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# The Functional Medicine Approach

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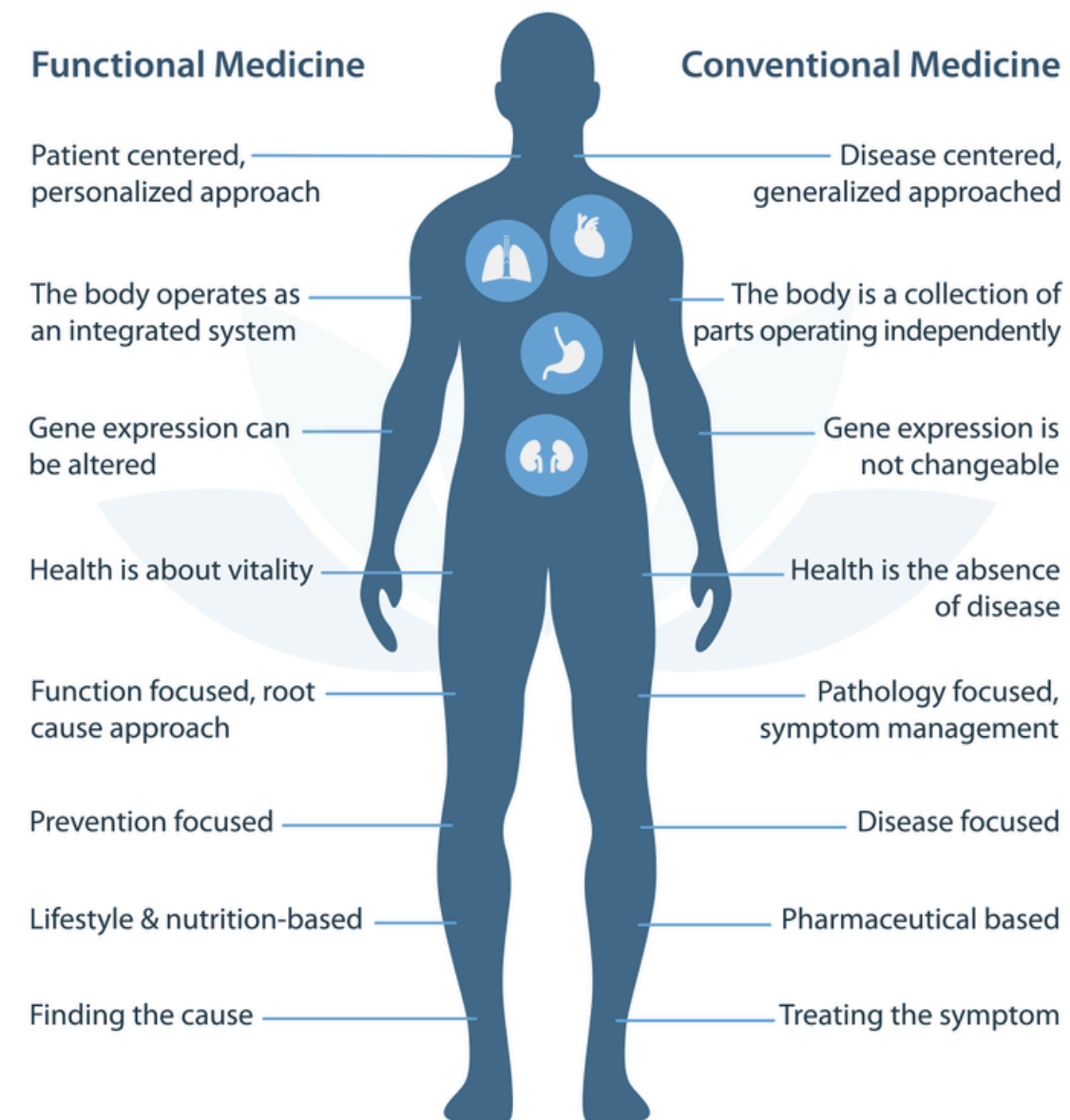
# What is Functional Medicine?

- **Holistic approach examining interplay of biological systems**
- **Identifies root causes of chronic illness rather than just treating symptoms**
- **Integrates lifestyle, nutrition, genetics, and environmental factors**
- **Aims for disease prevention through personalized interventions**



# Core Principles of Functional Medicine

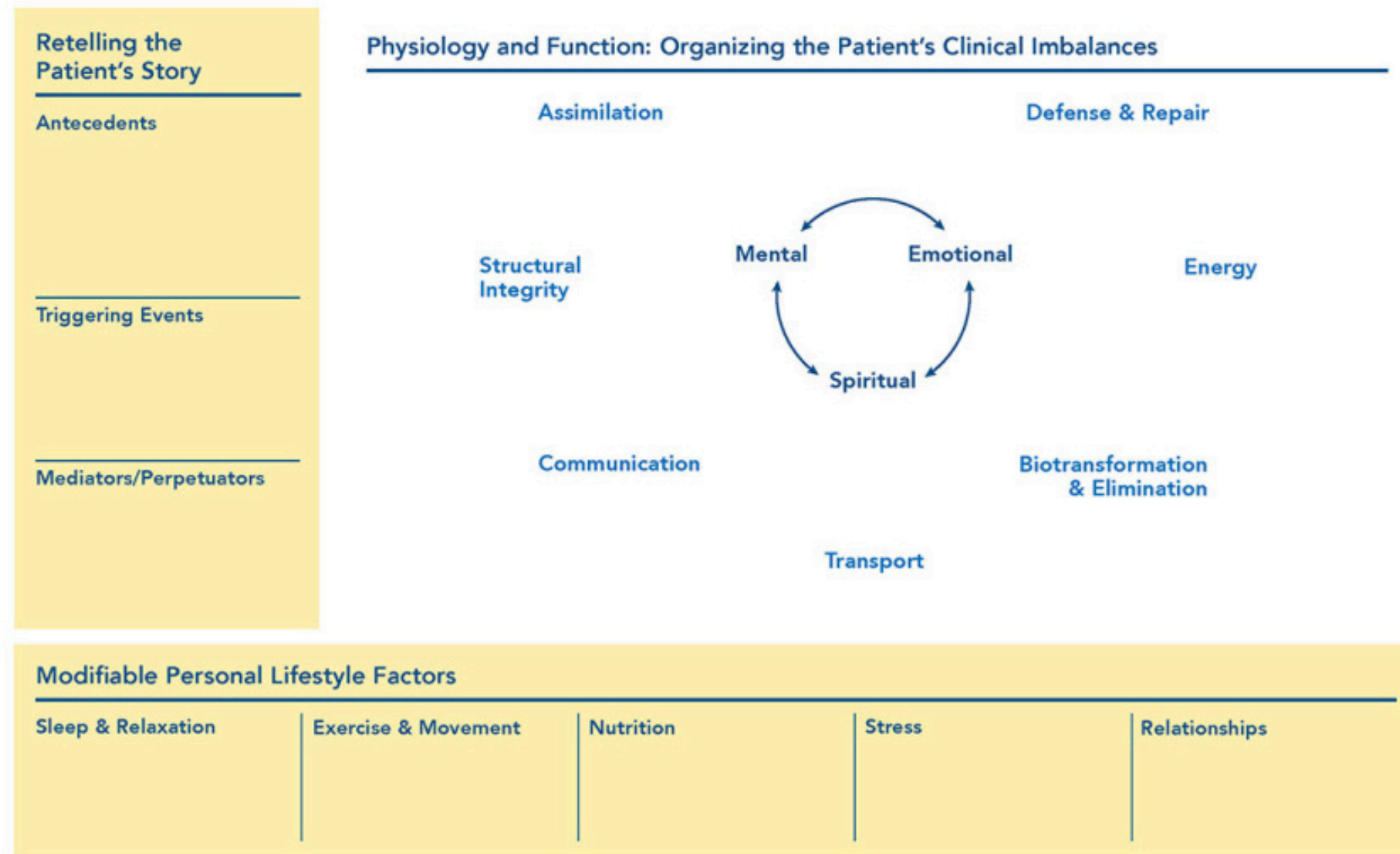
- **Individualized, patient-centered care**
- **Root cause resolution rather than symptom suppression**
- **Systems biology perspective: interconnected body functions**
- **Preventative and proactive healthcare model**



# The Functional Medicine Matrix



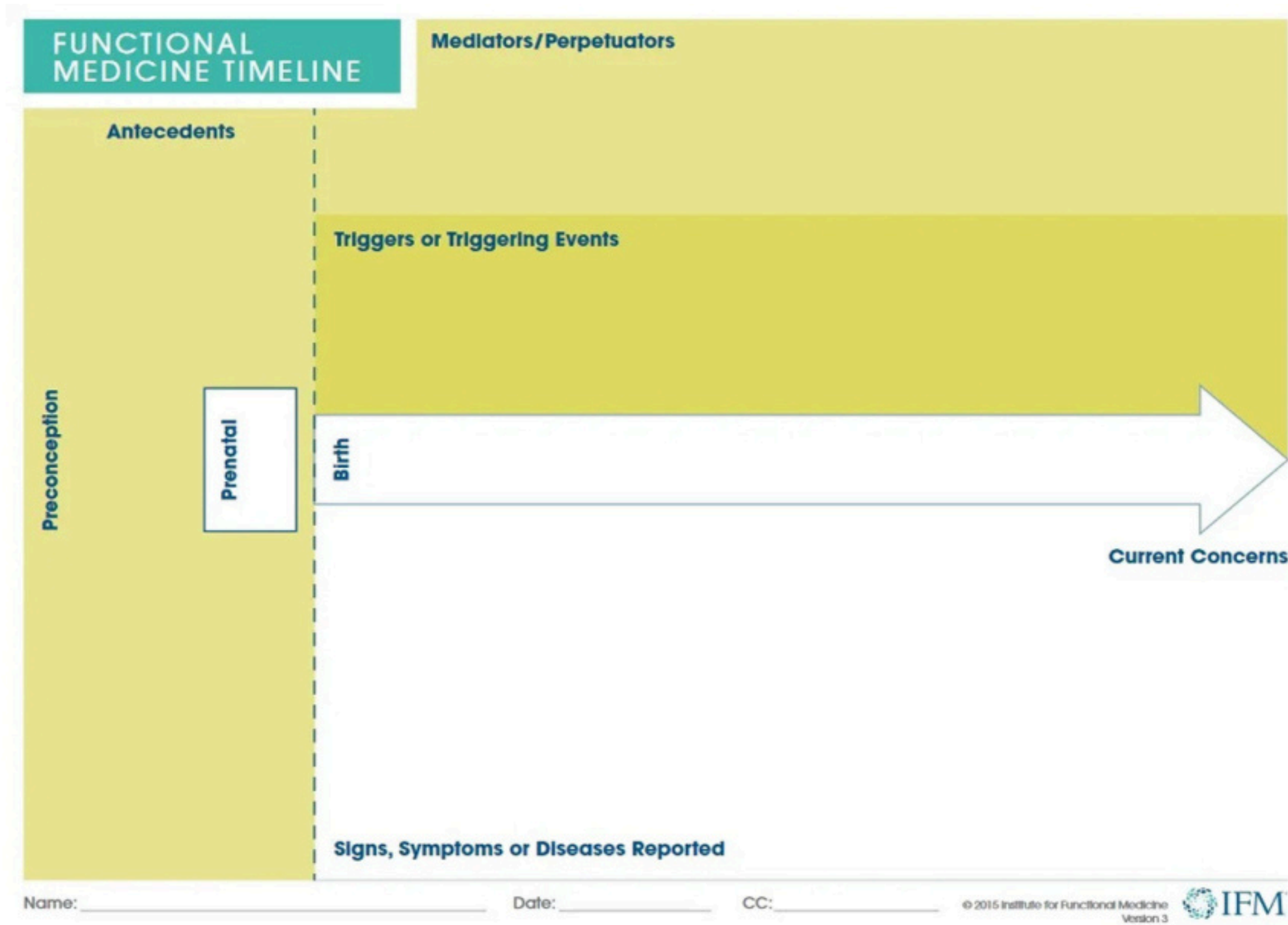
## Functional Medicine Matrix



- Framework for analyzing health concerns
- Categorizes clinical imbalances in different systems (e.g., immune, gastrointestinal, endocrine)
- Considers genetic predispositions and environmental exposures
- Facilitates a targeted therapeutic approach



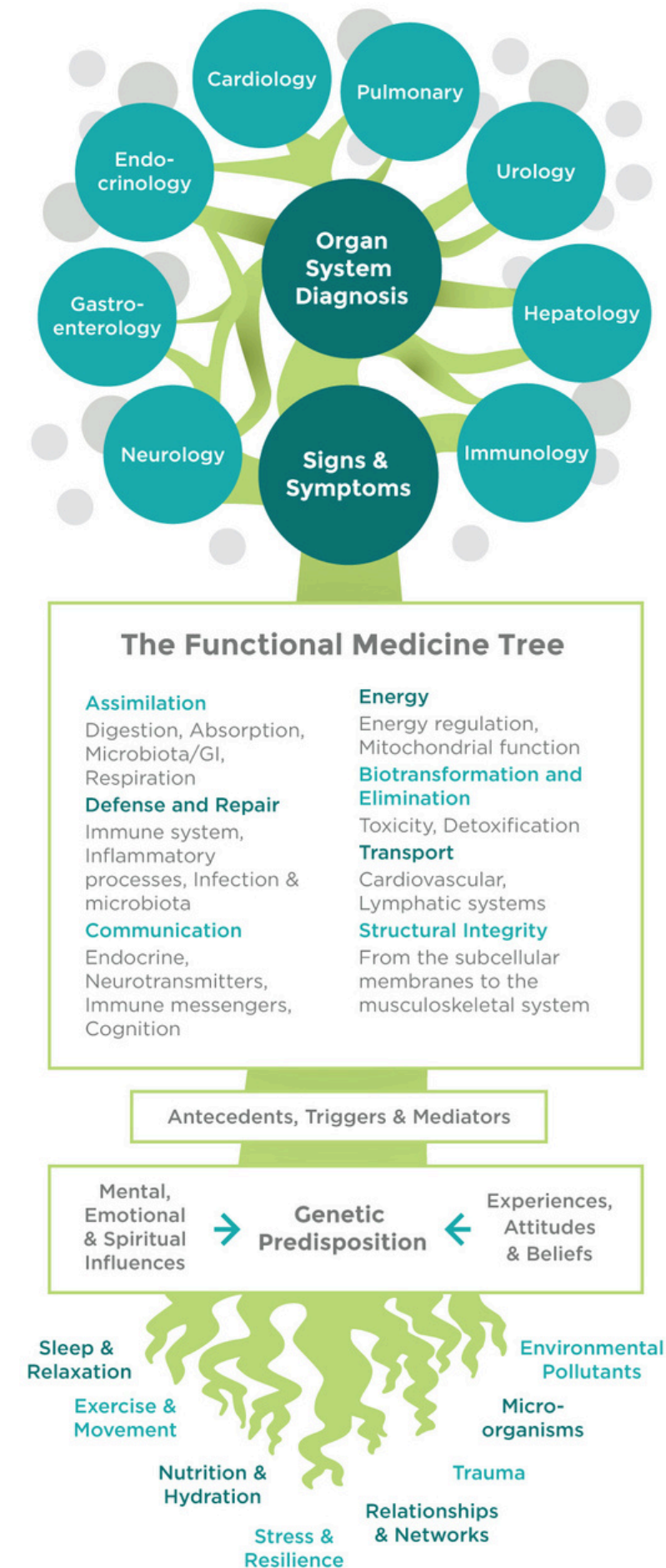
# The Timeline Tool



- Chronological mapping of a patient's health history
- Identifies triggers and antecedents of disease
- Helps reveal patterns and contributing factors

# Systems Biology Approach

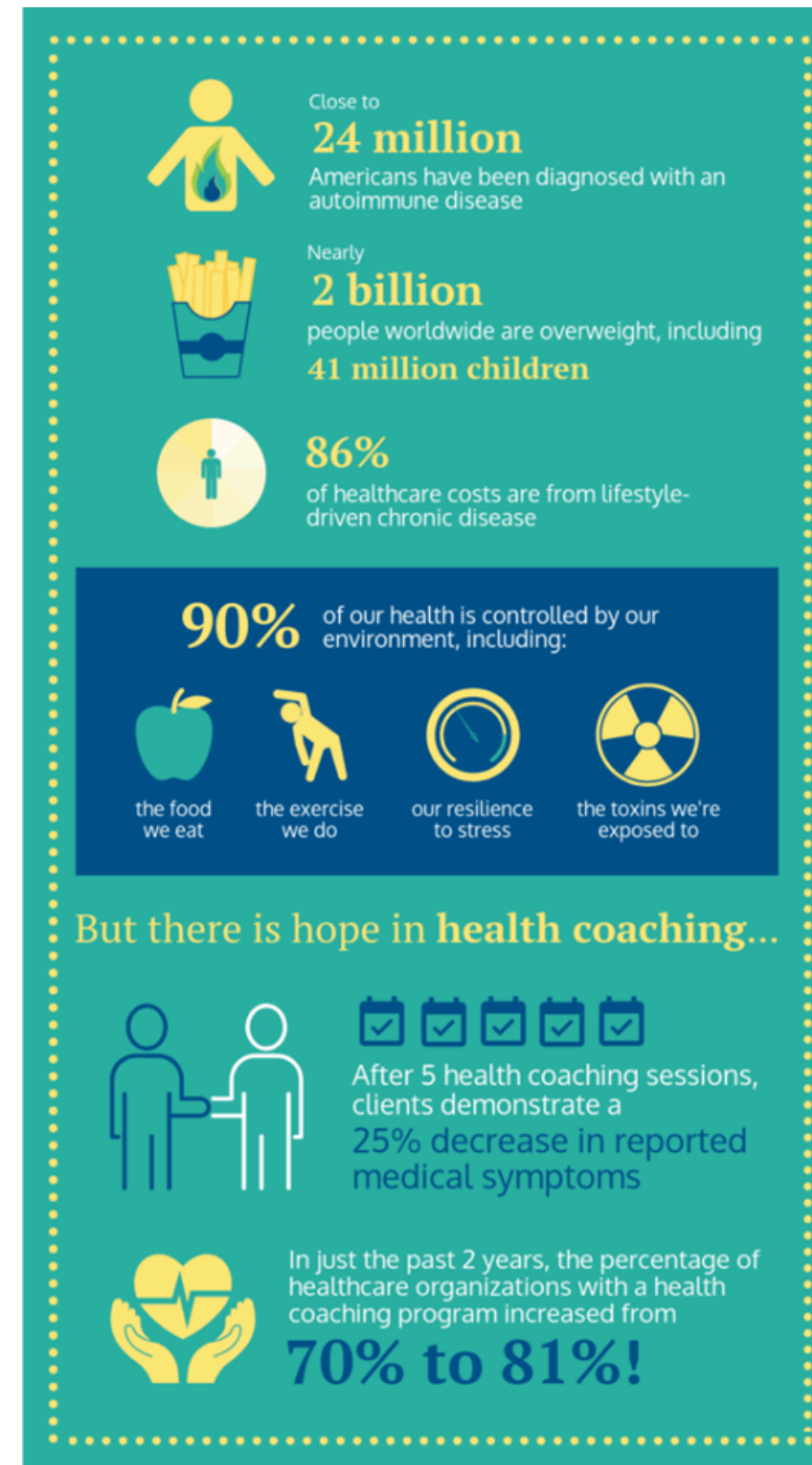
- Considers the body as an interconnected system
- Emphasizes the influence of gut health, inflammation, and immune function
- Recognizes cross-system interactions (e.g., gut-brain, immune-metabolic)



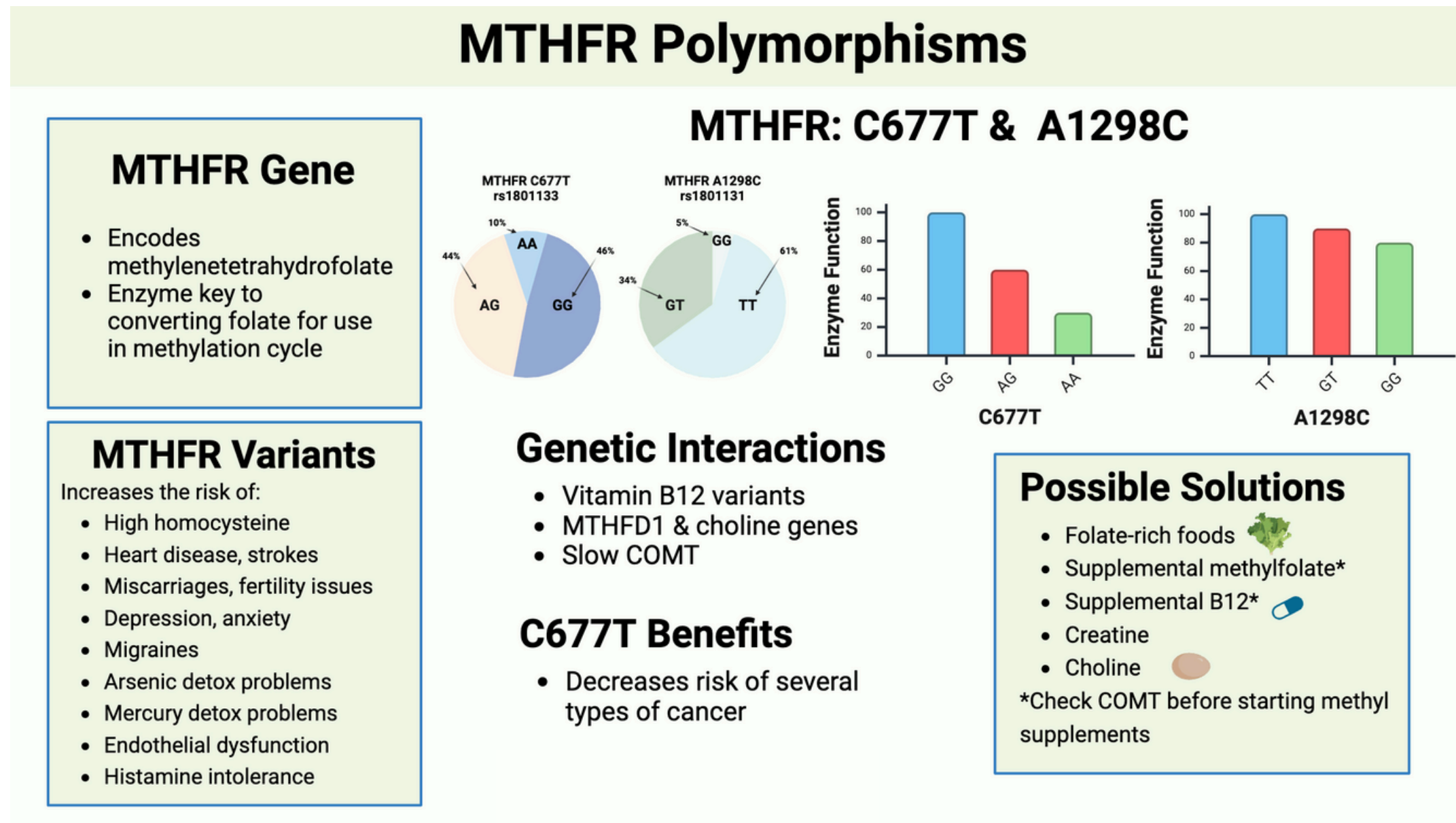


# Role of Lifestyle Factors

- Diet, exercise, and sleep as fundamental health determinants
- Chronic stress and its physiological impact
- Environmental toxins and their role in disease pathology

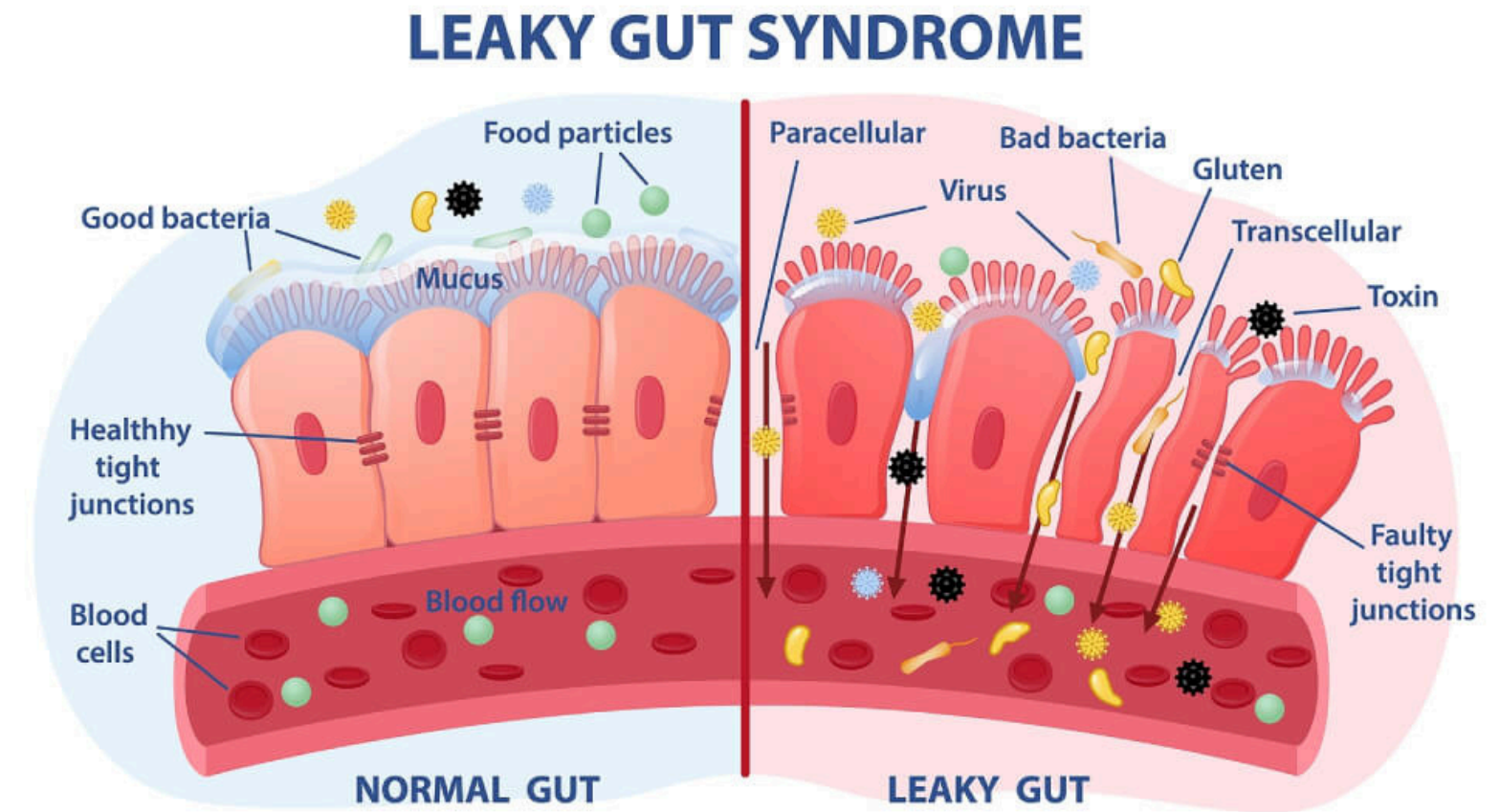
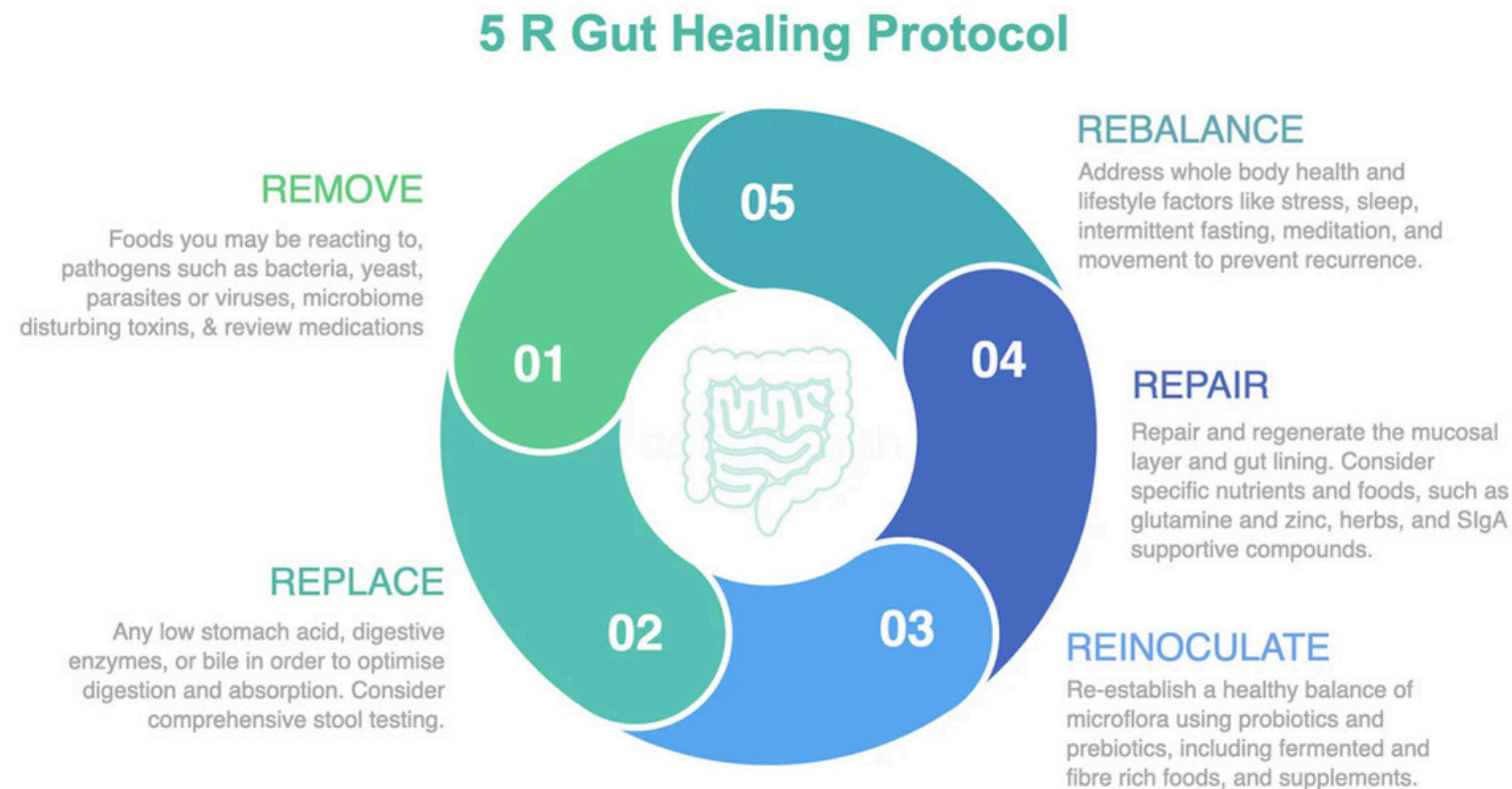


# Nutritional Approaches



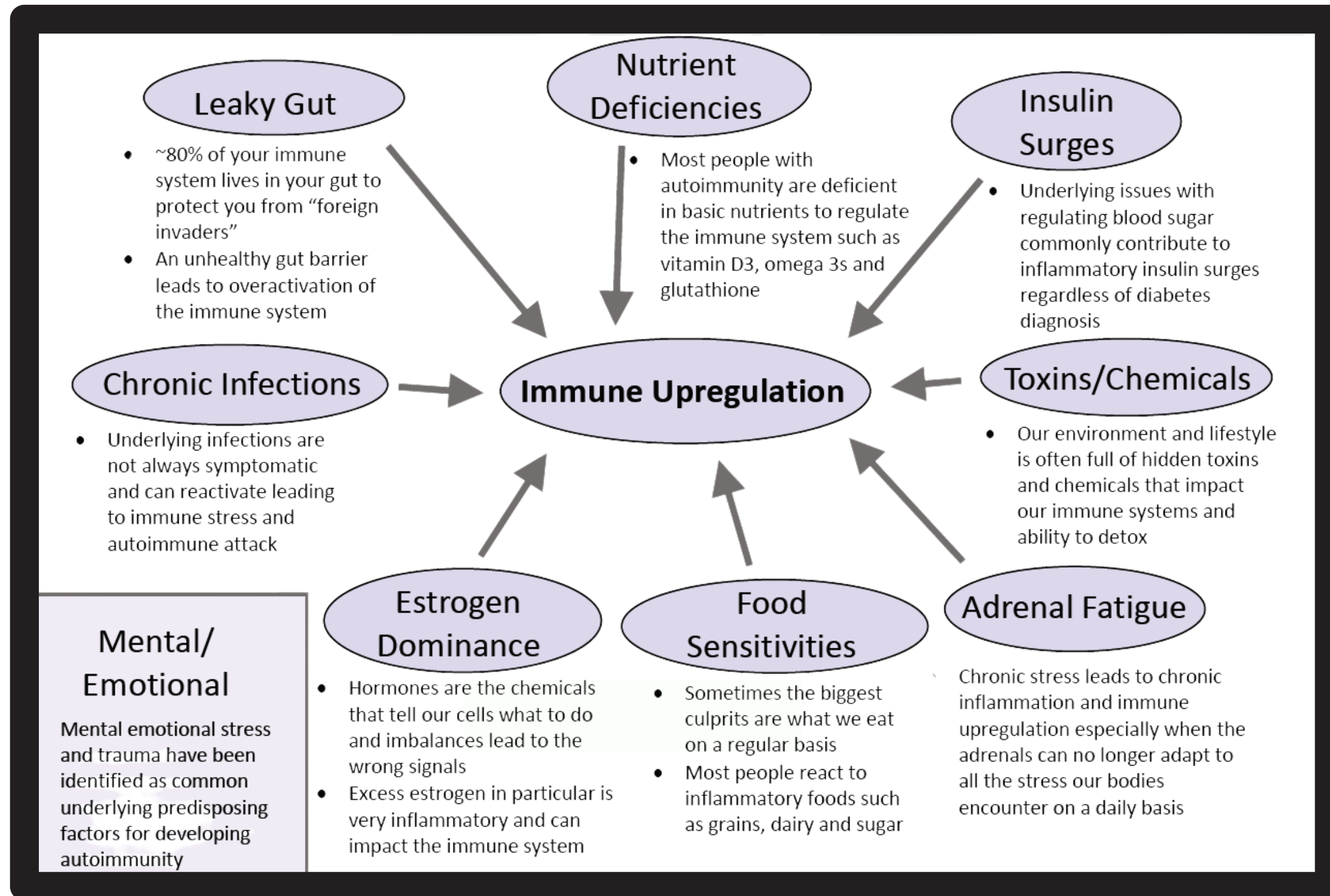


# Gut Health in Functional Medicine



- Gut microbiome as a critical determinant of systemic health
- Leaky gut and its association with autoimmune diseases
- Role of prebiotics, probiotics, and gut-healing protocols

# Inflammation and Chronic Disease



- **Chronic low-grade inflammation as a driver of disease**
- **Role of inflammatory biomarkers (CRP, cytokines, etc.)**
- **Intervention strategies to mitigate inflammation**

# Addressing Stress and Mental Health

- Mind-body connection and psychoneuroimmunology
- Impact of cortisol dysregulation on metabolic and immune function
- Integrative stress-management techniques



# Functional Medicine Labs

- **Advanced diagnostics for deeper insights**
- **Genomic testing, microbiome analysis, and metabolic panels**
- **Personalized biomarker tracking for precision medicine**



# Functional Medicine in Practice

- Case study highlighting personalized treatment success
- Illustrates root cause resolution in real-world application





# Challenges and Criticisms

- **Accessibility and cost considerations**
- **Need for more large-scale clinical trials**
- **Integration with conventional medical systems**

