



Conventional Medicine

Expert/Doctor centered

Disease Management

Treat the symptoms

Acutely focused

Quick appointments

Standardized treatment

Functional Medicine

Patient centered

Preventative approach

Lifestyle changes

Root cause focused

In-depth appointments

Individualized treatment

Functional Medicine Functional Medicine

Dr. Aunna C Herbst



Functional Medicine Functional Medicine:

Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy IFMNT in the practice of medicine and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real-world examples of applications of the underlying principles and practices of integrative functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique individual patient. **Laboratory**

Evaluations for Integrative and Functional Medicine Richard S. Lord, 2008 **Functional Medicine for Nurse Practitioners** Priscilla Davis, 2024-11-14 Are you a nurse practitioner ready to elevate your practice and offer patients more than symptom management? Functional medicine is revolutionizing healthcare by targeting the root causes of illness rather than just treating symptoms. While conventional medicine often addresses isolated issues, functional medicine takes a systems-based approach, viewing the body as interconnected and deeply influenced by lifestyle, environment, and diet. **Functional Medicine for Nurse Practitioners: A Practical Guide** provides the roadmap you need to integrate this powerful holistic approach into your practice, transforming your patient care and outcomes. Inside, you'll discover a comprehensive guide designed to empower nurse practitioners to incorporate functional medicine principles seamlessly into their daily routines. This book takes you step by step through assessments, treatments, and practical applications, including real-life case studies that demonstrate how functional medicine makes a difference for chronic and complex conditions. Here's a glimpse of what you'll learn: **Foundational Principles of Functional Medicine**: Understand the philosophy of treating patients as whole individuals, identifying the root causes of illness, and working collaboratively with patients for sustained health improvement. **Advanced Tools for Patient Assessment**: Learn how to use the Functional Medicine Matrix, patient-centered history taking, and diagnostics to uncover patterns and connections within your patients' symptoms. **Proven Interventions in Functional Medicine**: Explore core interventions that make functional medicine effective, from dietary modifications and targeted supplements to

personalized lifestyle adjustments that optimize health outcomes Real Life Case Studies See functional medicine in action as you walk through patient scenarios for autoimmune conditions metabolic syndrome mental health and more discovering how to apply principles to get transformative results Strategies for Integrating Functional Medicine Overcome the common challenges of time resources and compliance by adopting proven workflows documentation techniques and efficient systems that streamline functional medicine into any practice setting This practical guide goes beyond theory equipping you with the actionable tools and insights needed to make functional medicine a sustainable part of your practice Whether you re new to functional medicine or looking to deepen your expertise this book will empower you to provide the comprehensive patient centered care that today s complex health challenges demand Ready to lead the way in transformative patient care

Functional Medicine for Nurse Practitioners is your essential guide to building a practice where every patient leaves feeling heard understood and truly healed Don t wait to make functional medicine an impactful part of your career start your journey to deeper more effective patient care today

Integrative Medicine Bonnie McLean O.M.D.,2017-07-31 Integrative Medicine The Return of the Soul to Health Care is an introduction to the field of integrative medicine Based on both her extensive research and personal experience as a practitioner and recipient of allopathic medicine oriental medicine functional medicine energy medicine and counseling Dr Bonnie McLean offers a user friendly overview of integrative medicine with resources for further exploration by the reader From childhood to her current practice in oriental medicine Dr McLean has spent her life immersed in medicine Raised by a physician father and nurse mother she spent the first twenty years of her adulthood as an RN After witnessing what she calls a loss of soul in contemporary medicine she spent the next thirty years in a search of the soul in medicine She explored natural medicine Chinese medicine psychology energy medicine and shamanic healing With the advent of integrative medicine she strongly believes that the soul of medicine is returning The best of both worlds science of medical technology and the art of healing contemporary knowledge and ancient wisdom East and West are beginning to work hand in hand under the umbrella of integrative medicine Integrative medicine is the wave of the future

A Practitioner's Guide to Mastering Functional Medicine Lab Values - Foundations of Health Testing Brandy Zachary,2025-02-11 This groundbreaking textbook is the first in a revolutionary four part series designed to empower practitioners with the knowledge and tools needed to master functional medicine lab interpretation In this foundational volume readers will explore the essential principles of lab testing for general health assessment including Comprehensive Blood Count CBC Comprehensive Metabolic Panel CMP key nutrient levels and cardiometabolic markers What sets this series apart is its unparalleled approach to integrating conventional and functional medicine perspectives offering a fresh lens to decode lab results with precision and clarity This resource is not merely a reference it s a guidebook for building better outcomes for patients who have long suffered with unresolved symptoms and incomplete answers Designed for a wide range of healthcare practitioners from functional medicine specialists to integrative health providers and traditional medical

professionals this textbook delivers actionable insights for crafting targeted patient specific care plans Each chapter translates complex lab data into practical real world applications bridging the gap between raw numbers and the root causes of symptoms For years patients have struggled with undiagnosed or misunderstood conditions leaving them feeling frustrated and unheard This textbook series answers that call offering practitioners the tools to dig deeper uncover hidden imbalances and provide life changing solutions Whether you are new to functional medicine or an experienced practitioner seeking to refine your skills A Practitioner s Guide to Mastering Functional Medicine Lab Values is an indispensable resource With this series you will be at the forefront of a movement that is redefining patient care and health outcomes Elevate your practice transform your patients lives and become a leader in the evolving field of functional medicine with this essential tool Join us in changing the way health is understood tested and restored

Functional Medicine, An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book Elizabeth P. Bradley, 2022-08-24 In this issue of Physical Medicine and Rehabilitation Clinics guest editor Dr Elizabeth Bradley brings her considerable expertise to the topic of Functional Medicine Functional medicine offers a holistic patient centered approach that focuses on identifying and addressing the root cause of disease It encourages patients to take an active role in their health and physicians to look beyond the symptoms at the larger picture In this issue top experts provide state of the art coverage of a wide variety of topics including food sensitivities mold and chronic diseases frequency specific microcurrent FSM community outreach and functional medicine and more Contains 11 practice oriented topics including food as medicine women s health diet and functional medicine Patient Reported Outcomes Measurement Information System PROMIS fasting mimicking diet longevity and its relationship to chronic diseases environmental medicine exploring the pollutome for solutions to chronic diseases and more Provides in depth clinical reviews on functional medicine offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

[A Practitioner's Guide to Mastering Functional Medicine Lab Values - Metabolic Health & Toxin Testing](#) Brandy Zachary, 2025-03 The final volume in this transformative series takes practitioners to the cutting edge of functional medicine lab testing unlocking the keys to metabolic dysfunction autoimmunity and toxic burden With in depth coverage of organic acid testing heavy metal panels and mycotoxin assessments this book provides the essential roadmap for identifying the hidden biochemical disruptions that fuel chronic disease Bridging the gap between conventional diagnostics and advanced functional insights this guide empowers clinicians to pinpoint metabolic imbalances assess toxic exposures and uncover immune dysregulation at its root Each chapter translates complex lab data into practical patient centered strategies helping practitioners move beyond symptom management to true root cause resolution From persistent fatigue and unexplained inflammation to neurodegenerative risks and chronic illness the answers are in the data if you know where to look This book ensures that you do Designed for

functional medicine specialists integrative practitioners and forward thinking healthcare providers this final volume completes the ultimate lab testing playbook giving clinicians the power to decode the most elusive cases and transform patient health with precision Master metabolic health unravel the mysteries of toxicity and redefine the future of patient care with this essential resource

Functional Medicine in Primary Care Dr. Aunna C Herbst, 2020-01-30 Did you go into medicine because you wanted to help people but you're feeling burnt out Are you tired of treating every ill with a pill Are you a patient who just wants to tell your story have somebody put it all together and ultimately help you get well If you answered yes to these questions Dr Herbst's book **Functional Medicine in Primary Care** is the answer for you For ALL As you follow her journey through her illness and recovery the reason Dr Herbst is passionate about incorporating Functional Medicine into primary care will be obvious The clinical pearls she offers are relevant to chronic illness treatment and prevention You will learn measures easily put into action for many potential diseases cognitive decline diabetes hypertension and many more The reader will also find supporting medical literature giving you confidence to implement functional medicine for the best health outcome possible For clinicians Dr Herbst gives information tips and techniques on how to hear and analyze the patient's story in a short amount of time For patients To be heard Dr Herbst provides recommendations to optimize your office visit Not to mention the chapters are full of quick and easy lifestyle applications Dr Aunna Herbst's **Functional Medicine in Primary Care** book shares pertinent information about genetics biochemistry and pathophysiology Learn many life changing tips on how to diagnose and treat common ailments seen in primary care office visits including how to optimize thyroid function achieve diabetes reversal identify key nutrient deficiencies and genetic polymorphisms for which modifiable lifestyle changes can decrease disease risk and much much more It is a life changing read for patients and healthcare providers alike who want to truly help patients and for patients who want help restoring their health

Holistic Healing Blueprint Susan Leys, 2025-10-21 **Holistic Healing Blueprint** Your Step by Step Guide to Mental Clarity Emotional Resilience and Inner Peace Are you ready to transform your mental health and embrace a balanced fulfilling life **Holistic Healing Blueprint** is your comprehensive guide to integrating ancient wisdom with modern science to achieve mental clarity emotional resilience and lasting inner peace In this transformative book you'll discover proven techniques and actionable strategies to unlock your full potential and create a life of harmony and purpose Drawing from mindfulness practices nutritional insights and cutting edge therapeutic approaches this book provides a practical roadmap for anyone seeking to improve their mental well being Whether you're managing stress battling anxiety or striving for personal growth **Holistic Healing Blueprint** offers the tools you need to succeed Inside you'll learn how to Reconnect with your mind and body for sustained mental clarity Reduce stress and overcome anxiety with mindfulness and meditation techniques Build emotional resilience using powerful evidence based strategies Harness the healing power of nature nutrition and movement to enhance your mental health Create a personalized wellness plan to achieve lasting balance With expert insights inspiring stories and step by step guidance **Holistic Healing**

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thirty years in a search of the soul in medicine She explored natural medicine Chinese medicine psychology energy medicine and shamanic healing With the advent of integrative medicine she strongly believes that the soul of medicine is returning The best of both worlds science of medical technology and the art of healing contemporary knowledge and ancient wisdom East and West are beginning to work hand in hand under the umbrella of integrative medicine Integrative medicine is the wave of the future

The Alchemy of Functional Medicine John Daugherty, 2021-09 **Textbook of Functional Medicine** David S. Jones, 2005-01-01 *Functional Medicine, an Issue of Physical Medicine and Rehabilitation Clinics of North America* Elizabeth P. Bradley, 2022-08-28

In this issue of *Physical Medicine and Rehabilitation Clinics* guest editor Dr Elizabeth Bradley brings her considerable expertise to the topic of Functional Medicine Functional medicine offers a holistic patient centered approach that focuses on identifying and addressing the root cause of disease It encourages patients to take an active role in their health and physicians to look beyond the symptoms at the larger picture In this issue top experts provide state of the art coverage of a wide variety of topics including food sensitivities mold and chronic diseases frequency specific microcurrent FSM community outreach and functional medicine and more Contains 11 practice oriented topics including food as medicine women s health diet and functional medicine Patient Reported Outcomes Measurement Information System PROMIS fasting mimicking diet longevity and its relationship to chronic diseases environmental medicine exploring the pollutome for solutions to chronic diseases and more Provides in depth clinical reviews on functional medicine offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

The Most Effective Ways to Live Longer, Revised Jonny Bowden, Beth Traylor, 2019-03-26

You can be more productive healthier and happier longer Living a long life isn t about measuring the number of years lived but how we live them Jonny Bowden s and Dr Beth Traylor s recommendations will keep you strong healthy energetic and active so you can get the most out of each day and do the things you always dreamed of every decade of your life These methods all backed by the latest research and scientific studies are easy yet work anti aging miracles There s no better time to start than now *The Most Effective Ways to Live Longer* provides a roadmap to a longer healthier life advocating key strategies for the food we should eat the supplements we should take and the lifestyle adjustments we should make that will help keep us going stronger longer With these strategies you can win the battle against aging You ll learn how to Combat oxidative damage caused by free radicals from the environment and your own body wearing you down from the inside out Fight inflammation the silent killer that is a factor in just about every degenerative disease Avoid glycation a process that is implicated in many of the diseases of aging Reduce stress which can cause more damage to your overall wellbeing than you think More and more studies are proving that we can strongly influence how long and how well we live This fully revised and updated edition offers the smartest program for living a longer healthier better life

Physicians of the Future Rosalynn A.

Vega,2024-05-21 The first scholarly exploration of the forums practice and economics of functional medicine Physicians of the Future interrogates the hidden logics of inclusion and exclusion in functional medicine FM a holistic form of personalized medicine that targets chronic disease Rosalynn Vega uncovers how as wounded healers some FM practitioners who are former chronic disease sufferers turn their illness narratives into a form of social capital leveraging social media to relate to patients and build practices as doctor influencers Arguing that power and authority operate distinctly in FM when compared to conventional medicine largely because FM services are paid for out of pocket by socioeconomically privileged clients Vega studies how FM practitioners engage in entrepreneurship of their own while critiquing the profit motives of the existing healthcare system pharmaceutical industry and insurance industry Using data culled from online support groups conferences docuseries blogs podcasts YouTube and TED Talks as well as her own battles with chronic illness Vega argues that FM practices prioritize the individual while inadvertently reinscribing inequities based on race and class Ultimately she opens avenues of possibility for FM interlocutors wrestling with their responsibility for making functional medicine accessible to all

A Practitioner's Guide to Mastering Functional Medicine Lab Values - Gut & Digestion Insights Brandy Zachary,2025-03 [Understanding Functional Medicine](#) Dr Karson Bryan,2023-11-10 Dive into the realms of total well being as we embark on a transformative journey through the pages of this groundbreaking guide In Understanding Functional Medicine you ll not only gain insights into the intricacies of integrated health but also discover practical strategies that will revolutionize the way you approach your wellness INTRODUCTION Unveiling a New Paradigm Embark on a captivating exploration as we unravel the essence of functional medicine a paradigm that goes beyond traditional healthcare focusing on the root causes of ailments rather than mere symptoms THE BASIS OF INTEGRATED HEALTH Connecting the Dots Learn how integrated health forms the cornerstone of functional medicine offering a holistic perspective that considers the interconnectedness of the body s systems for a more comprehensive approach to healing MEDICINE BASED ON SYSTEMS AND ROOT CAUSES A Deeper Understanding Delve into the core principles of functional medicine where we decipher the intricate web of connections within the body and address health issues at their source leading to lasting and meaningful results NUTRITIONAL EVALUATION Fueling Your Body for Optimal Function Unlock the power of nutrition as a key component of functional medicine discovering how a personalized approach to diet can be a game changer for your overall health and vitality HORMONAL AND ENDOCRINE EVALUATION Balancing the Foundations Explore the critical role hormones play in health and how functional medicine strategies can restore balance providing a foundation for sustainable well being STRATEGIES FOR TREATMENT Personalized Paths to Wellness Equip yourself with practical personalized treatment strategies that address your unique health profile paving the way for a healthier and happier you HERBAL MEDICINE AND NUTRACEUTICALS Nature s Healing Arsenal Discover the potent combination of herbal medicine and nutraceuticals harnessing the healing power of nature to complement and enhance your functional medicine journey

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