

THE HOLISTIC PATH OF FUNCTIONAL MEDICINE

Functional Medicine is a personalized, systems-based approach that works in a logical order to restore your health from the inside out. Each step builds on the last —creating **true healing and long-term vitality**.

1

BUILD THE FOUNDATION

FIX THE FOUNDATION

Vitamins and minerals must be adequate and properly balanced for your body to function and heal.



ESSENTIAL
NUTRIENTS



BALANCE &
BIOMIMETIC
RATIOS



ENERGY
PRODUCTION



IMMUNE
RESILIENCE



2

ADDRESS THE ROOT CAUSES

ADDRESS UNDERLYING STRESSORS

Identify and resolve the stress, lifestyle, and diet factors that are driving imbalances.



STRESS
MANAGEMENT



SLEEP
QUALITY



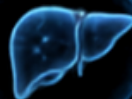
NUTRITION &
BLOOD SUGAR



MOVEMENT &
LIFESTYLE



TOXINS &
ENVIRONMENT



3

CORRECT ORGAN FUNCTION

SUPPORT & DETOXYFY

Restore optimal function by supporting and detoxifying the organs and systems that are overburdened or underperforming.



LIVER DETOX



GUT REPAIR



MITOCHONDRIAL
SUPPORT



ADRENAL &
HORMONE
BALANCE



4

ADDRESS REMAINING SYMPTOMS

TARGET & REPAIR

Once the body is in balance, address remaining symptoms with gentle, effective natural therapies tailored to you.



HERBAL
MEDICINE



HOMOPATHY



NUTRITIONAL
THERAPIES



MIND-BODY
SUPPORT



ROOT CAUSE. TRUE HEALING. THRIVING FOR LIFE.