance your genes.

In the final class, participants have likely liberated a substantial amount of body fat which liberates toxins stored in fat cells often leading to plateau or weight regain as well as risk of metabolic and endocrine disorders. You will learn about endocrine disrupting chemicals, how to live clean in a dirty environment and offset your toxicity with lifestyle shifts. Ali will empower you with the strategy of her 10-day Detox protocol for consideration of a reset as the program comes to an end serving to continue optimizing results. If you tried carb cycling, we will weigh out the pros and cons from feedback of your body so you have a plan on where you want to restrict carbs for a sustainable approach to stay fat fueled without driving imbalance.

Handouts released:

Detox Quiz
Avoiding Endocrine Disruptors
Elimination Diet Reintroduction

[Join my Virtual Food-As-Medicine Program now!](#)