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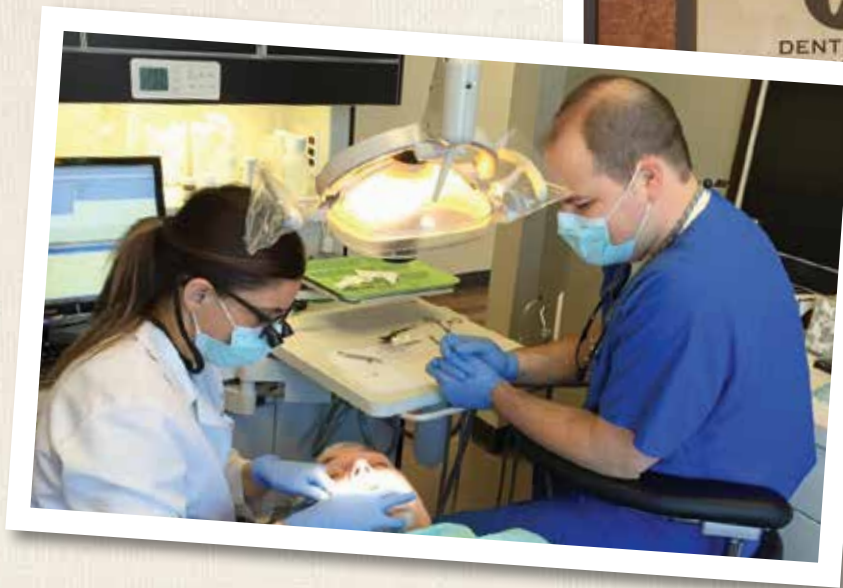


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# Inside {local} July 2020



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**6**  
**GUIDING PATIENTS TO A HEALTHIER MORE ABUNDANT LIFE**

Sanctuary Functional Medicine has a personal approach to medicine



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**FUNDRAISING CONTINUES DOWNTOWN**

\$50,000 needed for statue honoring soldiers



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Hot Buttered Rolls will hit the spot and can be used with many combinations



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Photography provided.

# SANCTUARY FUNCTIONAL MEDICINE

BY JASON ZASKY

The individuals who reach out to Sanctuary Functional Medicine have typically been unwell for months or even years. Yet they still don't have an answer for what ails them.

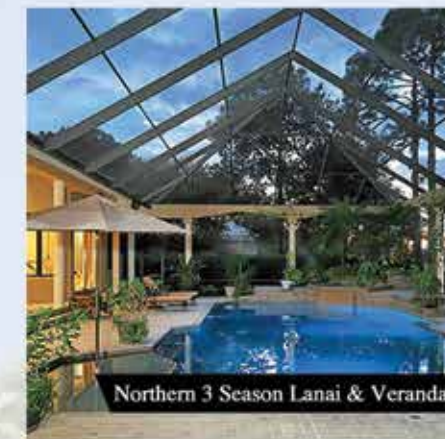
"Our patients are often ones who have already been to several doctors. They have been through the conventional world where they have been given medicine to cover their symptoms but still don't know what their problem is," begins Dr. Eric Potter, founder of the practice, which is located at Holiday Court in Franklin.

At Sanctuary Functional Medicine, Dr. Potter and his staff take a decidedly modern approach to treat patients, looking to address the underlying causes of disease, as opposed to merely managing acute symptoms.

"The functional medicine idea is that you look for root causes. You are looking for what is causing disease, whether [you're talking about] high blood pressure, fatigue, chronic pain, headaches or gastrointestinal issues," Dr. Potter explains. "We are treating the whole person using an integrated approach, which means we are using pharmaceuticals, conventional medicine, and natural therapies, while also talking to patients about diet and exercise, and making sure they aren't eating too much sugar or bad fats."

In that way, Dr. Potter and his team—which includes a physician's assistant, a nurse practitioner, holistic nutritionist, and registered & licensed nurses—are able to take patients "who have been sick a year, five years, twenty years, and get them to a point where they can go back and function in the world rather than being stuck at home suffering from a chronic illness."

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 ”



Photography provided.

**< FROM PAGE 6**

Oftentimes it's an illness that is prevalent in Middle Tennessee, like Lyme disease. "Being a moist area, there is also a good bit of mold toxicity here, and people don't realize that some of the mold in their homes can make them sick," Dr. Potter adds. He says he also commonly addresses thyroid disease and issues related to hormones. In other words, pretty much anything except cancer.

Sanctuary's Comprehensive Treatment Program But Dr. Potter notes that being a patient at Sanctuary Functional Medicine is typically an extended-term commitment.

"Our central program is our Comprehensive Treatment Program," he says. "That's where someone is in it for nine to twelve months, and we dig deep and hit hard on getting them better, finding root causes and dealing with [those causes], so they start

getting better."

On occasion, that includes doing a DNA analysis, which Dr. Potter says can be helpful in assessing disease risk and treating patients who don't metabolize drugs well.

"We don't use it [DNA analysis] all the time," Dr. Potter advises. "It's more intense, and there's an extra cost, but for those patients where answers aren't forthcoming in terms of root causes, you can do the genetics and do things that work around genetic roadblocks."

It's worth noting, too, that Sanctuary Functional Medicine accepts payment at time of service and works outside of the insurance system. But patients are able to self-submit Sanctuary invoices to their health insurance, and Dr. Potter notes that many

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**< FROM PAGE 6**

of the practice's patients "get pretty good coverage if they've got good out-of-network coverage, especially labs." This approach also offers advantages in terms of confidentiality, at least for those patients who want to be discreet or desire privacy.

**MEDICINE IN THE AGE OF COVID-19**

As one might expect, Sanctuary Functional Medicine has also been making a special effort to protect its patients from COVID-19. "We're going through the normal cleaning process, but instead of doing it once or twice a day, we are doing it 10-15 times per day," Dr. Potter advises. The practice has also added additional air purifiers, and approximately one-third of appointments are currently conducted via videoconference, which Dr. Potter regards as less than ideal compared to in-person appointments, "but glad we can

do it."

In addition, Dr. Potter says the practice will be starting an immune prepping course in late-summer. "Our next big thing will be helping people prepare their immune system to lessen the chance of getting viral diseases," Dr. Potter says. "We can't make promises or guarantees, but there is definitely science out there that shows you can improve your immune system by doing certain things."

Meanwhile, the Sanctuary Functional Medicine team is always happy to help "people who are willing to make changes to their diet and lifestyle and are committed to a process," Dr. Potter concludes. "People are not going to get better in a week, but if they will give us a month to a year or two in some cases, we typically see patients who say: 'I didn't know I could feel normal.' Or 'I didn't know what normal felt like.' We've heard that a number of times."

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# THE “FULLER STORY” CONTINUES THE EFFORT FOR UNITY IN THE CITY OF FRANKLIN

Bill Radcliffe with the American flag. Photography provided

## FUNDRAISING CONTINUES WITH \$50,000 NEEDED

A total of \$100,000 has been raised toward the goal of \$150,000 to erect a statue of a U.S. Colored Troops (USCT) soldier on the Franklin Square as part of the effort to tell the “Fuller Story.”

In making the announcement, Battle of Franklin Trust CEO Eric A. Jacobson said, “Our intention has always been to put something up rather than tearing something down. We recognize the importance of bringing awareness to the African American experience now more than ever, and we’re nearing our goal with just \$50,000 needed to complete the project.”

The “Fuller Story” initiative was conceived by three pastors, Hewitt Sawyers, Dr. Chris Williamson and Dr. Kevin Riggs, and historian Eric A. Jacobson. It was launched with the help of the City of Franklin, community leaders, pastors, and historians. In the fall of 2019, four interpretive markers were dedicated and unveiled in the town square that call attention to the experiences and advancements of African Americans before, during, and after

the Civil War. A fifth marker details the Battle of Franklin. The culmination of the “Fuller Story” will be the unveiling of the bronze statue of a U.S. Colored Troops soldier that will be placed on the square near the historic Williamson County Courthouse.

The Board of Mayor and Aldermen voted unanimously to place the markers as well as a full-scale statue on the square in a place of equal nobility across from the Confederate monument. Tennessee native Joe F. Howard is sculpting the statue to be erected in early 2021.

Jacobson added, “We’re encouraging supporters to make a donation to help us reach our goal. Help us do something positive and powerful for Franklin and for the Civil War community.”

*Donations may be made through the Battle of Franklin Trust website by visiting <https://boft.org/usct-statue> or by calling Laurie McPeak at 615-794-0903.*



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### INGREDIENTS

- 1 CUP WHOLE MILK, WARMED TO ABOUT 110°F
- 2 AND 1/4 TEASPOONS ACTIVE DRY YEAST (1 STANDARD PACKET)
- 3 TABLESPOONS GRANULATED SUGAR, DIVIDED
- 1 LARGE EGG, ROOM TEMPERATURE
- 1/4 CUP UNSALTED BUTTER, SOFTENED TO ROOM TEMPERATURE AND CUT INTO 4 PIECES
- 1 TEASPOON SALT
- 3 CUPS BREAD FLOUR (SPOON AND LEVELED)
- OPTIONAL TOPPING: 2 TABLESPOONS MELTED BUTTER

### DIRECTIONS:

**PREPARE THE DOUGH:** Whisk the warm milk, yeast, and 1 Tablespoon of sugar together in the bowl of your stand mixer fitted with a dough hook or paddle attachment. Cover and allow to sit for 5 minutes.

• Add the remaining sugar, egg, butter, salt, and 1 cup flour. Beat on low speed for 30 seconds, scrape down the sides of the bowl with a rubber spatula, then add the remaining 2 cups of flour. Beat on medium speed until the dough comes together and pulls away from the sides of the bowl, about 2 minutes.

\*If you do not own a mixer, you can mix this dough with a large wooden spoon or rubber spatula.

**KNEAD THE DOUGH:** Keep the dough in the mixer and beat for an additional 2 minutes or knead by hand on a lightly floured surface for 2 minutes.

**1st Rise:** Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the dough to rise in a relatively warm environment for 1-2 hours or until doubled in size. (I always let it rise on the counter. Takes about 2 hours.)

• Grease a 9x13 inch baking pan or two 9-inch square or round baking pans. You can also bake the rolls in a cast iron skillet.

**SHAPE THE ROLLS:** When the dough is ready, punch it down to release the air. Divide the dough into 14-16 equal pieces. (Just eyeball it-- doesn't need to be perfect!) Shape each piece into a smooth ball, stretch the top of the dough while pinching and sealing the bottom. Make sure the top is smooth and the bottom is sealed.

• **2nd Rise:** Cover shaped rolls with aluminum foil, plastic wrap, or a clean kitchen towel. Allow to rise until puffy, about 1 hour.

**BAKE THE ROLLS:** Bake at 350 degrees for 20-25 minutes or until golden brown on top, rotating the pan halfway through. If you notice the tops browning too quickly, loosely tent the pan with aluminum foil. Remove from the oven, brush with optional melted butter and allow rolls to cool for a few minutes before serving.

From the kitchen of Karen Bryant

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