



Functional Medicine: What is it and How Can it Help My Patients?

Ericha Clare, ND, LAc, IFMCP

Disclosure Statement

- I do have a relevant financial relationship with commercial interest whose products or services relate to the content of the educational presentation
 - Company: EOCCO/MODA
 - To ensure independence and balance of content, current conflicts of interest were resolved by basing recommendations on structured review for best evidence.

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**“You have a rare condition called ‘good health’.
Frankly, I’m not sure how to treat it.”**



Ericha Clare, ND LAc IFMCP

Naturopathic Physician

Acupuncturist

Functional Medicine Practitioner



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®



Clinical Practice

- Private practice: naturopathy, acupuncture
- Associate physician
- “SuperGeneralist”
- Trained with IFM for Functional Medicine Certification - IFMCP







Clinical Interests

- Interests in Well Aging, Longevity
 - Brain, Heart and Circulation
 - Kidney function
- Additional training
 - Brain Health,
 - Cognitive Decline Prevention and Reversal
- Community Educator: Alz.org





Pre-Med Studies

Chemistry major
(biochemistry)
Teaching Assistant

- Summer Fellow
- Research Assistant





- Adjunct Faculty
- Curriculum Developer



- Director of Continuing Education
- Adjunct faculty



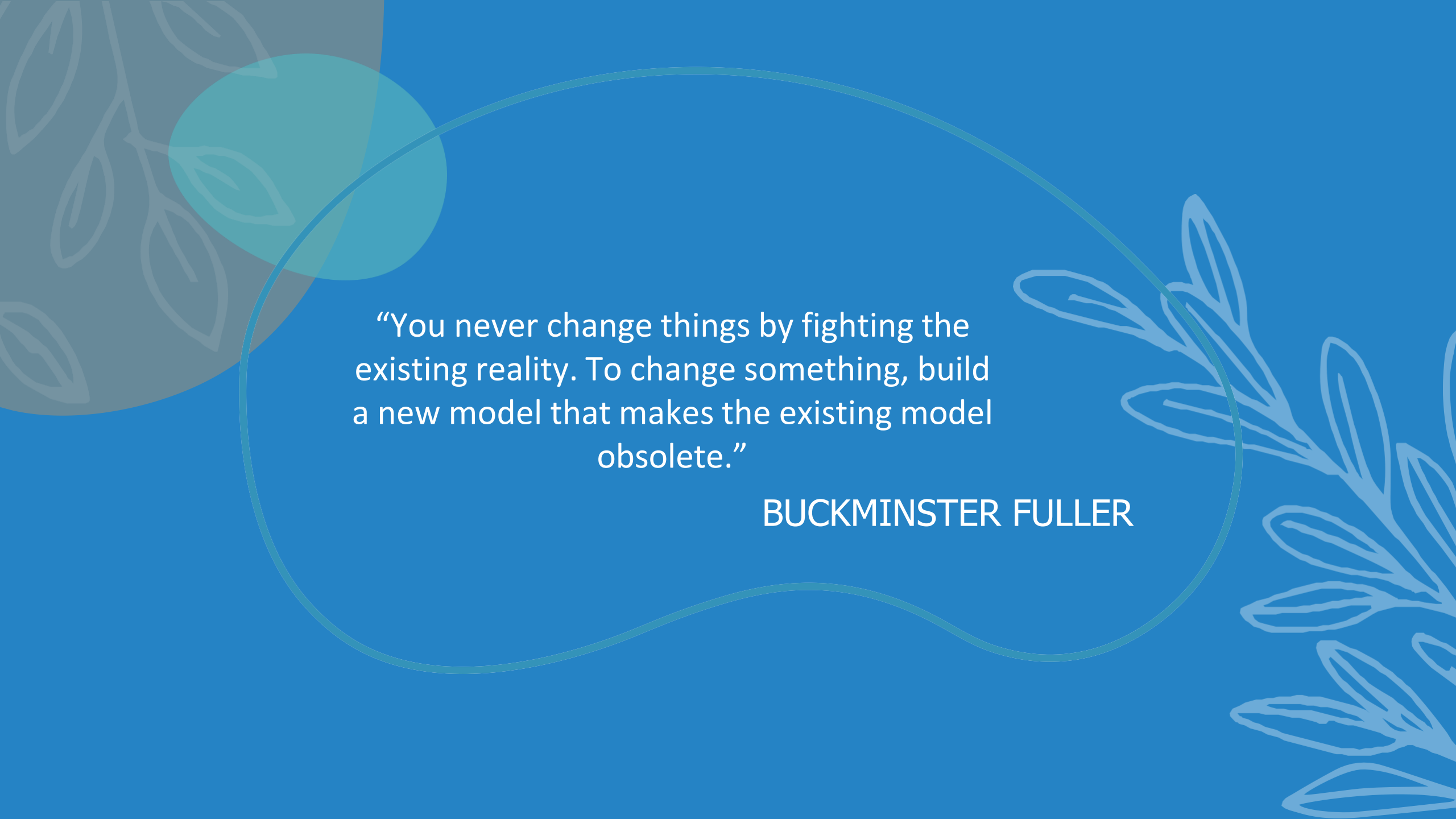
Academics/Teaching

- Adjunct Faculty, Functional Medicine
- Clinical Supervisor Naturopathic Med



The background is a light blue gradient. In the top left corner, there is a faint, stylized illustration of a branch with several leaves. At the bottom, there is a thick, dark blue wavy line that spans across the width of the image.

Functional Medicine



“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.”

BUCKMINSTER FULLER



Functional Medicine as a Paradigm Shift

A dynamic *Approach* to assessing, preventing and treating complex chronic disease.

A Mindset and Way of Organizing
Altered physiologic process (function)
often occurs earlier than the onset of
histopathologically-defined disease.

Origins of Functional Medicine

- 1990
- Annual Gatherings of Medical Minds in PNW
- How can medicine be practiced differently:
 - more effectively
 - with better outcomes
 - better patient experience
 - Specifically with chronic, complex disease processes.
- Attendees were MDs, NDs, PhDs
20-40yrs in practice or research



Naturopathic Medicine Philosophy



- First do no harm – *Primum Non Nocere*
 - Part of oath we take as physicians.
- Healing Power of Nature - *Vis Medicatrix Naturae*
 - We can assist nature, get out of the way, remove obstacles, nourish.
- Doctor as Teacher – *Docere*
 - Teach the patient the ways of health, to care for self through natural means.
- Treat the Cause – *Tolle Causam*
 - Find and treat the cause of illness. Only treat the effect, the cause still there.
- Treat the Whole Person – *Tolle Totum*
 - Not just body parts, everything is connected, including body/mind/spirit.
- Prevention – *Praevenic*
 - Build health every day, avoid activities that destroy health.

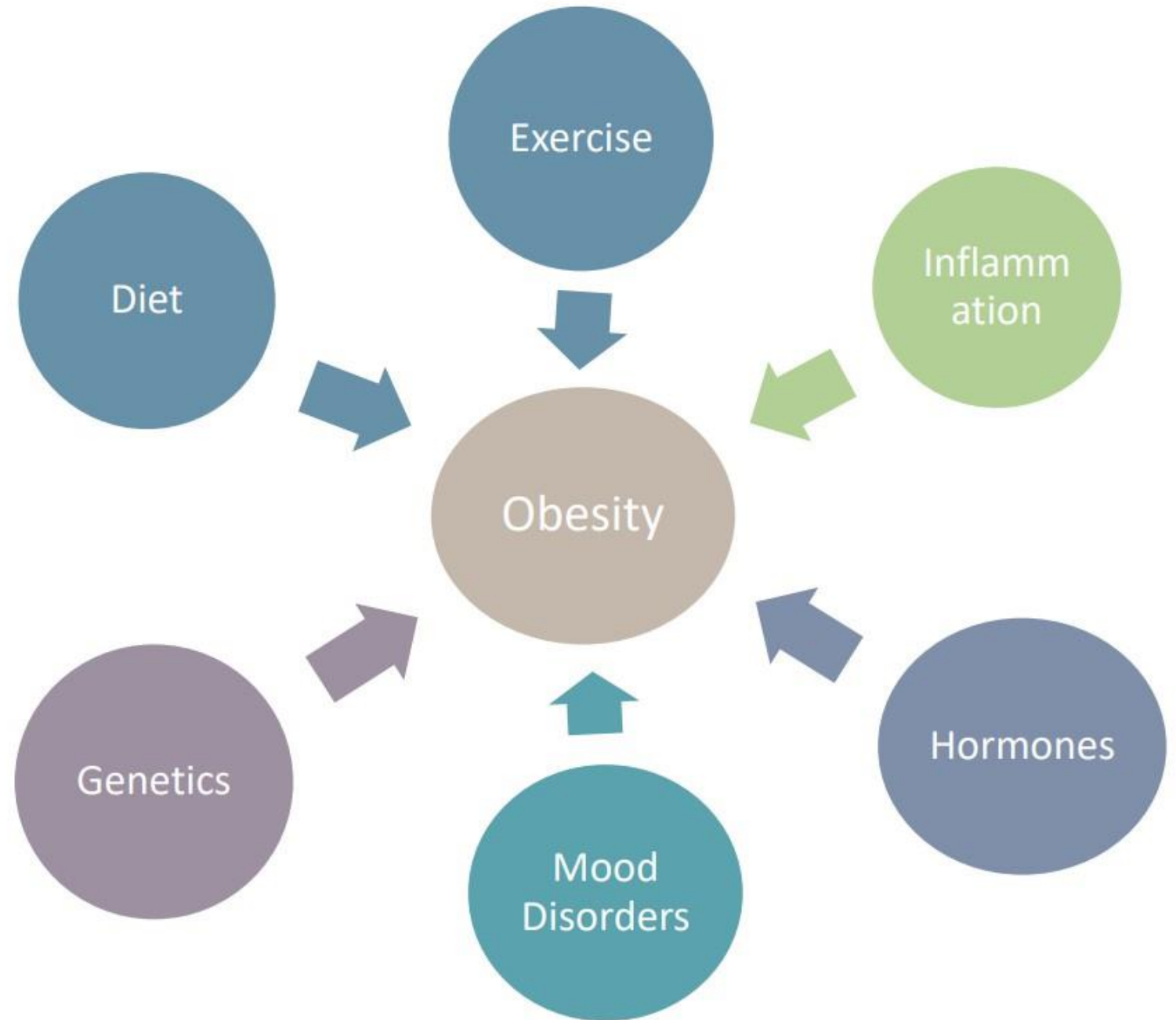
Chinese Medicine Philosophy



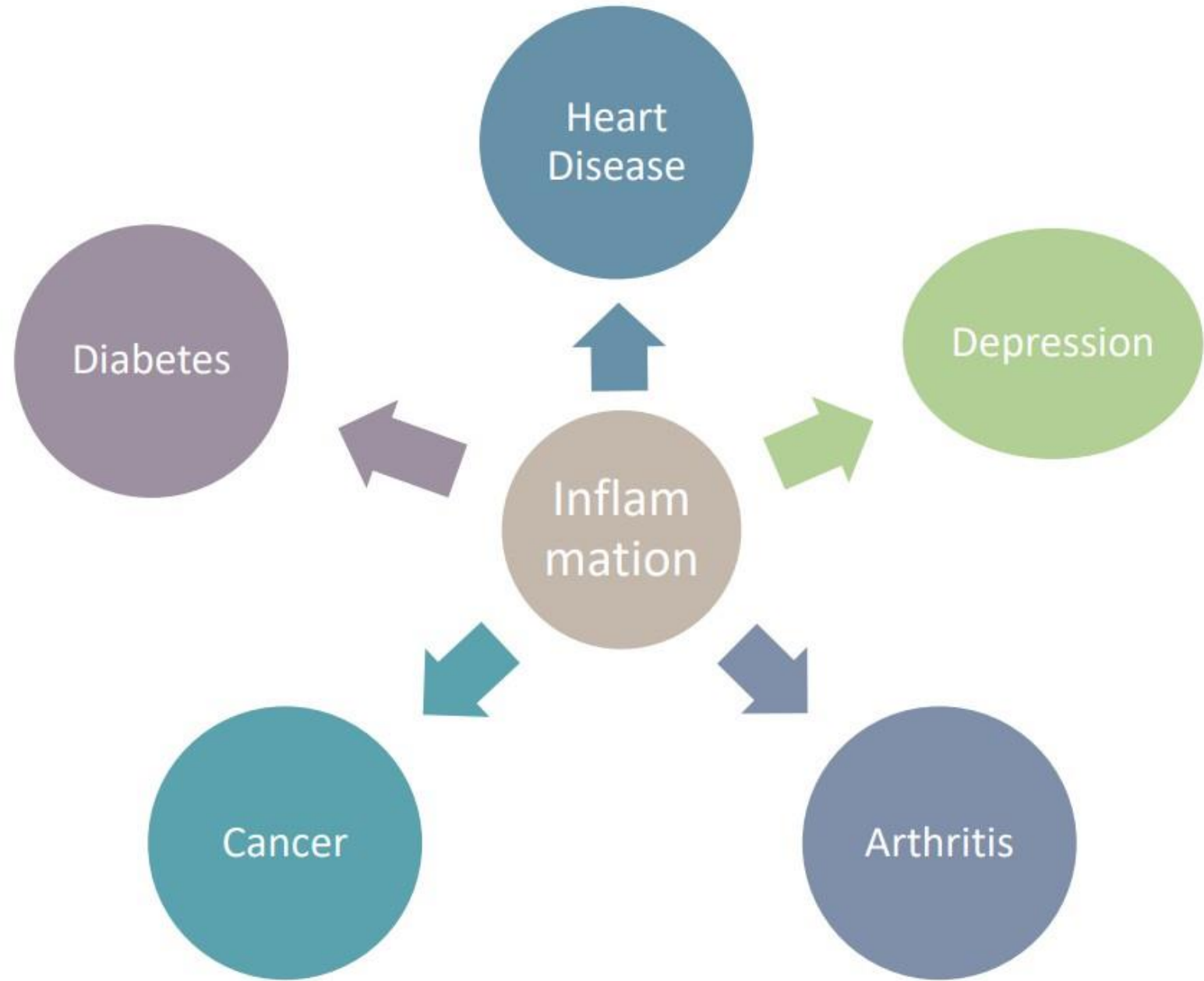
- Holism – body as integrated, interconnected
 - Each part of your body is interconnected and works together seamlessly, including body systems and body, mind, spirit
 - *“Chinese Medicine treats humans while Western Medicine treats diseases”*
- Connected to, affected by environment, nature
 - Humans not separate from nature. Whether it is seasons, geographical location, or time of day, our body reacts to changes in our natural environment. Nature is both healing and energizing.
- Naturally Self-Healing, regenerative capacity, a type of vital force (qi).
 - A well-balanced body can resist disease and fight off invasion. An underlying imbalance is what allows disease to take hold.
- Prevention is the Best Cure
 - best to dig well before one is thirsty.
- Same disease can be caused by different imbalances; treat the imbalance
 - Same imbalance cause different disease; treat the imbalance



Many Imbalances One Diseases



One Imbalance
Many Diseases



Principles of Functional Medicine



- Biochemical individuality: unique gene expression (epigenetics!)
- Patient-centered
 - (vs. disease-centered)
- Dynamic Balance between external & internal factors
- Web-like Interconnectedness
- Health as *Positive Vitality*
- Enhancement of Organ Reserve
- Root Cause Resolution
 - *Upstream Signal Modulation*

A Tale of Two Vitalities



Conventional vs Functional terms

Standard Medical Model

Allopathic Medicine

Biomedical Model

(Traditional – not really accurate)

(Western – not accurate either)

Treat the Disease

Manage the Disease

Conventional vs Functional terms

Standard Medical Model

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Treat the Disease

Manage the Disease

Integrative Medicine

Complementary & Alternative Medicine

Traditional Medicine

Naturopathic Medicine

Lifestyle Medicine

Network Medicine

Treat the Pattern

Treat/Fortify the Person

Conventional vs Functional

Name
Blame
Tame



What's the problem?
Reactive
Pill for Every Ill

Think
Link



What's going on underneath?
Proactive
Transformative

Features of Functional Medicine

1. Congruent with naturopathic philosophy and principles
2. Draws various professions, disciplines, approaches
3. Multiple ways to practice
4. Leverages technology
5. Latest research
6. Welcomes other views
7. Organized methodology
8. Practitioner satisfaction
9. Patients get better!
10. Food as Medicine
11. Never having to tell a patient "There's nothing more we can do"





Food as Medicine

Food is a major driver of disordered health worldwide-

- Wrong foods make you ill,
- Right food make you well

Body is highly intelligent

- We can give the body what it needs.
- Provide the circumstances to create health



Core Clinical Imbalances

- **Assimilation** (Digestive, absorptive, and microbiological imbalances)
- **Defense & Repair** (Immune and inflammatory imbalances)
- **Energy** (Oxidation-reduction imbalances and mitochondriopathy)
- **Biotransformation and Elimination** (Detoxification)
- **Communication** (Hormonal and neurotransmitter imbalances)
- **Transport** (Circulatory, Cardiometabolic)
- **Structural integrity** (Imbalances from cellular membrane function to the musculoskeletal system)

There is enough information in the world to solve any problem



The key is putting it in the right order.



How to implement into a standard practice?

Take one step at a time, just like climbing a mountain.
Start with low-hanging fr



What do we treat – or rather, WHO?

Symptoms or Conditions experiencing now or ongoingly

Fatigue, brain fog, digestive symptoms, mood swings, skin conditions

Metabolic dysfunction

insulin resistance, prediabetes

high cholesterol, blood pressure

established heart disease

Hormone imbalances

adrenal & thyroid

sex hormone imbalance – menopause, andropause

Brain or nervous system problems

mild cognitive impairment, brain fog, forgetfulness

numbness, pain, tremor

Concerns for future health

(avoid) Chronic disease prevention (heart disease, cancer, dementia, diabetes)

(goal) Well aging, vitality, healthy brain, body



'Wholistic' Patient 29 diagnoses



46yo female, wt 235, BMI 37, MSQ 110
Irritable Bowel Syndrome since age 9
Hypertension x 5 yrs takes lisinopril and amlodipine
Hypoglycemia x 20 yrs
Metabolic syndrome x 8 yrs takes metformin
Hypothyroidism x 20 yrs - takes synthroid
PCOS x 15 yrs - takes spironolactone
Infertility in past - has adopted children
Frequent weight fluctuations x 25yrs
Bulimia and anorexia x 20yrs
GERD x 10 yrs - takes Prilosec
Kidney stones x 6 yrs - hasn't had any in 6months
Gout x 7 yrs takes allopurinol
Frequent Yeast infections - takes fluconazole 3x year
Environmental Allergies x 4 years - takes zyrtec daily
Latex allergy x 20 yrs -avoids latex, takes benadryl if comes in contact.
Asthma x 25 yrs - steroid inhaler with rescue as needed.
Chronic Sinusitis x 10 yrs takes antibiotics 1-2x year
Sleep Apnea x 8 yrs uses CPAP only 3x week, doesn't like wearing it

Psoriasis x 25yrs - uses steroid cream daily
Depression - takes bupropion
bupropion/Wellbutrin x 2 years
Anxiety, worsening in last 2 yrs = drinks 1-2 glasses of wine at night to calm down
Osteoarthritis -recent diagnosis - takes nsaids daily
Fibromyalgia x 3 yrs takes nsaids daily
Chronic pain x 2-4 yrs takes nsaids daily
Chronic Fatigue Syndrome comes and goes, but always tired with max 4/10 energy.
Food Allergies x 10 yrs tries to avoid, but efforts go on and off
Headaches - takes nsaids, but sometimes has to take more
Migraine Headache - has to lie down in dark, takes sumatritan prn

Is considering going on adderall for focus but is worried about anxiety getting worse. Another doctor has prescribed gabapentin for chronic pain. Hasn't yet filled those two prescriptions. Heard about and wants to try functional medicine.

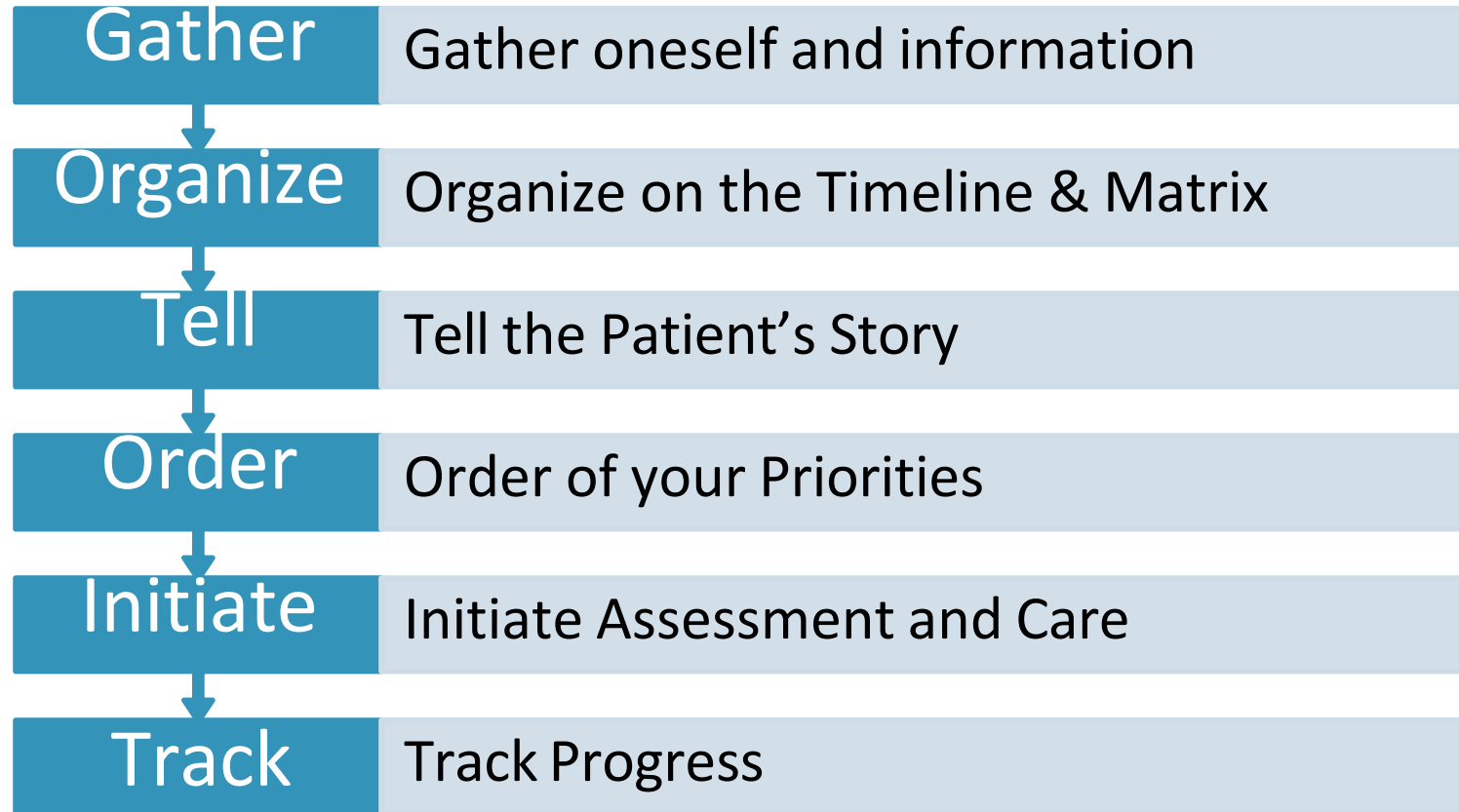


46yo Prescilla w/29Dx, cont.

New information: Upon further questioning, we discover she was born via Caesarian section, and was breastfed for 3 months before being switched to bottled formula. She had several ear infections ages 3-6 and recalls taking antibiotics. Her parents divorced when she was 7 years old, and she only saw her dad on weekends. She and her mom were in a car accident when she was 9, and her forehead hit the dashboard pretty hard, but no broken bones. She went through her own stressful divorce 10 years ago. Then her mother was diagnosed with breast cancer 4.5 years ago, and she was her mother's only support through chemotherapy, radiation, and surgery, which lasted in total 1.5 years. Now she lives with her mother, who survived the cancer but is in poor health and can't help with household chores or meal preparation. Our patient works as a project manager for a small construction company, and often stays late during busy times. Her commute is 40 min each way, and most nights she picks up fast food for her mom and herself. She used to exercise but has been too busy and tired for the last 3 years, so she cancelled her gym membership. Sleep has been more interrupted in the last few months, so she is having trouble with energy and focus throughout the day, and drinks 3-4 cups of coffee every day, frequently getting a triple espresso mocha.

Current Concerns: She wants you to help her with fatigue, chronic pain (headaches, body/muscle pain), sleep, GI bloating, cramping, and constipation alternating with diarrhea. She has a great deal of anxiety about her health and worries she will get cancer like her mother.

Functional Medicine Operating System: **GOTOIT**



Gather

Information through intake forms, questionnaires, the initial consultation, physical exam, and objective data.

A detailed functional medicine history taken appropriate to age, gender, and nature of presenting problems.

First, Gather yourself as practitioner, ie. prepare for the encounter mentally, emotionally physically, spiritually. Leave everything else at the door.



Organize



the subjective and objective details from the patient's story within the functional medicine paradigm.



Positioning the patient's presenting signs and symptoms, along with the details of the case history on the timeline and functional medicine matrix.

Gather Oneself & Information

Organize on Timeline & Matrix

Tell the Patient's Story

Order of your Priorities

Initiate Assessment and Care

Track Progress



Functional Medicine Matrix

Retelling the Patient's Story

Antecedents

Triggering Events

Mediators/Perpetuators

Physiology and Function: Organizing the Patient's Clinical Imbalances

Assimilation

Defense & Repair

Structural
Integrity

Mental

Emotional

Energy

Spiritual

Communication

Biotransformation
& Elimination

Transport

Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Name: _____ Date: _____ CC: _____

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Version 3

Figure 1. The Functional Medicine Matrix



Journey to wellness

Alignment step – meet/greet call to determine eligibility for our care.

Discovery Phase – This takes place over two visits 1-2 weeks apart, in which:

First Visit –(60min) we collect your history and evaluate lab markers to create an individualized Care Plan.

Before visit, patient submits comprehensive intake form and

Gets standard set of labs (our custom blood chemistry panel with quest). This could be between 1st and second visit.

Second Visit –(60min), you'll receive a Roadmap with outlined *stages of care* to best address your needs, based on all information collected

How long each stage is expected to take, typically 3 mo blocks

Area of focus for each stage – digestion, hormones, metabolism are common

Plan for comprehensive care to include

Lifestyle recommendations, food plan, etc.

Targeted nutritional and therapeutic support products

Adjunctive care such as acupuncture, iv, massage

Action Phase of Care



3-12 months Program made up of phases which are typically 3 months long, could be shorter or longer depending on state of health and progress made in each phase

Phase one – Health Focus #1 – Eg. Digestive health

Strategy sessions 1:1 with FM provider

Coaching sessions 1:1 with health coach, nutritionist.

Educational materials such as articles, videos and live or recorded webinars

Treatment sessions – acupuncture, IVs, hydrotherapy

Phase two – Health Focus #2 – e.g. Hormone health

Phase three -Health Focus #3 – e.g. Metabolic health

Phase four- Health Focus #4 – e.g. Brain health

Maintenance



After working hard to achieve higher order of health, a maintenance plan is crucial to staying on top of your health and ahead of looming problems.

We'll have a strategic planning meeting every 4-8 weeks

Recommended monthly treatment schedule for acupuncture or ivs

FM Patients are those who:

- Know there has to be a better, more natural way to be healthy
- Want their brain and body to be available for immediate use
- Are seeking a more proactive hands-on approach to the care of their health
- Are Interested in prioritizing health improvement
- Eager to participate as a partner in their health
- Understand that human health is a complex constellation of the biological, mental, behavioral, and social factors, and that
 - Health-building takes some time
 - A healthy and positive mindset is key
- Are ready to work on health with self-compassion and patience as well as persistence.
 - Progress over Perfection, Self-care with kindness over forced rules
- Welcome a transformational, rather than transactional, approach

Where to learn more

Institute for Functional Medicine (IFM.org)

Functional Medicine University

Mentorship programs – Kalish, Kressor

Personalized Lifestyle medicine Institute (PLMI)

Integrated Medicine for the Underserved (IM4Us)

Association for the Advancement of Restorative Medicine
(AARM)

American Academy of AntiAging Medicine (A4m)

Naturopathic Medicine Institute (NMI) vitalistic approach





What's your "WHY"





"Ask your doctor if taking a pill to solve all your problems is right for you."



ALL YOU HAVE TO DO IS CHANGE EVERYTHING ABOUT THE WAY YOU LIVE.



thank you

