

## Functional Medicine Prince George

Functional Medicine Prince George - Functional medicine tackles underlying causes and primary prevention rather than symptoms of chronic and serious illness. It is a scientific based area of health care which is grounded in the following principles: Dynamic balance between external and internal factors and that health is not simply the absence of sickness but is a positive vitality. The Running Biochemical individuality factor relates to the individual variations in metabolic functions. These are derived from genetic and environmental differences between individuals. Patient-centered medicine is one more principle that puts emphasis on "patient care" as opposed to "disease care."

There is a great number of research papers currently supporting the views that the human body works together as a highly coordinated system functioning in unison, instead of a separately functioning system. For instance, the web-like interconnections of physiological factors reveal that nutritional imbalances can cause hormonal disturbances, immunological dysfunctions can promote cardiovascular ailment and environmental exposures may lead to neurological syndromes like for example Parkinson's disease. One more principle of functional medicine is the promotion of organ reserve as the means to enhance overall health span.

Functional medicine is based on the examination of core clinical imbalances underlying many disease problems. These imbalances occur as inputs from the environment like diet nutrients, exercise as well as water and air together with trauma, that is processed by the body, spirit and mind through a distinct set of genetic beliefs, predispositions and attitudes. The fundamental physiological processes comprise: bioenergetics or the transformation of food into energy; communication both internally and externally in the cells; repair, maintenance of structural integrity and replication from the cellular level to the entire body level; removal of wastes; defense and protection in addition to transport and circulation.

Some of the core imbalances that may occur comprise: immune imbalances, hormonal and neurotransmitter imbalances, detoxification and bio-transformational imbalances, digestive, absorptive and microbiological imbalances, oxidation-reduction imbalances, inflammatory imbalances and pathology of the energy centers of the cells or likewise called mitochondria. Structural imbalances from cellular membrane function to the musculoskeletal system are one more possible issue.

These imbalances are considered the precursors to the signs and symptoms by which we label, diagnose and detect organ system disease. Improving balance in both the patient's environment and the body's fundamental physiological processes, are the keys to restoring health. To be able to achieve this, much more than simply treating the signs need to take place.

To be able to enhance the management of chronic sickness, functional medicine aims to intervene at many levels of sickness. To be able to restore health and functionality, the clinical core imbalances should be dealt with. Functional medicine is grounded in specific principles and information. Functional medicine is not considered a unique and separate body of knowledge but depends on information that is usually obtainable in medicine at present. It combines research from several disciplines with clinically relevant disease models and effective clinical management.

Functional medicine successfully integrates several treatments meant for various problems of the body as opposed to relying on one treatment for one diagnosis. Functional medicine listens closely to the individual's story and makes use of this individual information as an important tool for integrating symptoms, signs and diagnosis. Every person's personal health story provides evidence of clinical imbalances into a comprehensive method to enhance both the individual's environmental inputs and physiological function. It is the clinician's discipline which directly tackles the need to change the practice of primary care.