

Re-building A Healthy Body

This is the bases of Functional Medicine. This approach provides the basic functional treatment philosophy. Although simple in concept, it provides an effective approach for resolving difficult and undefined illness. The system is called the 4 R's:

Remove refers to the elimination and detoxification of anything that may be in our body or diet which contributes to poor health. This can include foods, pesticides, food additives, unwanted bacteria, fungi, and parasites.

Reinnoculation involves the use of probiotic supplements containing lactobacillus acidophilus, bifidobacteria, and other friendly flora. These bacteria repel harmful microbes, and have anti-tumor effects. They are easily disrupted by use of antibiotics and the stress of contemporary living.

Replace refers to the addition of supplements to support digestive function and may include: digestive enzymes, bile salts, and/or HCl.

Repair refers to the nutritional support that helps quickly regenerate and heal the body.

Weight Management and Detoxification: Your questionnaire responses and our assessment may indicate that you may benefit from a comprehensive weight management and detoxification program. In our office, we utilize a program that emphasizes a proper, healthy weight loss regimen. This is an exciting program for us to recommend due to both its exceptional results and the simplicity of design. Unlike many weight management programs it involves less time spent in food preparation by providing an easy to use single-meal-replacement drink as well as a predetermined food shopping list. Included is a comprehensive patient guide, in addition to this report. We have found the results extraordinary and often include the resolution of other symptoms, such as, bloating, mood swings and fatigue spells. Our hope is you

will experience a noticeable increase in your energy, endurance and overall well-being.

Toxins exist everywhere and can lead to serious health problems. They are in food and the environment, and persist because of our insufficient metabolic ability to rid the body of all that we are exposed to on a daily basis. They can drain the body of energy and make you more susceptible to disease and infection. Toxins tend to concentrate in the liver and gastrointestinal tract, both places responsible for eliminating toxins from the body. Since everyone is exposed to toxins, everyone can use a detoxification treatment on a regular basis.

Possible Causes of Toxicities and Risks Include: Aging, alcohol, bacterial toxins, burns, cigarettes, constipation, drugs, food additives, food allergies, fried foods, heavy metals, intestinal infections, silicone implants, stress, toxic chemicals, metabolites, and pesticides

Purification: Purification (also known as detoxification or cleansing) is the process of addressing the natural toxins in the body. The liver, digestive tract, kidneys, bladder, lymphatic system, lungs and skin are the major systems/organs that are involved in the neutralization and elimination of toxins.

Because we are exposed to high levels of foreign substances and over consume chemically-treated, synthetically-produced food, extra purification is needed. The program we use at our clinic utilizes whole food supplements, pure food and water to give the body the resources it needs so it can purify and rebuild itself naturally. Our programs place emphasis on the liver and colon because these two organs play a major role in supporting the digestive system.

Many people who complete our purification program experience increased energy, better digestion, less bloating, clearer skin, shinier hair and a disappearance or lessening of past conditions such as PMS, digestive problems, Fibromyalgia and chronic fatigue to name just a few.

Call our office to set up a consultation to see if you would benefit from this type of program.