

FUNCTIONAL MEDICINE: A WHOLE BODY APPROACH TO NATURAL BALANCE AND HEALING

WHAT IS FUNCTIONAL MEDICINE?

Functional medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. By shifting the traditional disease-management-centred focus of medical practice to a more patient-centred, Root cause diagnosis and resolution approach, functional medicine addresses the whole person, not just an isolated set of symptoms. After all, symptoms are only the red light on your dash board. We have to address what is going on under the bonnet to resolve and reboot sustainable, optimal health.

Functional medicine is a shift in the practice of medicine that has evolved in order to better address the healthcare needs of our modern society.

Functional medicine views health as a positive state of vitality, not merely the absence of disease. We focus on totally resolving the underlying deficit in your health bank account, not just breaking even, but also building reserves and resilience to enable you to enjoy a future free from chronic disease and disability.

Functional medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, functional medicine supports the unique expression of health and vitality for each individual.

The human organism is a self-repairing, self-healing system composed of many subsystems that are connected and continuously affecting one another.

Our goal is to find and remove the causes that contribute to disease and to improve the function of cells, organs, and the body's systems, relying as far as possible on the use of natural compounds. In that way, we activate the body's innate capacity to heal.

Unlike conventional Western medicine, which divides the body up into multiple systems, functional medicine looks for the root cause of a collection of symptoms. Functional medicine goes a step further than Western Medicine, alternative and complementary medicine by using science and lifestyle factors to treat an imbalance that can cause disease.

One of the basics premises in Functional Integrative Medicine is systems biology. This helps providers and patients to look at the body for what it is: a complex, interconnected system. But complex medicine doesn't have to be complicated. Functional Integrative Medicine is gives us the ability to transition from reductionist Western Medicine which medicates the parts which show symptoms, into much more complex systemic integrative medicine, finding and removing the root cause, and promoting natural resolution and optimal health...the natural way.

Often multiple symptoms of disease can arise in several places at once. This is especially true of chronic diseases, which can take years, usually decades, to fully develop. For example, disease symptoms could show up in the immune system, in the gut, and in the musculoskeletal system all at the same time. While conventional Western medicine may send you to three different specialists, a functional medicine practitioner looks at how all of these symptoms relate to each other.

Good patient care relies heavily on careful analysis and testing for diagnosis. Treatment usually involves changes in lifestyle and diet. While supplements may be used initially, the long-term goal is to support the body by finding a state of balance that can be maintained with diet and lifestyle alone.

Functional medicine practitioners believe that seven factors play an important role in health and wellness

THE 7 KEYS TO ULTRA-WELLNESS

Simply put, when your core systems are out of balance, they make fertile ground for the roots of illness. When they are in balance, they become the keys to creating wellness and vitality:

1. Environmental Inputs (diet, lifestyle, toxins, stress and trauma)
2. Detoxification Imbalances and Function (getting rid of wastes and dealing with toxins)
3. Gut and Digestive Health (digestion, absorption, assimilation, intestinal ecosystem and the gut-immune system)
4. Inflammation and Immune Balance (the hidden fire within)
5. Hormone and Neurotransmitter Balance (insulin, thyroid, adrenal balance; sex hormones and mood chemicals)
6. Creating Energy (the source of life energy and metabolism — antioxidant balance)
7. Mind-Body/Body-Mind Connection (change your mind, change your body; change your body, change your mind)

Meta health Screening and Root cause Diagnosis

In this practice we offer Meta Health Screening utilizing the accuracy of Autonomic response testing (ART) a sophisticated form of Clinical Kinesiology to ascertain the root cause of disease...the factors which have triggered the symptoms, and which are preventing natural healing and autoregulation. Once revealed, these factors can be removed by specific protocols. Taking away the root cause of any disease is essential if healing is ever going to be successful.

The next step is to promote good health...

In Functional medicine, nutrition and lifestyle are critical components of functional healthcare to keep the body in balance. In this practice it is used in conjunction with other powerful therapies such as Detoxification protocols, Supplementation, Allergy Testing, TCM Acupuncture, Physiotherapy, Aromatherapy, NLP coaching, Emotional Freedom Technique, Hypnotherapy, Reiki, Shamanic Healing and Transpersonal Counselling and other powerful therapies appropriate to and tailored for the needs of each individual client.

Scientific validation and evidence.

Extensive scientific backing for functional medicine exists, says The Institute for Functional Medicine (IFM), in countless studies that support the whole-body approach: focusing on the proven benefits of nutrition, botanicals, exercise, detoxification, acupuncture, manual medicine, stress management, and mind/body techniques.

IFM continues to support academic initiatives and the development of medical school curricula to "establish the need for a new model of care" that includes a functional view of disease in the 21st century.

Dr. Mark Hyman, chairman of IFM, famously exhibited this approach in his recent work with the Clintons, covered by The New York Times.

Dr. Hyman calls functional medicine the "future of conventional medicine," needed by our society more than ever as rates of chronic disease continue to spike.