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Certificate in Functional Medicine and Wellness Coaching

## Foundations of Wellness Coaching

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A:

**Acupuncture:** a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing.

**Aerobic exercise:** physical activity that increases heart rate and breathing for an extended period, improving cardiovascular health and endurance.

**Amino acids:** organic compounds that form proteins, essential for growth, repair, and maintaining good health.

**Anthropometrics:** measurements of human body characteristics, such as height, weight, blood pressure, and waist-to-hip ratio.

**Antioxidants:** substances that protect cells from damage caused by free radicals, reducing the risk of chronic diseases.

**Ayurveda:** an ancient Indian system of medicine that emphasizes balance in the body, mind, and consciousness through diet, lifestyle, and herbal remedies.

B:

**Biofeedback:** a technique that uses electronic devices to measure and provide real-time feedback on body functions, enabling individuals to learn to control them voluntarily.

**Blood sugar:** the concentration of glucose in the blood, a critical factor in maintaining energy levels and preventing diabetes.

**Body composition:** the proportion of fat, muscle, bone, and water in the body, indicating overall health and fitness.

**Brain-gut axis:** the complex communication network between the brain and the gastrointestinal tract, influencing mood, appetite, and digestion.

C:

**Caloric balance:** the balance between caloric intake and energy expenditure, critical for maintaining a healthy weight.

**Cardiovascular disease:** a class of diseases that affect the heart and blood vessels, including heart attack, stroke, and high blood pressure.

**Chakras:** energy centers in the body according to Hindu and Buddhist traditions, believed to influence physical, emotional, and spiritual health.

**Chiropractic:** a complementary medicine practice that focuses on the relationship between the spine and the nervous system, using manual manipulation to relieve pain and improve function.

**Circadian rhythm:** the internal biological clock that regulates sleep-wake cycles, hormone production, and other physiological processes.

**Coaching psychology:** the application of psychological principles and techniques to help individuals achieve their goals and improve their well-being.

**Cognitive-behavioral therapy:** a type of psychotherapy that focuses on changing negative thought patterns and behaviors to improve mental health.

**Complementary and alternative medicine:** healthcare practices that are not typically part of conventional medicine, such as acupuncture, herbal medicine, and chiropractic.

**Cortisol:** a hormone released in response to stress, regulating metabolism, immune function, and other physiological processes.

**Craniosacral therapy:** a manual therapy that involves gentle manipulation of the skull and spine to improve the flow of cerebrospinal fluid and promote relaxation.

**Culinary medicine:** the practice of using food and cooking as medicine to prevent and treat illnesses.

D:

**Detoxification:** the process of removing toxins from the body, often through diet, supplements, or other therapies.

**Diaphragmatic breathing:** a breathing technique that involves contracting the diaphragm to fill the lungs with air, promoting relaxation and reducing stress.

**Digestive enzymes:** proteins that break down food molecules into smaller units, facilitating absorption and utilization.

**DNA methylation:** a process that adds methyl groups to DNA molecules, regulating gene expression and influencing health outcomes.

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Doshas: the three energies that govern the body according to Ayurveda: Vata, Pitta, and Kapha.

Dry brushing: a technique that involves brushing the skin with a dry brush to stimulate lymphatic flow and remove dead skin cells.

E:

Eating behaviors: patterns of food intake, including frequency, quantity, and quality of food, as well as meal timing and environment.

Echinacea: a herb used in traditional medicine to boost the immune system and treat respiratory infections.

Electrolytes: minerals in the body that carry an electric charge, essential for nerve function, muscle contraction, and fluid balance.

Emotional intelligence: the ability to recognize, understand, and manage emotions in oneself and others, critical for effective communication and relationships.

Epigenetics: the study of changes in gene expression that do not involve alterations to the DNA sequence, influenced by environmental factors and lifestyle choices.

Essential oils: volatile aromatic compounds extracted from plants, used in aromatherapy and other applications for their therapeutic properties.

Exercise adherence: the ability to maintain regular physical activity over time, influenced by motivation, self-efficacy, and other factors.

Exercise physiology: the study of how the body responds to physical activity, including the acute and chronic effects on physiological systems.

Exposure therapy: a type of psychotherapy that involves gradually exposing individuals to feared stimuli to reduce anxiety and avoidance behaviors.

F:

Fasting: the practice of abstaining from food and drink for a period, often used for religious or therapeutic purposes.

Fatty acids: chains of carbon atoms with attached hydrogen atoms, found in fats and oils, essential for energy, membrane structure, and hormone production.

Fiber: the indigestible part of plant foods, essential for gut health, bowel regularity, and blood sugar control.

Fitness assessment: a comprehensive evaluation of an individual's physical fitness, including cardiovascular

health, muscle strength, flexibility, and body composition.

Flower essence therapy: a form of energy medicine that uses diluted extracts of flowers to address emotional and spiritual imbalances.

Food journaling: the practice of recording food intake, often used to identify patterns of eating and improve diet quality.

Food sensitivity: an adverse reaction to certain foods, often less severe than a food allergy, and may involve immune or non-immune mechanisms.

G:

GABA: a neurotransmitter that inhibits nerve activity, promoting relaxation and reducing anxiety.

Gastrointestinal microbiome: the community of microorganisms that inhabit the digestive tract, influencing gut health, immunity, and overall health.

Genomic medicine: the application of genomic information to improve healthcare, including diagnosis, treatment, and prevention of diseases.

Gluten: a protein found in wheat, barley, and rye, causing adverse reactions in individuals with celiac disease or non-celiac gluten sensitivity.

Glycemic index: a measure of how quickly a food raises blood sugar levels, used to guide carbohydrate choices for diabetes management and weight loss.

Gut-brain axis: </