

Questions about how to get started managing your health and wellness?

Please call us today or set up a free consultation. Greenwood Village Location

303-577-9977



Integrative

Health Inc

Experts Providing Healthcare

About Functional Medicine

What is Functional Medicine?

Functional medicine is personalized medicine that deals with primary prevention and underlying causes instead of symptoms for serious chronic disease. It is a science-based field of health care that is grounded in the following principles:

- Biochemical individuality describes the importance of individual variations in metabolic function that derive from genetic and environmental differences among individuals.
- Patient-centered medicine emphasizes "patient care" rather than "disease care," following Sir William Osler's admonition that "It is more important to know what patient has the disease than to know what disease the patient has."
- Dynamic balance of internal and external factors.
- Web-like interconnections of physiological factors – an abundance of research now supports the view that the human body functions as an orchestrated network of interconnected systems, rather than individual systems functioning autonomously and without effect on each other. For example, we now know that immunological dysfunctions can promote cardiovascular disease, dietary imbalances, and hormonal disturbances. Also, environmental exposures can precipitate neurologic syndromes such as Parkinson's disease.
- Health as a positive vitality – not merely the absence of disease.
- Promotion of organ reserve as the means to enhance health span.

Chinese Medicine and Functional Medicine are complementary services and we can combine both treatments. Integrative Health does not rely solely on the past medical opinions or diagnoses to guide our treatment plan. We look at the patient from a "functional" view opposed to a "pathological" view.

In Functional medicine, the core imbalances that arise are:

- Hormonal and neurotransmitter imbalances
- Detoxification and biotransformational imbalances
- Immune imbalances
- Inflammatory imbalances
- Digestive, absorptive, and microbiological imbalances
- Structural imbalances from cellular membrane function to the musculoskeletal system

Imbalances such as these are the precursors to the signs and symptoms by which we detect and label (diagnose) organ system disease. Improving balance – in the patient's environmental inputs

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and in the body's fundamental physiological processes – is the precursor to restoring health and it involves much more than treating the symptoms. Functional medicine is dedicated to improving the management of complex, chronic disease by intervening at multiple levels to address these core clinical imbalances and to restore each patient's functionality and health. Functional medicine is not a unique and separate body of knowledge. It is grounded in scientific principles and information widely available in medicine today, combining research from various disciplines into highly detailed yet clinically relevant models of disease pathogenesis and effective clinical management.

We have extensive experience working with patients whom have:

- Endocrine disorders (such as Diabetes and thyroid imbalances)
- Neurological disorder (ADD/ADHD, autism, depression)
- Autoimmune disorders (Hashimotos)
- Hormonal imbalances (infertility, PCOS, menstrual disorders, low libido, menopause, erectile dysfunction, low testosterone (andropause)).
- Inflammatory disorders

Functional Blood Chemistry

Functional blood chemistry is an efficient, effective and affordable tool utilized to screen and identify imbalances in the body's metabolism. A comprehensive blood chemistry panel provides the practitioner with a baseline of biomarkers and allows for quick assessment of the health status of the patient. A routine panel can screen for blood sugar, lipid, kidney, liver, gall bladder, cardiovascular, immune, and hematological disorders and risk. While pathological ranges in the field of blood chemistry are used to diagnose disease, the functional ranges indicate high risk and the potential for developing disease. Further testing can identify food intolerances, autoimmune processes, and hormone imbalances. Preventive health care addresses functional imbalances, utilizing strategies such as lifestyle, diet, nutrition, and other noninvasive therapies to restore optimal health.