

Functional Medicine is proactive, predictive and personalized medicine which empowers patients to take an active role in their own health. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, Functional Medicine addresses the whole person, not just an isolated set of symptoms. Functional Medicine physicians 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. Functional Medicine is a different approach, with methodology and tools that are specifically designed to prevent and treat chronic diseases.

PRINCIPLES OF FUNCTIONAL MEDICINE

Understanding

An understanding of the biochemical individuality of each human being, based on the concepts of genetic and environmental uniqueness.

Awareness

Awareness of the evidence that supports a patient-centered rather than a disease-centered approach to treatment.

Search

Search for a dynamic balance among the internal and external body, mind, and spirit.

Interconnection

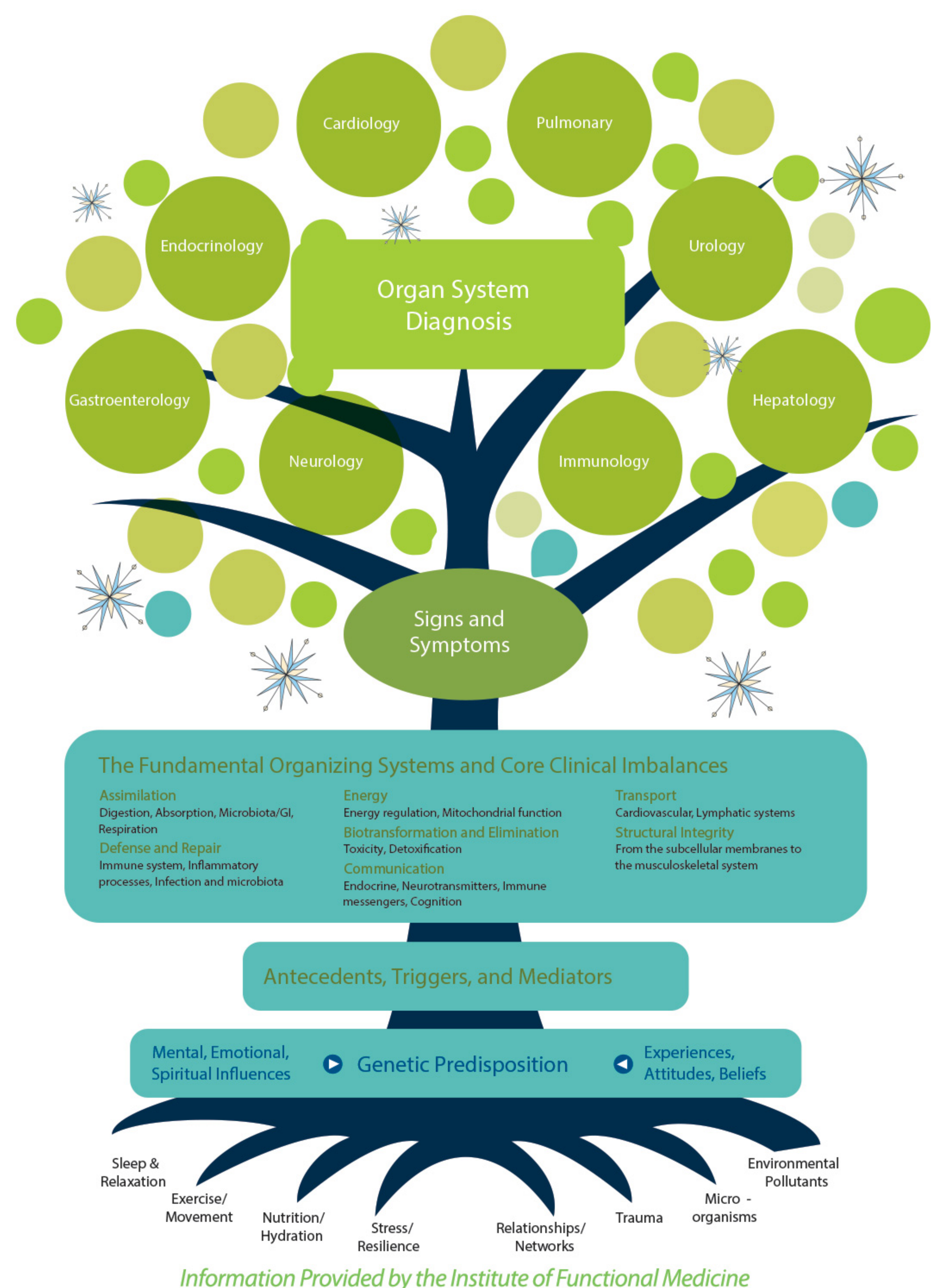
Interconnections of internal physiological factors.

Identification

Identification of health as a positive vitality, not merely the absence of disease, and emphasizing those factors that encourage the enhancement of a vigorous physiology.

Promotion

Promotion of organ reserve as the means to enhance the health span, not just the life span, of each patient.



“A patient-centered approach refers to health care that is respectful of and responsive to individual patient preferences, needs, and values, and that ensures that patient values guide all clinical decisions.

At Crossing Back To Health, patient-centered care is the core of what we call the therapeutic partnership; the relationship that forms between a patient and clinician that empowers patients to take ownership of their healing.”



Amy Davis, MD

Conventional medicine tends to look at the constellation of symptoms first (the branches and leaves), which usually results in a disease diagnosis. Often, this diagnosis is associated with a drug or drugs that can be prescribed to treat this constellation of symptoms, and that is the end of the story. That approach neglects the more fundamental aspects of health that reside in the roots and the trunk of the tree. It treats all patients that present with similar symptoms the same and completely neglects both the inherent differences among patients as well as the myriad possible causes that a "disease" can have.

FUNCTIONAL MEDICINE & CONVENTIONAL MEDICINE: SIDE BY SIDE REVIEW

FUNCTIONAL MEDICINE



Health oriented
Patient centered
Biochemical individuality
Holistic
Cost Effective
Looks at underlying causes of disease
Preventative approach
High touch/high tech

CONVENTIONAL MEDICINE



Disease oriented
Doctor centered
Everyone is treated the same way
Specialized
Expensive
Diagnosis based on symptoms
Early detection of disease
High tech

Functional Medicine is highly cost effective for patients, as it focuses on prevention and health promoting lifestyle changes and sustainable treatments that address the underlying causes of dysfunction, restoring patients to health. Conventional medical treatments are often expensive medications that must be taken indefinitely and do not address the underlying problem, but merely suppress the symptoms.

FUNCTIONAL MEDICINE MEANS TREATING THE MIND, BODY & SPIRIT

FORTUNATELY, THERE IS A VAST ARRAY OF EVIDENCE SUPPORTING THE FUNCTIONAL MEDICINE APPROACH TO CARE:

- The scientific community has made incredible strides in helping practitioners understand how environmental and lifestyle influences, can impair basic biological functions. That knowledge is how we identify the underlying cause of each patients' problems. That is powerful science!
- Scientific support for the Functional Medicine approach to treatment can be found in a large and rapidly expanding evidence base concerning the therapeutic effects of nutrition (including both dietary choices and the clinical use of vitamins, minerals, and other nutrients such as fish oils); botanicals; exercise (aerobics, strength training, flexibility); stress management; detoxification; acupuncture; manual medicine (massage, manipulation); and mind/body techniques such as meditation, guided imagery, and biofeedback.
- Medical science has recently provided strong evidence that the relationship between patient and clinician has a powerful effect on patient health outcomes. The Functional Medicine focus on the therapeutic partnership is clearly an important part of how patients heal.
- Making effective healthcare choices involves the Functional Medicine clinician and patient in a relationship where information and belief, attention and insight, communication and trust all have value. Functional Medicine practitioners are taught how to craft a personalized, systems-oriented therapeutic plan for each unique patient using evidence and insight, art and science.

DO YOU WANT TO CROSS BACK TO HEALTH? TAKE THE FIRST STEP AND CONTACT US!