



ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

UNIVERSAL ACTIVITY NUMBER (UAN): 0864-9999-25-033-H01-P

Provider Name: CPE Consultants, LLC

Cancel

Cosponsor(s): 9999 Joint Providership (H)

Activity Type: Knowledge

Activity Title: From Labs to Protocols: Mastering Functional Medicine Testing for Root Cause Care

Learning Objectives:
(Pharmacists)

At the completion of this activity, the participant will be able to:

- Describe the role of the gastrointestinal tract barrier in immune surveillance and its impact on autoimmune and auto-inflammatory conditions.
- Identify key mediators of inflammation and their significance in functional medicine approaches to immune system balance.
- Evaluate the relationship between gut integrity and systemic inflammation in clinical scenarios.
- Discuss evidence-based lifestyle interventions to modulate the immune system and support gut health.
- Explain the mechanisms by which food sensitivities develop and their relationship to gut barrier dysfunction.
- Differentiate between types of food sensitivity testing, including IgE, IgG, and IgA, and explain how immune complexes and complement factors influence immune responses.
- Interpret key biomarkers, including Candida antibodies, Zonulin, and Occludin in the context of intestinal permeability and immune dysfunction.
- Evaluate clinical case studies to identify patterns of gut-related immune dysfunction and implement diagnostic strategies.
- Design protocols integrating food sensitivity testing and gut barrier assessments and nutritional supplementation to optimize patient outcomes in functional medicine.
- Analyze case studies of Hashimoto's thyroiditis and pre-diabetes to identify common inflammatory and metabolic patterns.
- Select appropriate functional and integrative lab tests to assess thyroid function, inflammation, and metabolic health.
- Interpret lab results to uncover root causes of metabolic dysfunction and immune dysregulation.
- Develop practical, patient-centered protocols that are simple to implement in clinical practice.
- Collaborate with peers in interactive discussions to apply workshop content to real-world clinical scenarios.
- Analyze case studies involving gut health, food sensitivities, and hormonal and adrenal imbalances in a functional medicine framework.
- Identify appropriate lab panels and functional tests for assessing gut integrity, immune dysfunction, and hormone-adrenal health.
- Interpret lab results to uncover the root causes of gastrointestinal and hormonal imbalances.
- Develop actionable protocols to address gut-related immune dysfunction, hormone dysregulation, and adrenal imbalances.
- Collaborate in interactive group discussions to apply workshop concepts to clinical practice.

Activity Length: 7 **Contact Hours**

Target Audience: Pharmacists

Home Study Format(s): Web-based

Keyword(s):

- Diabetes (DM)
- Diagnostics
- Hormones
- Immunology
- Laboratory
- Thyroid Disease

Initial Release Date: 05/20/2025

Planned Expiration Date: 05/20/2028



ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

Originally Submitted By: Cheryl Reese

Submission Date: 05/20/2025

Last Modified By: Cheryl Reese

Modification Date: 05/20/2025