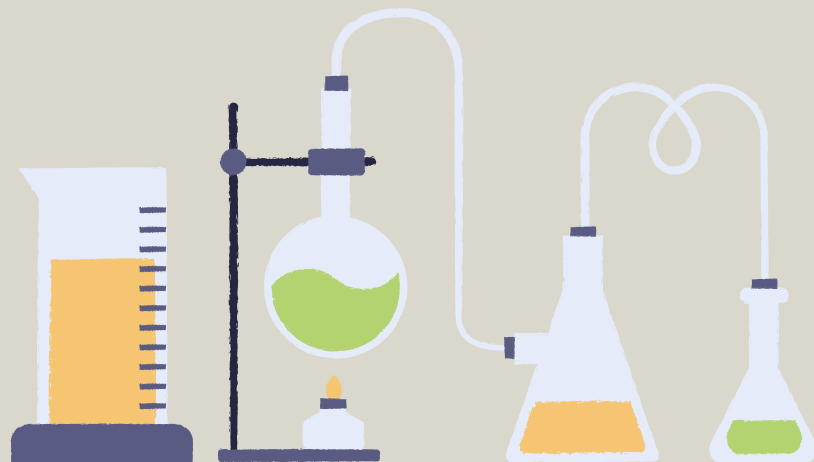


WHAT IS

FUNCTIONAL MEDICINE



Adelena Izold ND

WHAT IS IT & WHY YOU SHOULD GIVE IT A SHOT!?

Functional Medicine is form of medicine that focuses on the **patient** and uses a systems-based approach to determine the root cause of disease.

Basically, we review and analyze lab work in greater detail and assess where you need to be to accomplish **optimal health**.

We also have access to different types of tests such as:

- Food allergies and sensitivities
- Stool testing
- Hormone testing
- Functional genetics



WHY SHOULD YOU DO IT?

We all have been to our general practitioner in seek of guidance and explanation and may have a similar experience, "Well, everything looks good!" and you are thinking to yourself, well I do not feel good? What is everything that was checked? ..and the questions go on and on..

Functional medicine provides you with the reasoning and understanding to **WHY** you might be feeling that way, as it does not compare you to everyone, it compares your values to perfect! and through individualized testing we can help uncover the **root cause**.



WHO SHOULD SEEK THE SUPPORT OF FUNCTIONAL MEDICINE

If you feel like you have more questions than answers when it comes to your health.

If you feel you need more guidance and support to tackle your health challenges.

Common signs and symptoms that you should inquire about functional testing:

- Digestive concerns (gas, bloating, reflux etc.)
- Skin issues (eczema, psoriasis, hives etc.)
- Food intolerances
- Fatigue, brain fog
- Irregular menstruation
- Erectile dysfunction
- **Not feeling yourself!**



THANK YOU FOR YOUR TIME!

ANY
QUESTIONS?

Please reach out!