In 2008 the US spent 16.2% of its GDP ($2.3 trillion) on Healthcare.

More than national defense, homeland security, education, and welfare…combined.

133 million Americans live with at least one chronic disease…
Heart Disease: 81 million people
Cancer: 11 million people
Depression: 1 in 20 Americans >12 years of age
Diabetes: “One in every 3 children born today will develop diabetes during his/her lifetime”
Redefining Disease: Overview

• Emergence of New Paradigm
• Maps and Tools – The Difference
• New Framework for Interpretation of Clinical Information
• Function vs. Pathology
• Etiology vs. Geography
• Physiological Systems vs. Diseases
• Continuum of Optimal Function to Disease
• Clinical Cases
FUNCTIONAL MEDICINE is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.
Antecedents, Triggers, and Mediators

- Nutrition
- Sedentary Lifestyle
- Chronic Stress
- Poverty/Uninsured
- Environmental Toxicity
- Fragmented families and communities
- Indoor Living
- Aging Population
- Chronic Disease
**GOTOIT Steps: Practicing Functional Medicine**

<table>
<thead>
<tr>
<th>Gather</th>
<th>Organize</th>
<th>Tell</th>
<th>Order</th>
<th>Initiate</th>
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<tr>
<td><strong>GATHER</strong></td>
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<td><strong>GO TO IT Steps: Practicing Functional Medicine</strong></td>
<td><strong>IFM Tools (examples)</strong></td>
<td><strong>GATHER INFORMATION</strong></td>
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<td>GATHER ONESELF: Mindfulness, creating the therapeutic relationship</td>
<td>Mindful Meditation</td>
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<td>GATHER INFORMATION: through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed functional medicine history takes into account the patient's age, gender, and nature of presenting problem.</td>
<td>Medical History and Intake Forms</td>
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<td>ORGANIZE the subjective and objective details from the patient’s story within the functional medicine paradigm. Focus on the presenting signs and symptoms, along with the details of the care barrier, creating a thorough and functional medicine narrative.</td>
<td>Functional Medicine Matrix</td>
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<td>TELL the story back to the patient in your own words to ensure accuracy and understanding. The recounting of the patient’s story in a dialogue about the care highlights, including the assessment, triggers, and measures identified in the history, considers them to the functional narrative.</td>
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<td>ORDER and prioritize actions from the dialogue of professional and patient. The patient’s medical, emotional, and spiritual perspective is of primary importance for prioritizing the ‘next steps.’</td>
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<td>INITIATE further functional assessment and interventions based upon the above work.</td>
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<td>TRACK further assessment, over the effectiveness of the therapeutic approach, and identify clinical interventions at each visit in partnership with the patient.</td>
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One Condition: Many Imbalances

- Inflammation
- Hormones
- Genetics and Epigenetics
- Diet and Exercise
- Mood Disorders

One Imbalance: Many Conditions

- Obesity
- Inflammation

- Heart Disease
- Depression
- Arthritis
- Cancer
- Diabetes
FUNCTIONAL MEDICINE MATRIX

Physiology and Function: Organizing the Patient’s Clinical Imbalances

- Assimilation
  - (e.g., Digestion, Absorption, Microbiota/GI, Respiration)

- Defense & Repair
  - (e.g., Immune, Inflammation, Infection/Microbiota)

- Structural Integrity
  - (e.g., from Subcellular Membranes to Musculoskeletal Structure)

- Mental
  - e.g., cognitive function, perceptual patterns

- Emotional
  - e.g., emotional regulation, grief, sadness, anger, etc.

- Energy
  - (e.g., Energy Regulation, Mitochondrial Function)

- Spiritual
  - e.g., meaning & purpose, relationship with something greater

- Communication
  - (e.g., Endocrine, Neurotransmitters, Immune messengers)

- Biotransformation & Elimination
  - (e.g., Toxity, Detoxification)

- Transport
  - (e.g., Cardiovascular, Lymphatic System)

Modifiable Personal Lifestyle Factors

- Sleep & Relaxation
- Exercise & Movement
- Nutrition
- Stress
- Relationships

Name: ___________________________ Date: ____________________ CC: ____________________ © 2013 Institute for Functional Medicine
The Science of Individuality

- **Emergence**: How genes are translated into patterns of health and disease
- **Exposome**: How internal metabolic factors and the environment influence gene expression
- **Epigenetics**: The study of heritable changes in gene expression or cellular phenotype caused by mechanisms other than change in the underlying DNA sequence
- **Nutritional Genomics or Nutrigenomics**: How different foods may interact with specific genes to increase the risk of common chronic diseases such as type 2 Diabetes, obesity, heart disease, and certain cancers
- **Pharmacogenomics**: Prediction of drug response and clinical outcomes, reduction in adverse events, and selection and dosing of drugs based on genotype
Two Simple Questions: Causes and Function

• Does this person need to be rid of something (toxic, allergic, infectious, poor diet, stress)?

• Does this person have some unmet individual need required for optimal function?
Old Paradigm

• A team of health care professionals
  • Psychiatrist, pulmonologist, allergist, neurologist, and gastroenterologist
• No one asked: How is everything connected?
• Their job: match the pill to the ill!
• We are asking the wrong questions
Before You Begin, Remember:

• Always seek the cause FIRST – again and again
• Focus on 5: Learn how to diagnose and treat the 5 causes of illness
  • Become an expert in toxins, allergens, infections, nutrition, and stress
• Ingredients for optimal function
  • Food, nutrients, hormones, environment (air, light, water), movement, rhythm, love, meaning
THE FUTURE OF HEALTH
Next Steps…

functionalmedicine.org/FreeCourse