

PROGRAM PREVIEW



METABOLISM
SCHOOL

THANK YOU

FOR YOUR INTEREST IN THE
FNMS PROGRAM FOR COACHES
AND HEALTH PROFESSIONALS.



THIS GUIDE WILL SERVE TO
OUTLINE THE PROGRAM AND
ANSWER SOME FREQUENTLY
ASKED QUESTIONS THAT
COACHES HAVE PRIOR TO
PARTICIPATING IN THE
SPECIALIZATION.

FNMS BELONGS TO THE
METABOLISM SCHOOL
FAMILY OF PROGRAMS
FOUNDED AND CREATED
BY SAM MILLER.



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PROGRAM PREVIEW

THE PURPOSE OF FNMS

The goal of the Functional Nutrition and Metabolism Science Specialization is to demystify advanced concepts in nutrition, hormones, metabolism, and digestive health.

This program provides coaches with a level of preparedness and confidence to assess and implement the appropriate protocols competently as these complex cases become increasingly more common. You'll also receive the "FNMS" credential when you complete the program.

COACHES LEAVE
UNDERSTANDING THAT
NUTRITION, MOVEMENT,
AND LIFESTYLE ARE
PARAMOUNT, BUT THIS
KNOWLEDGE MUST BE
COMBINED WITH A KEEN
UNDERSTANDING OF THE
BODY'S ADAPTIVE
PHYSIOLOGY

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THE PURPOSE OF FNMS

FNMS is an experiential and immersive learning experience designed to help professionals bridge the knowledge and education gap that exists between the world of macros, metabolism, and functional medicine.

By working with the FNMS team coaches, clinicians, practitioners, and health professionals receive LIVE instruction, mentorship, and case experience to cultivate expertise and mastery in complex topics often left out by other programs.

THE BOTTOM LINE:

THE R.O.I IS YOU

EDUCATION OR MENTORSHIP OF ANY
KIND IS ALWAYS AN INVESTMENT
DESIGNED TO SAVE YOU TIME AND
ENERGY WHILE PROTECTING YOU
FROM MAKING AVOIDABLE MISTAKES

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KENNETH ALMOND

FOUNDRY PHYSIQUES

Sam's knowledge and how he imparts that knowledge through FNMS vastly changed my approach to coaching.

Going into the class, I felt confident in my own ability, but after working with Sam, he filled in gaps I didn't even know I had as a coach.

Not only is Sam a class act, but he meets you where you are as a coach, and immediately elevates your game.

Work with him and be changed for the better.

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WE SEE FNMS PAYING
DIVIDENDS IN 5 SPECIFIC WAYS
FOR COACHES:



RESULTS + RETENTION
(Revenue)



INCREASED REFERRALS
(Revenue)



**COACH AND CLIENT
REASSURANCE**
(Confidence)



EXPERTISE AND RECOGNITION
(Influence)



**RESOURCES FOR
COACHING AND CONTENT
CREATION**
(Confidence)

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P R O G R A M P R E V I E W

EXPECTED OUTCOMES

**COMPETENCY IN
TROUBLESHOOTING
COMMON METABOLIC
& HORMONAL ISSUES**



**PROFICIENCY IN INTEGRATING
PHYSIOLOGY AND
ENDOCRINOLOGY CONCEPTS
INTO NUTRITION & FITNESS
COACHING**

**UNDERSTAND THE BASICS OF
LAB MARKERS AND THE
CONNECTION TO CLIENT
BIOFEEDBACK AND NUTRITION
PROTOCOL MANIPULATIONS**



**IDENTIFY COMMON REASONS
FOR CLIENT BIOFEEDBACK
COMPLAINTS OR LACK OF
TANGIBLE PROGRESS ON THE
SCALE, IN PHOTOS, OR IN THE
GYM**

**EXPOSURE TO THE WORLD OF
FUNCTIONAL MEDICINE AND
INTEGRATIVE HEALTH SO THAT
YOU CAN TAKE A 360 DEGREE
APPROACH TO CLIENT HEALTH,
PERFORMANCE AND
TRANSFORMATION**



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SARAH FECHTER
IFBB PRO

FNMS is perfect in my opinion.

I've done quite a few courses and this is the top BY FAR. It's a great balance between learning and reassurance.



MEAGAN HAYES
**MONARCH FITNESS
COMMUNITY**

FNMS was the BEST investment I ever made as a coach. PERIOD.

I'm so excited to keep learning and changing lives.

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HOW IS FNMS DIFFERENT?

TIMELINES AND DELIVERY



UNLIKE MOST COURSES THAT LEAVE YOU TO YOUR OWN DEVICES WITH A BOOK-ONLY OR SELF-STUDY MODULES THE FNMS PROGRAM INCLUDES MENTORSHIP AND COACHING (IN ADDITION TO THE CREDENTIALS YOU RECEIVE).



FNMS IS A 16 WEEK PROGRAM AVAILABLE TO STUDENTS AROUND THE WORLD. ALL YOU NEED IS AN INTERNET CONNECTION AND A DESIRE TO LEARN



COMPARE THIS TO PROGRAMS OF TWICE THE PRICE THAT HAVE ZERO INSTRUCTOR INTERACTION OTHER THAN YOUR FINAL EXAM!!! (I CALL THAT HIGHWAY ROBBERY...)



OTHER HORMONE OR FUNCTIONAL HEALTH SPECIALIZATION PROGRAMS THAT ARE CONDUCTED LIVE FREQUENTLY TAKE PLACE AS A WEEKEND WORKSHOP OR A 1-2 DAY SEMINAR WHICH IS NOT SUFFICIENT FOR ACHIEVING COMPETENCY WITH COMPLEX TOPICS.



OTHER SINGLE TOPIC EDUCATION SESSIONS WITH INSTRUCTORS LACK THE ABILITY TO ASK QUESTIONS AFTER THE MEETING... WE OFFER LIVE WEEKLY INTERACTION AND SUPPORT TO CREATE THE UTMOST CLARITY FOR COACHES



THIS PROGRAM INCLUDES BOTH LIVE SEMI-PRIVATE WEEKLY ZOOM CALLS AND A PRIVATE 24/7 COMMUNITY FORUM FOR Q&A TO ADDRESS THE AFOREMENTIONED CONCERNS.

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LIVE CALLS



PRIVATE COURSE PORTAL



PRIVATE FORUM + INSTRUCTOR ACCESS



SIGNIFICANT ROI AND SAVINGS



You'd be shocked to find similar functional health programs with zero instructor access for twice the price of FNMS. Look no further, after 9+ iterations of this program we've found the best way to teach and share with you.

Your content will be loaded into a private portal with a username and password for your exclusive access. The course library will contain videos as well as complimentary E-Books, Manuals, and Reference Guides to support your development as a coach.

In addition to our live meetings, you might be the type of learner where questions hit at what seems like the most crazy times. Don't worry; we've got you covered with a private community for the days we don't meet live via zoom. We also have coaching coordinators to support you every step of the way.

While you should expect to invest more than a basic digital course or self-study nutrition program, FNMS is priced less than most mentorships, graduate coursework, or functional health training courses. This blend allows us to deliver the hybrid learning format to best support your growth and development.

BUT WAIT THERE'S MORE...

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**ACCESS TO RECORDED LIVE
SESSIONS LIBRARY**



CLIENT CASE STUDIES + Q&A



**CUSTOMIZED "F.N.M.S"
SPECIALIZATION CREDENTIAL
UPON COMPLETION**



**CAPSTONE ASSESSMENT WITH
INSTRUCTOR FEEDBACK**

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1 1

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JENNA ALTMAN
HARVEST COACHING

Working with Sam in the FNMS program was one of the best things I could have done for my business this year. After about 6 months into nutrition coaching, I started to feel like there was more to the story than just macros.

I committed to FNMS because I wanted to be able to provide my clients with a deeper level of service, trust, and knowledge. I felt it was my duty to learn more in order to help those complex client cases because they, too, deserve to feel their best.

After this experience, I feel so much more confident in my coaching as a whole. I am grateful for this opportunity to work with one of the BEST in the game, alongside a bunch of amazing coaches!

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1 2

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FAQ

HOW MANY HOURS PER WEEK SHOULD I PLAN TO SPEND ON FNMS?

Approximately 3 hours per week. It is designed specifically for busy, working professionals. Additional time is optional based on your needs and interests.

WHAT HAPPENS IF I MISS A LIVE SESSION?

Calls are live streamed, but also recorded and typically made available within 24 hours. We've had students from the US, Canada, Australia, New Zealand, Europe, South Africa, and more - so we do our best to accommodate several time zones.

DO YOU OFFER A PAYMENT PLAN?

Yes, we offer payment plan options as well as paid-in-full program incentives during enrollment. The specific plans and options available are discussed during the application and enrollment process with our team.

FAQ

WHAT BACKGROUND DO I NEED?

While we care more about your zest for learning and helping clients than the letters after your name we have served coaches around the world with backgrounds varying from initial training and nutrition certification programs to health professionals such as nurses, doctors, PA's, chiropractors, and dietitians. We recommend having a basic certification and some time in the trenches via your own transformation and/or working with clients.

WHAT MATERIALS DO I GET BESIDES INSTRUCTIONAL VIDEOS?

In addition to topic specific modules, live weekly zoom calls, and a private community, the program also includes over 19 written reference guides as well as an additional manual. You'll also receive an ebook for added written content that corresponds with the videos and calls.

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14

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FAQ

WHAT CONCEPTS ARE COVERED INSIDE?

- Adaptive Physiology and Mapping Metabolism
- The Endocrine System, HPA, and Cortisol
- Thyroid Health
- Men's Health and Hormones
- Women's Health and Hormones
- Gut Health and Troubleshooting Digestion
- Lab Testing + Health Testing
- Common Client Medications
- Understanding Research and Evidence
- PCOS + Advanced Women's Health Concepts
- Auto-Immunity and Inflammation
- The Dutch Test
- Insulin Resistance and Energy Management (Fuel States)
- Plus additional content on Menopause, Pregnancy, Menstrual Cycle Nutrition, Night-Shift Workers, Micronutrient Deficiencies, Cardiovascular Health + Longevity, Hashimotos, Supplementation and More!

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14

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FAQ

HOW SHOULD I BUDGET?

Our minimum investment to reserve a seat in an upcoming cohort is a minimum of 1,500 or the first installment of your selected payment plan, depending on the time remaining before the selected program start date. The program itself entails investing more than most self study courses, but less than many mentorships or integrative and functional health programs.

LET'S GET STARTED!!!

**IF YOU ARE READY TO BOOK A CALL
TO DISCUSS ENROLLMENT EMAIL
ADMIN@SAMMILLERSSCIENCE.COM**

**IF YOU'VE STUMBLED UPON THIS DOCUMENT
AND HAVEN'T APPLIED FOR FNMS YOU CAN
APPLY BY CLICKING THE BUTTON BELOW**

APPLY

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15

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