

# Rehability<sup>®</sup>

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## **Functional Medicine**

Many people who seek medical care do not have a clinically identifiable disease or pathology. Their problems are based in what I call “derangements or blockages in normal physiology” and present as dysfunctions in one or more organ system that left unchecked would ultimately lead to disease and pathology.

Typically, these patients come to us having usually been told that everything looks normal based on the standard tests routinely run by their doctor (physical examination, urinalysis, blood tests etc.).

Functional medicine practitioners know that most of our patients are by no means “normal”, but are a long way from being in a state of optimal health.

So why do we use and rely diagnostic techniques and standard interpretations that are designed to identify disease states and pathology only?

Shouldn't we use interpretative and diagnostic methods that can help us assess a wide range of problems that are more suggestive of sub-clinical or functional problems?

Many patients fall through the cracks of the current medical paradigm because they are neither sick from a pathological perspective (no tissue changes, no findings on diagnostic testing etc.) nor 100% well. These patients fall into a gray area of medicine and we need a different approach to be able to deal with this.

Functional medicine is the way to deal with this because functional

medicine is about becoming the ultimate medical detective.

As a healthcare provider working in the realm of function and dysfunction, you need to have as many tools as possible to assess the body. You must be able to “cast your net wide”.

You must have as much data about your patient as possible flowing into your assessment funnel.

Data from the patient's story and history

Data from the patient's medical records

Data from the patient's body

Data from the patient's urine

Data from the patient's saliva

Data from the patient's blood

Data from an entire range of Advanced Functional Medicine tests

But once you have all that information you must be able to process and make sense of it all.

You must be able to quickly and efficiently communicate to the patient exactly what you think is going on. And finally, you must be able to clearly and concisely recommend what they must do to achieve a greater state of health and well-being.

This is what functional medicine is all about.

This results in happy and satisfied patients.