

Curing the Cause & Preventing Disease

A NEW APPROACH TO THE DIAGNOSIS AND TREATMENT OF ILLNESS AND AGING
WITH FUNCTIONAL DIAGNOSTIC MEDICINE

Table of Contents

Introduction	vi
Chapter 1: Functional Diagnostic Medicine: The New Era of Healthcare	1
Addressing Chronic Degenerative Diseases	3
How Functional Diagnostic Medicine Differs from Conventional Medicine	4
The 4-R Approach to Improving Health	9
Your Functional Diagnostic Medicine Healthcare Provider	10
Benefits of a Functional Diagnostic Medicine Approach	12
Chapter 2: The Three Pillars of Health-The Basic Foundation of Your Overall Health	15
The First Pillar of True Functional Health: Your Hormone and Immune System	15
The Second Pillar of True Functional Health: The Digestive System	27
The Third Pillar of True Functional Health: The Detoxification System	33
How Functional Diagnostic Medicine Helps You Take Charge of Your Health	44
Chapter 3: How Your Digestive System Can Affect Your Overall Health	46
Dysbiosis and Your Gastrointestinal System	46
Infections from Parasites	48
Hypermotility and Colonic Dumping Syndrome	63
Testing Is Critical to Achieving Optimal Health	64
Chapter 4: Using Diet to Overcome Food Intolerances and Allergies	66
Subclinical Gluten Intolerance	70
Lactose and Sucrose Intolerance	90
Multiple Delayed Food Allergies	92
Food Allergies versus Intolerances	96
Food Allergies and Cravings	97
How to Determine the Best Diet for You	98
Take Charge of Your Diet	99
Chapter 5: Four Steps to Enjoying a Healthy, Balanced Life	100
Step One: Proper Glycemic Control	100
Step Two: Rest and Repair	118
Step Three: Exercise	122
Step Four: Manage Mental and Emotional Stress	124
You Hold the Key to Optimal Health	127
The 12 Secrets to Healthy Living	129

Book Preview

Welcome to *Curing the Cause and Preventing Disease, A New Approach To The Diagnosis and Treatment With Functional Diagnostic Medicine*. This book introduces you to the three basic pillars of health and how finding the “root cause” of your illness or disease condition can be accomplished. It is designed to become your road map to finding the cause, optimal health, and longevity...

The reason most people continue to struggle with health challenges is that their recommendations have not been personalized based upon their biochemical individuality. There is no one perfect test, vitamin, food or exercise program that fits everyone. That is the beauty of functional diagnostic medicine. It looks at everyone as an individual with treatment based upon their unique chemistry and makeup.

Curing the Cause and Preventing Disease is meant to provide you with guidance and a direction to finding the “root cause” of your current health challenges and assist in your restoration into the “new you,” now... and into the future.

Unlike conventional medicine, this new science called **functional diagnostic medicine** sees disease not as an enemy but as an opportunity for change and growth. Like complementary and alternative medicine, it views a person’s body as self-regulatory. Disease occurs when the self-regulation system gets disrupted or damaged. Yet, functional diagnostic medicine takes that concept even further. It operates on the premise that, with appropriate diagnostic testing, the “root cause” of imbalance and disruption can be restored without the use of drugs or harmful treatments.

Functional diagnostic medicine works because it *addresses the dynamic processes that cause disease in the first place*. For example, if you have a peptic ulcer, a

conventional doctor may prescribe an antacid that relieves your symptoms. A functional medicine practitioner will seek answers to questions like: Why did you develop an ulcer in the first place? Was it as a result of the invasion of bacteria in the gut? Was it related to stress at home, in the workplace, or even a chemical imbalance in your body?

While functional medicine acknowledges that disease and pathology exist, it addresses how a disease actually *develops*. Then it sets in motion a treatment program to restore functions that aren't working. Symptoms will disappear as a result of the program, not because a prescribed drug masked them.

This new approach to healthcare is based on helping your body—your whole being—work in harmony like a well-oiled machine. By contrast, conventional medicine compartmentalizes the body into specialties: liver doctors, bone doctors, heart doctors, mind doctors, and so on. With the functional method of diagnosis and treatment, all systems are linked and relationships between them explored. Many diverse fields contribute to this process, including genetics, herbal medicine, nutrition, acupuncture, ayurvedic, environmental toxicology, endocrinology, chiropractic, gastroenterology, psychology, and immunology.

Briefly stated, functional diagnostic medicine:

- Is patient-centered based on each person's unique needs
- Aims to balance the patient's functional systems
- Integrates physical, mental, and emotional health
- Uses scientific laboratory and diagnostic tests to pinpoint underlying causes
- Is interested in outcomes rather than controlling or suppressing symptoms
- Bases its programs on lifestyle changes, benchmark and follow-up testing

Conventional medicine talks about “prevention” but pap smears, cholesterol testing, blood pressure checkups, and cancer screening are all tests for *early detection* of disease, not *prevention* of disease. Functional diagnostic medicine is concerned with *real prevention* of disease. By paying attention to the small problems now, you can prevent large ones from coming up in the future.

The following are examples of some of the conditions diagnosed and treated from both the conventional and functional diagnostic medicine approach:

A 49-year-old female had complained of menopausal symptoms of hot flashes, low libido, and increased weight gain over the last few years. She had seen two conventional medical physicians who had recommended medication as well as a hysterectomy if symptoms did not stop. After a functional diagnostic healthcare practitioner extensively reviewed her history, he ordered a female hormone lab panel to assess her estrogen and progesterone levels. As a result, he noted an imbalance of her estrogen to progesterone ratio, making her estrogen dominant. Because of this imbalance, she received treatment using natural bio-identical hormones and nutritional supplements. The goal? To bring the ratios of estrogen to progesterone back into balance. In a relatively short time following the start of her treatment, this patient was symptom-free, losing weight, and experiencing an increase in her energy and libido.

Functional diagnostic healthcare practitioners can identify patterns of imbalance because they look at each person as an entire being rather than a variety of medical sub-specialists (e.g., one looks for heart problems, another examines gynecological problems, another specializes in internal problems, etc.).

Here's another example of what can and has happened.

A patient went to see a cardiologist because he experienced heart palpitations. The cardiologist put him on heart medication for an arrhythmia (abnormal heart beat). He then saw his internist because he had a tremendous amount of leg cramping. To treat it, he received a prescription medication for a muscle relaxant. Then his psychiatrist put him on an antidepressant for his anxiety.

By contrast, the same patient saw a functional diagnostic healthcare practitioner who noticed that all these symptoms could be due to a lack of magnesium and other supportive nutrients, which created an imbalance in his electrolytes. The patient was tested and found to have nutritional deficiencies. He was prescribed a nutritional regime that included supplements and a change in his diet. After a few months of treatment and follow-up testing, he was able to discontinue and/or decrease all of his medications.

This is only one example of how functional diagnostic medicine works. It represents the necessity of getting to the “root cause” of the condition, disease, or symptoms instead of *suppressing* the symptoms. The goal of functional diagnostic medicine always remains the same: find the “cause” and treat the individual to create optimum health and function.

As you delve into the chapters of this book, you'll understand what this holistic scientific approach really means to gaining optimal health, not absence from disease. You'll see that functional diagnostic medicine not only looks at how you're “doing” and “feeling” but, more importantly, it looks at how you're “functioning.” You won't be told “it's all in your head.” Its practitioners are interested in *all of you*—your well-being, what you eat, your work environment, your hobbies, your relationships and how you

communicate with others, how you relax and play, the medications you've taken, how well your digestive system functions, and what chemicals you may have been exposed to.

Turn the page to a new—and much improved—era of healthcare.