

What is Functional Medicine?

Functional Medicine is a new and cutting edge approach that:

- Is Individualized
- Is Patient-centered
- Is Science-based
- Empowers you the patient while working together 1:1 with the practitioner to address your health issues and achieve optimal wellness.

It is about getting at Root Causes and not just treating symptoms.

It is about making the patient responsible as opposed to the doctor.

This requires a detailed understanding of each patient's:

- Genetics: Predispositions and Risks
- Biochemical Levels (not just that basic blood work your doctor runs each time)
- Nutritional Status: (Vitamin, Mineral, Enzyme and Gut Flora Deficiencies)
- Organ And System: Function vs Dysfunction

In order to determine the real ROOT CAUSES of the health situations.

From that information we can create a personalized Natural Health Improvement Program.

True Functional Medicine programs use natural therapies as much as possible and try to avoid the medical approach. (which can be used when absolutely necessary) using solutions such as:

1. Vitamins
2. Herbs
3. Nutrition
4. Homeopathy
5. Naturopathy
6.along with a personalized plan that provides the patient with the correct:
 - Natural Health Education
 - Diet and Food Plan
 - Exercise Routines
 - Lifestyle Habits