



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

Fundamentals of Functional Medicine

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



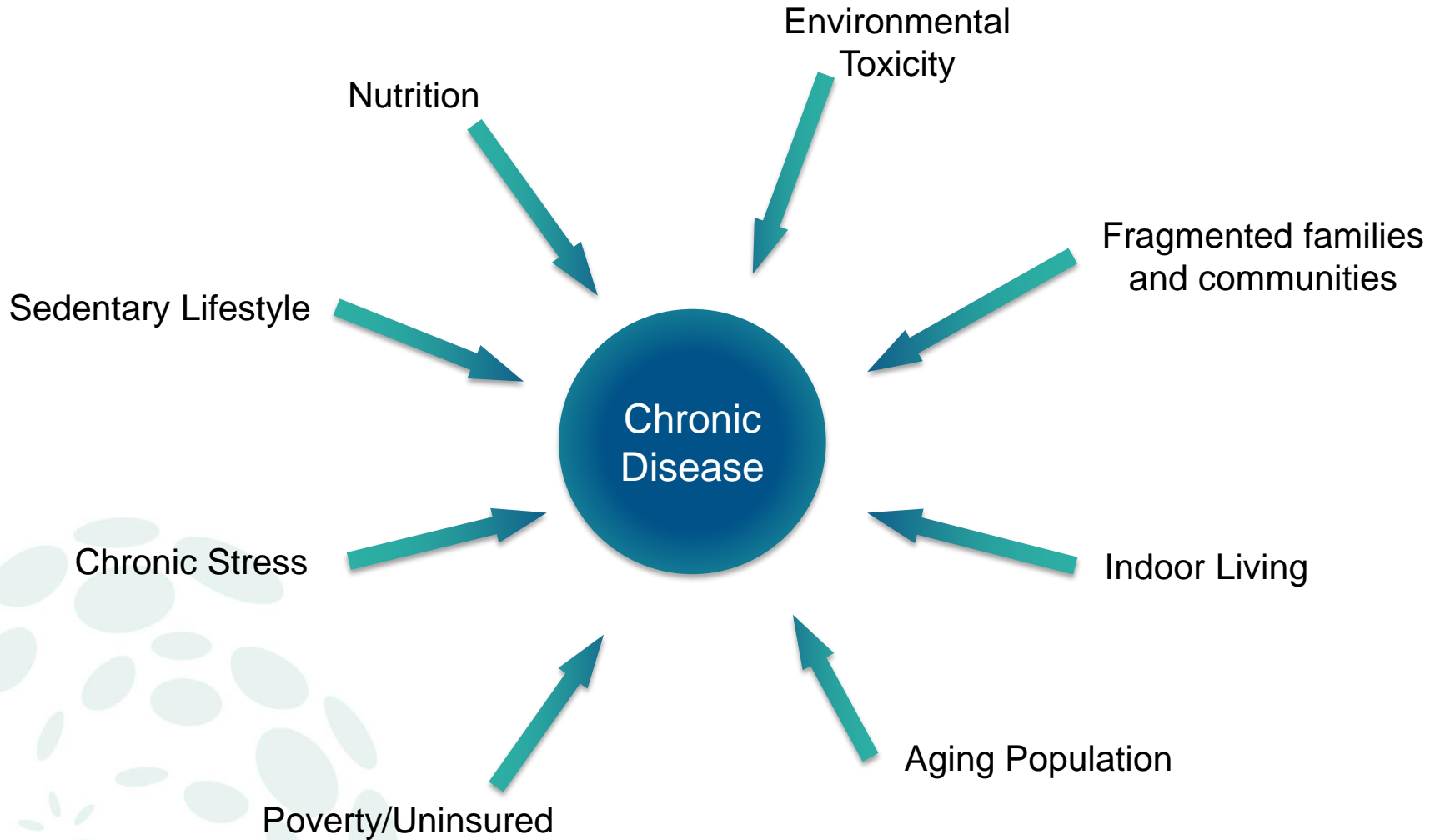
IF YOU WANT
TO TRANSFORM
THE WAY YOU
PRACTICE, YOU
NEED A PLAN

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

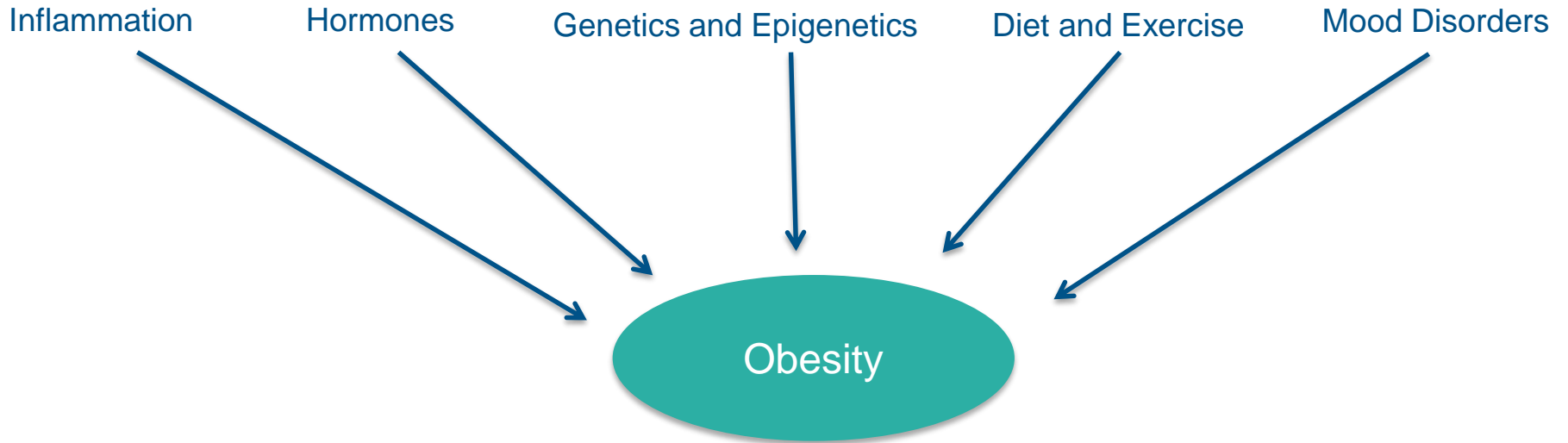


GOTOIT Steps: Practicing Functional Medicine

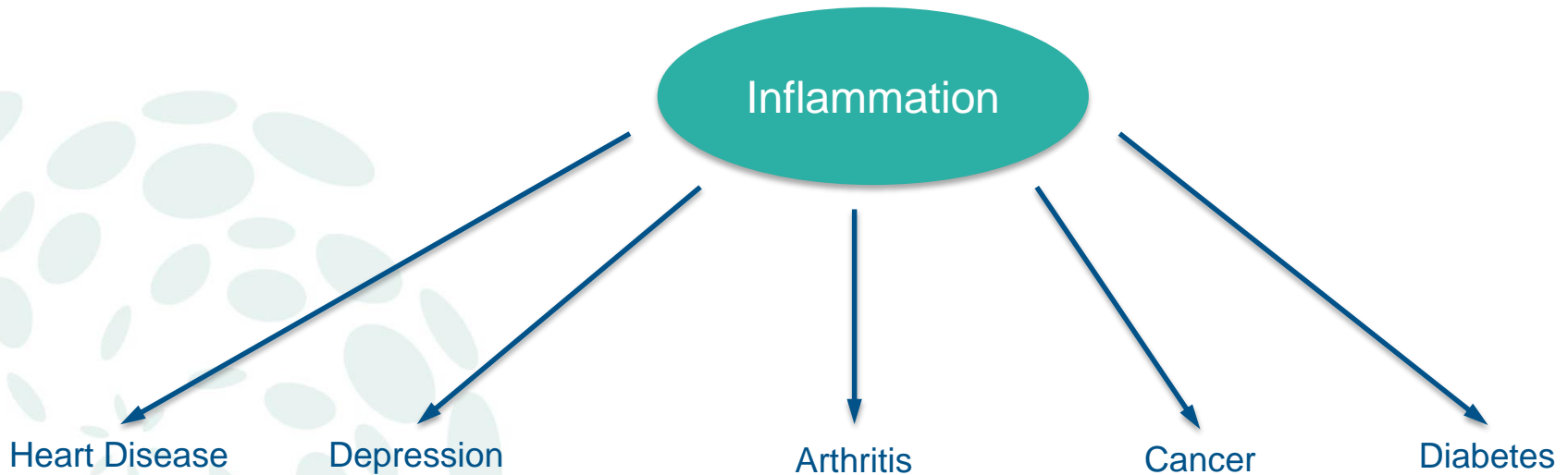
Gather
Organize
Tell
Order
Initiate
Track

 GO TO IT Steps: Practicing Functional Medicine		
	Purpose	IFM Tools (examples)
GATHER	<p>GATHER ONESELF: Mindfulness; optimizing the therapeutic relationship</p> <p>GATHER INFORMATION through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed functional medicine history taken appropriate to age, gender, and nature of presenting problems.</p>	<ul style="list-style-type: none"> ■ Mindful Meditation ■ Health History and Intake Forms ■ Medical Symptoms Questionnaire ■ Timeline <ul style="list-style-type: none"> ■ Chronological Story ■ ATMs and the Patient's Story ■ ABCDs of Nutritional Evaluation ■ Request and Report ■ Nutrition Physical Exam Forms
ORGANIZE	<p>ORGANIZE the subjective and objective details from the patient's story within the functional medicine paradigm. Position the patient's presenting signs and symptoms, along with the details of the case history on the timeline and functional medicine matrix.</p>	<ul style="list-style-type: none"> ■ Functional Medicine Matrix <ul style="list-style-type: none"> ■ Antecedents, Triggers, Mediators ■ Modifiable Lifestyle Factors ■ Clinical Imbalances
TELL	<p>TELL the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.</p> <ul style="list-style-type: none"> ■ Acknowledge patient's goals. ■ Identify the predisposing factors (antecedents). ■ Identify the triggers or triggering events. ■ Identify the perpetuating factors (mediators). ■ Explore the effects of lifestyle factors. ■ Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix. <p>Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.</p>	<ul style="list-style-type: none"> ■ The Patient's Story Reviewed & Shared with integration of the Functional Medicine perspective (i.e. ATMs, Timeline, and Matrix) ■ Personal Development Exercises to Create and Strengthen the Therapeutic Relationship <ul style="list-style-type: none"> ■ Reflective Listening ■ Motivational Interviewing ■ Coaching & Behavioral Modifications
ORDER	<p>ORDER and prioritization emerges from the dialogue of professional and patient. The patient's mental, emotional, and spiritual perspective is of primary importance for prioritizing the 'next steps.'</p>	<ul style="list-style-type: none"> ■ Matrix
INITIATE	<p>INITIATE further functional assessment and intervention based upon the above work:</p> <ul style="list-style-type: none"> ■ Perform further assessment ■ Initiate patient education and therapeutic intervention ■ Referral to adjunctive care if needed <ul style="list-style-type: none"> ■ Nutrition Professional ■ Lifestyle Educator ■ Healthcare Provider ■ Specialist 	<ul style="list-style-type: none"> ■ Prescription for Lifestyle Medicine ■ Referral to Functional Nutritionist for <ul style="list-style-type: none"> ■ Additional Nutrition Evaluation ■ Biomarkers Laboratory Form ■ Dietary Interventions ■ Patient Education Handouts (examples) <ul style="list-style-type: none"> ■ Mindful Eating ■ Relaxation Response ■ Functional Nutrition Fundamentals ■ Core Food Plan and Therapeutic Suites
TRACK	<p>TRACK further assessments, note the effectiveness of the therapeutic approach, and identify clinical outcomes at each visit—in partnership with the patient.</p>	<ul style="list-style-type: none"> ■ Medical Symptoms Questionnaire ■ Body Composition Tracking

One Condition: Many Imbalances



One Imbalance: Many Conditions



FUNCTIONAL MEDICINE MATRIX

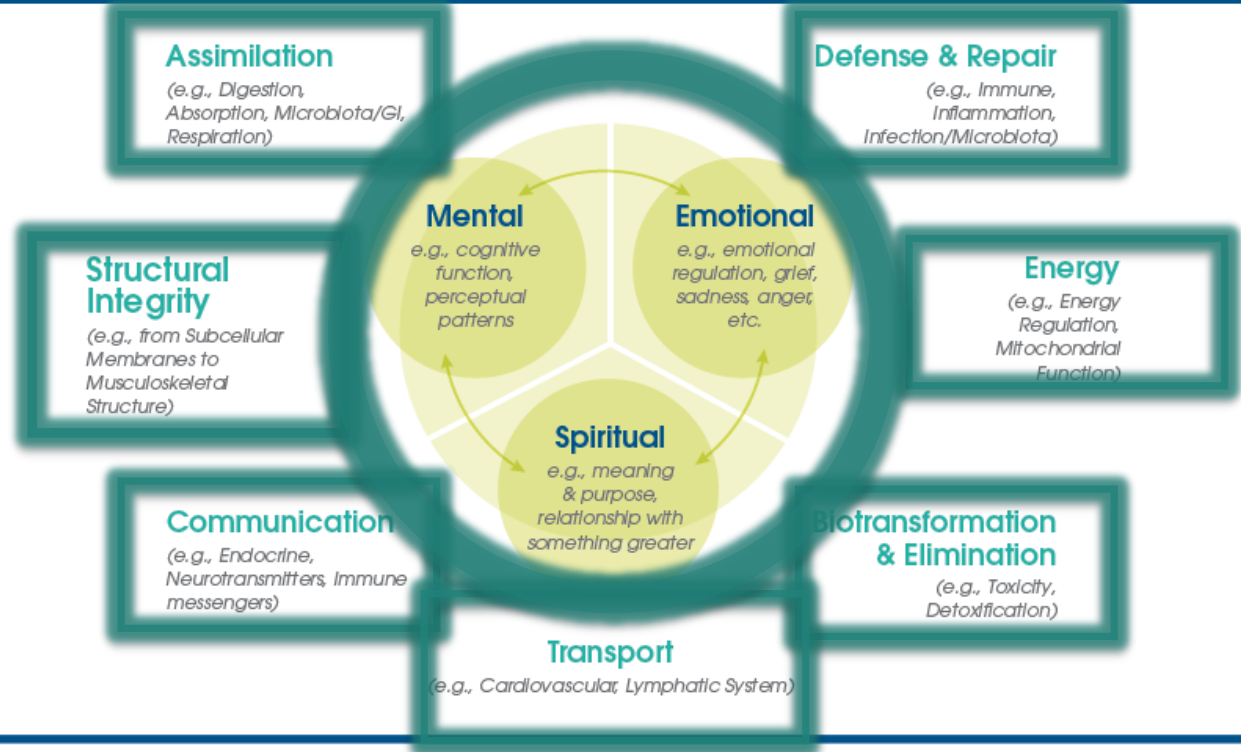
Retelling the Patient's Story

Antecedents
(Predisposing Factors—
Genetic/Environmental)

Triggering Events
(Activators)

Mediators/Perpetuators
(Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors

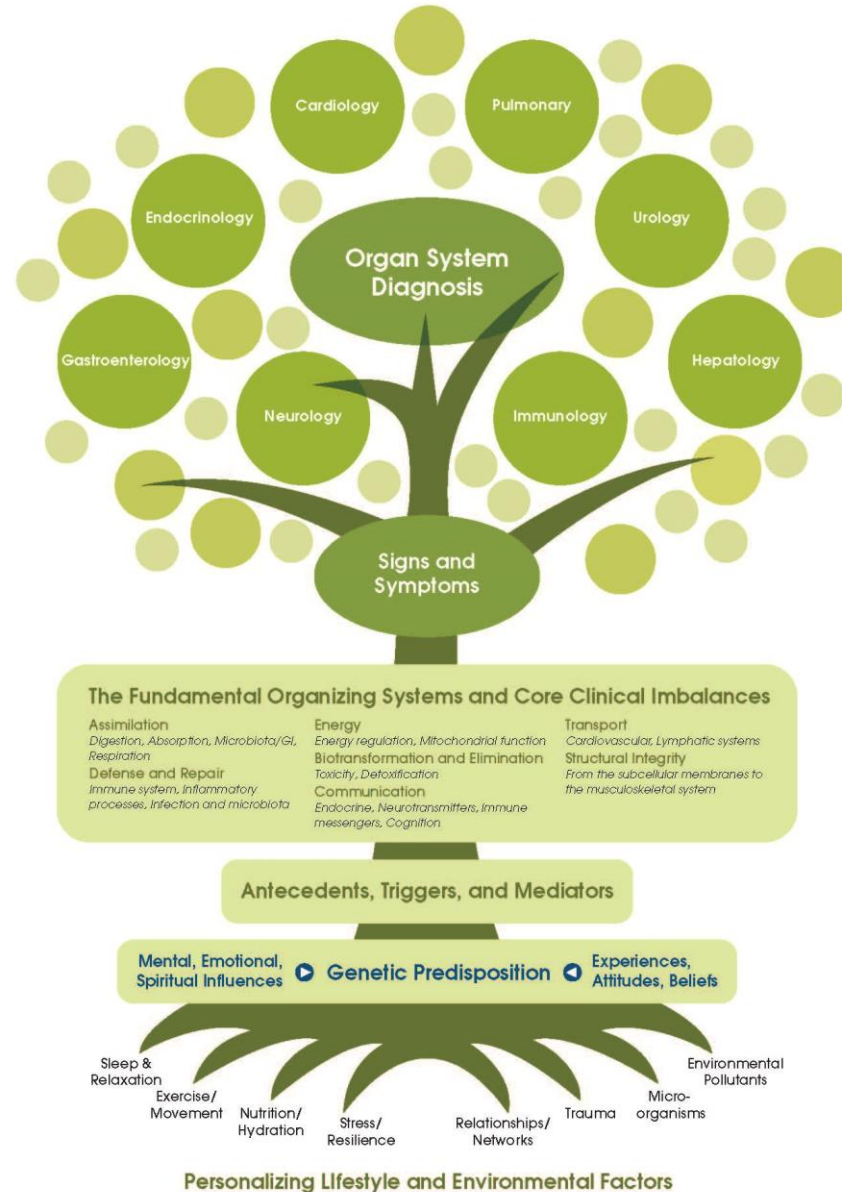
Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships



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...

eLEARNING

Functional Medicine:
A Systems Approach to
Reversing the Epidemic
of Chronic Disease

FREE
Limited Time Only!

functionalmedicine.org/FreeCourse

