

become a functional medicine doctor

become a functional medicine doctor is a rewarding career path for healthcare professionals interested in a holistic, patient-centered approach to medicine. Functional medicine focuses on identifying and addressing the root causes of disease rather than merely treating symptoms. This medical practice integrates traditional Western medical practices with alternative or integrative therapies, emphasizing personalized care. Aspiring functional medicine doctors must undergo extensive education and training, combining conventional medical knowledge with specialized study in functional medicine principles. This article will explore the necessary steps, educational requirements, certifications, and career outlook to become a functional medicine doctor. It will also discuss the core competencies and skills essential for success in this evolving field.

- Understanding Functional Medicine
- Educational Pathway to Becoming a Functional Medicine Doctor
- Certification and Training in Functional Medicine
- Skills and Competencies Required
- Career Opportunities and Outlook

Understanding Functional Medicine

Functional medicine is a patient-centered approach that addresses the underlying causes of chronic diseases by considering the complex interactions between genetics, environment, and lifestyle factors. Unlike conventional medicine, which often focuses on symptom management, functional medicine seeks to identify and treat the root cause of illness. This approach integrates scientific research, clinical expertise, and patient values to develop personalized treatment plans.

Principles of Functional Medicine

The core principles of functional medicine include a systems-oriented approach, individualized care, and a focus on prevention and wellness. It emphasizes the interconnectedness of body systems and how imbalances can lead to disease. Functional medicine practitioners use advanced diagnostic testing and thorough patient histories to uncover dysfunctions in metabolism, immune function, gut health, and hormonal balance.

Benefits of Functional Medicine

Functional medicine offers several benefits, including improved patient outcomes through personalized treatment, enhanced patient engagement, and a holistic understanding of health. It is particularly effective in managing chronic conditions such as autoimmune diseases, diabetes, cardiovascular disorders, and digestive issues. Patients often experience a more comprehensive healthcare experience that empowers them to take an active role in their wellness.

Educational Pathway to Becoming a Functional Medicine Doctor

To become a functional medicine doctor, one must first complete the foundational education required to practice medicine. This includes obtaining a medical degree and completing residency training in a relevant specialty. Afterward, additional education and training in functional medicine principles are necessary to integrate this approach into clinical practice.

Obtain a Medical Degree

The first step is earning a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO) degree from an accredited medical school. This typically involves four years of rigorous academic study covering basic sciences, clinical skills, and hands-on rotations in various medical specialties.

Complete Residency Training

After medical school, completing a residency program is required to gain specialized clinical experience. Residencies can range from three to seven years depending on the chosen specialty, such as internal medicine, family medicine, or pediatrics. This training provides the clinical foundation necessary for practicing medicine safely and effectively.

Licensing and Board Certification

Upon completion of residency, physicians must pass licensing examinations to practice medicine legally. Additionally, obtaining board certification in a specialty enhances credibility and demonstrates expertise. This is a critical step before pursuing further specialization in functional medicine.

Certification and Training in Functional Medicine

While functional medicine does not require a separate medical license, formal certification validates a physician's knowledge and competency in this field. Several organizations offer accredited training programs and certification pathways specifically designed for licensed healthcare professionals.

Functional Medicine Certification Programs

Physicians interested in functional medicine can enroll in certification programs that provide comprehensive education in functional medicine theories, diagnostic techniques, and treatment strategies. These programs typically include online coursework, in-person seminars, case studies, and clinical application components.

Popular Functional Medicine Training Organizations

Some widely recognized organizations offering functional medicine certification include:

- The Institute for Functional Medicine (IFM)
- Functional Medicine University
- American Academy of Anti-Aging Medicine (A4M)

These programs often require completion of prerequisite courses, successful passing of examinations, and adherence to ongoing continuing education requirements to maintain certification.

Continuing Medical Education and Specialization

Functional medicine doctors must engage in lifelong learning to stay updated with evolving research and treatment modalities. Many participate in workshops, conferences, and advanced training modules to deepen their expertise and expand their clinical skills.

Skills and Competencies Required

Becoming a successful functional medicine doctor requires a blend of medical knowledge, analytical skills, and interpersonal abilities. These competencies enable practitioners to deliver patient-centered, evidence-based care effectively.

Clinical Assessment and Diagnostic Skills

Functional medicine doctors must be adept at conducting detailed patient histories, physical examinations, and ordering specialized diagnostic tests. Their ability to interpret complex lab results and identify subtle imbalances is crucial for accurate diagnosis and treatment planning.

Holistic and Integrative Thinking

Practitioners need to think holistically, understanding how various physiological systems interact. This mindset helps in designing individualized treatment plans that may include nutrition, lifestyle modifications, supplements, and conventional medications.

Communication and Patient Education

Effective communication skills are essential to educate patients about their conditions, treatment options, and preventive strategies. Building strong patient relationships fosters trust and encourages adherence to personalized health plans.

Problem-Solving and Critical Thinking

Functional medicine requires analytical problem-solving to address complex chronic illnesses. Physicians must critically evaluate all aspects of a patient's health and environment to identify root causes and develop comprehensive care strategies.

Career Opportunities and Outlook

The demand for functional medicine doctors is growing as patients seek more personalized and integrative healthcare options. This expanding field offers diverse career opportunities across clinical practice, research, education, and consulting.

Clinical Practice Settings

Functional medicine doctors can work in private practices, integrative health clinics, hospitals, or wellness centers. Many choose to establish their own practices specializing in functional medicine, providing comprehensive care tailored to individual patient needs.

Research and Academic Roles

Opportunities exist in medical research and academia for those interested in advancing functional medicine knowledge. Physicians may participate in clinical trials, publish research findings, or teach upcoming healthcare professionals.

Industry and Consulting Positions

Functional medicine expertise is sought after in the pharmaceutical, nutraceutical, and wellness industries. Physicians may serve as consultants, advisors, or keynote speakers, contributing to product development and public health initiatives.

Future Trends and Growth

The integration of functional medicine into mainstream healthcare is anticipated to increase, driven by a growing emphasis on chronic disease management and preventive care. This trend suggests a positive career outlook for functional medicine doctors committed to ongoing education and clinical excellence.

1. Complete a medical degree (MD or DO)
2. Undertake residency training in a relevant specialty
3. Obtain medical licensure and board certification
4. Enroll in accredited functional medicine certification programs
5. Develop essential clinical and communication skills
6. Engage in continuing education and professional development
7. Explore diverse career opportunities in clinical, academic, and industry settings

Frequently Asked Questions

What is a functional medicine doctor?

A functional medicine doctor is a healthcare professional who focuses on identifying and addressing the root causes of diseases through a holistic and

individualized approach, often integrating conventional medicine with alternative therapies.

What qualifications are needed to become a functional medicine doctor?

To become a functional medicine doctor, one must first complete a medical degree (MD or DO), obtain a medical license, and then pursue additional training or certification in functional medicine through accredited programs such as those offered by the Institute for Functional Medicine (IFM).

How long does it take to become a functional medicine doctor?

Typically, it takes about 8 to 12 years to become a functional medicine doctor, including 4 years of medical school, 3 to 7 years of residency, and additional months to years for specialized functional medicine training and certification.

Are there specific certifications for functional medicine?

Yes, the most recognized certification is offered by the Institute for Functional Medicine (IFM), which provides a comprehensive certification program that includes coursework, exams, and case studies to demonstrate proficiency in functional medicine principles.

Can any licensed physician become a functional medicine doctor?

Yes, licensed physicians such as MDs, DOs, naturopathic doctors (NDs), and sometimes other healthcare providers can pursue additional training and certification to become functional medicine practitioners.

What skills are important for a functional medicine doctor?

Important skills include strong diagnostic abilities, knowledge of nutrition and lifestyle medicine, patient-centered communication, an understanding of integrative therapies, and the ability to analyze complex patient histories to identify root causes.

How does functional medicine differ from conventional medicine?

Functional medicine emphasizes a holistic and personalized approach, focusing on the root causes of illness and preventive care, whereas conventional

medicine often focuses on treating symptoms and diseases using standardized protocols.

Where can I study functional medicine as a doctor?

Functional medicine training is available through organizations like the Institute for Functional Medicine (IFM), and some medical schools and continuing education programs offer courses or certifications in functional medicine.

Is becoming a functional medicine doctor financially rewarding?

While income varies widely depending on location, practice setting, and patient base, functional medicine doctors often have successful private practices and may charge premium fees for their specialized, comprehensive care.

What are the career opportunities for a functional medicine doctor?

Career opportunities include private practice, integrative health clinics, wellness centers, academic roles, consulting, and roles in health coaching or patient education focused on chronic disease management and prevention.

Additional Resources

1. Foundations of Functional Medicine: Principles and Practice

This comprehensive guide introduces the core principles of functional medicine, emphasizing a patient-centered approach to healthcare. It covers the biochemical, genetic, and environmental factors that influence health and disease. Ideal for aspiring functional medicine doctors, it lays the groundwork for understanding holistic diagnosis and treatment.

2. The Functional Medicine Approach to Chronic Disease

Focusing on chronic illnesses, this book explores how functional medicine can identify underlying causes rather than just treating symptoms. It provides case studies and clinical strategies to manage conditions such as autoimmune disorders, diabetes, and cardiovascular disease. Readers gain insight into personalized treatment plans and lifestyle interventions.

3. Integrative Nutrition and Functional Medicine

This text delves into the crucial role of nutrition in functional medicine, highlighting how diet influences health at the cellular level. It discusses nutrient interactions, gut health, and the therapeutic use of food to restore balance. Aspiring practitioners learn to design effective nutritional protocols for diverse patient needs.

4. Functional Medicine Laboratory Testing and Interpretation

Essential for clinical practice, this book details the selection and interpretation of specialized laboratory tests used in functional medicine. It covers biomarkers related to inflammation, hormone balance, detoxification, and microbiome health. The guide equips future doctors with skills to make informed diagnostic decisions.

5. Clinical Applications of Functional Medicine: Case Studies and Treatment Plans

Through real-world case studies, this book demonstrates how functional medicine principles are applied in clinical settings. It provides detailed treatment plans, patient communication strategies, and outcome assessments. This resource is valuable for bridging theory and practice in functional medicine education.

6. Mind-Body Medicine in Functional Practice

Exploring the connection between mental health and physical well-being, this book integrates psychological and neurological perspectives into functional medicine. It covers stress management techniques, mindfulness, and their impact on chronic disease. Students learn to incorporate mind-body therapies into comprehensive care.

7. Advanced Functional Medicine Therapeutics

This advanced text covers cutting-edge therapies and interventions used by experienced functional medicine practitioners. Topics include nutraceuticals, detoxification protocols, and emerging technologies. It is designed for those seeking to deepen their expertise and expand their clinical toolkits.

8. Ethics and Professionalism in Functional Medicine

Addressing the unique ethical considerations in functional medicine, this book discusses patient autonomy, informed consent, and evidence-based practice. It emphasizes maintaining professionalism while navigating the holistic and personalized nature of care. This resource supports the development of responsible and compassionate practitioners.

9. Building a Functional Medicine Practice: Business and Patient Engagement

This practical guide covers the essentials of establishing and managing a successful functional medicine practice. Topics include marketing, patient retention, interdisciplinary collaboration, and use of technology. Aspiring doctors gain strategies to create thriving, patient-focused healthcare environments.

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become a functional medicine doctor: 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!!

become a functional medicine doctor: 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.

become a functional medicine doctor: Integrative Care United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2010

become a functional medicine doctor: The Wahls Protocol Terry Wahls M.D., Eve Adamson, 2014-03-13 Fully expanded with new information and updated research, a clear prescriptive guide about how to beat autoimmune conditions using functional medicine and nutrient-rich foods, from a doctor, researcher, and sufferer of progressive multiple sclerosis. The Wahls Protocol has become a sensation, transforming the lives of people with autoimmune diseases. Now in this fully revised edition, Dr. Terry Wahls outlines the latest research that validates the program and offers new, powerful tools to arm readers and help them achieve total health. The Wahls Protocol comes out of Dr. Wahls' own quest to treat the debilitating symptoms she experiences as a sufferer of progressive MS. Informed by science, she began using Paleo principles as guidelines for her unique, nutrient-rich plan. This book shares Dr. Wahls' astonishing personal story of recovery and details the program, with up-to-date research she's now conducting at the University of Iowa. Split into three different levels, this updated edition allows readers to choose the modified Wahls Diet if they're new to the regime, the Wahls Paleo Diet if they're ready to amp up their health, or the more advanced Wahls Paleo Plus Diet if they need more aggressive treatment. They can also incorporate the just-added Wahls Elimination Diet into their plan to pinpoint individual food sensitivities, so their diet is as personal as ever. With new recipes and content on intermittent fasting and how the protocol impacts the microbiome, The Wahls Protocol is a key addition to the whole food revolution, and a deeply moving, results-driven testimonial to the healing power of food.

become a functional medicine doctor: Own Your Wellness Daniella Dayoub Forrest, 2024-03-19 In Own Your Wellness, personal trainer and health coach Daniella Dayoub Forrest gives readers the tools they need to nourish, move, explore, and enhance their bodies so that they can break through any health plateau and reach their wellness goals. Daniella Dayoub Forrest has helped countless clients take control of their health and own their wellness. She allows the reader to tailor their wellness path to their own needs and to reach their goals in a way that is fine-tuned for their unique bodies. In Own Your Wellness, Daniella helps the reader define their goals and, most importantly, helps them find a driving reason to achieve them. Daniella empowers readers to parse through the bombardment of health information and encourages them to reach optimal health, not just to feel “fine.” Own Your Wellness follows the basic format she uses with all her health coaching clients. She covers health challenges one might be facing, as well as ways to get to the bottom of nagging issues. In this book, you will learn how to: Determine your “why”—your reason for wanting change Nourish your body with the right foods to attain and sustain your goals Move your body with exercise you actually enjoy and don’t dread Explore testing and other healing opportunities Enhance your journey with supplements, vitamins, and minerals More than just an informative guide, this book will give you the tools you need to break through every health plateau and reach your personal wellness goals. Throughout the book, you can write out how your personal situation works in the framework provided. By the end, you will have a cohesive and actionable plan to make your wellness dreams a reality.

become a functional medicine doctor: Healing Chronic Candida Cynthia Perkins, 2018-04-10 Chronic candida is an invisible epidemic in our society today that is lacking a complete and effective health care regimen. Millions of people are suffering unwittingly with this condition as it may be an underlying contributor to numerous gastrointestinal disturbances, mental health conditions, neurological disorders, impaired cognitive or learning functions, antisocial behavior and conduct disorders, autoimmunity, addiction, inflammation, genitourinary, metabolic and endocrine system disorders, and much more. Holistic health counselor Cynthia Perkins has diligently

researched the topic for nearly three decades and presents her findings in this groundbreaking book. *Healing Chronic Candida* is your definitive guide to combating yeast overgrowth and its associated conditions. As the most up-to-date and comprehensive book on the subject at this time, it tackles critical issues that are often overlooked in the literature and treatment itself that can undermine healing like mutation and resistance, biofilms, co-infection with other microbes like SIBO, excess sympathetic nervous system activity, adrenal fatigue, sugar and carb addiction, contraindications with nutritional supplements or antifungals and other complications like excess histamine and glutamate. Supported by hundreds of scientific studies *Healing Chronic Candida* will help you understand the magnitude and complexity of the problem, identify common yeast related conditions and develop a self-care protocol that optimizes your healing. It dispels the common myths and misinformation that abound around this topic and empowers the individual by arming them with the cutting-edge knowledge needed to take control of their own healing journey. Integrative Psychiatrist, Dr. James Greenblatt, writes in the foreword that *Healing Chronic Candida* is the most innovative, inclusive treatment model for candida I have encountered.

become a functional medicine doctor: *How to Be Well* Amy Larocca, 2025-05-13 A deeply researched, lively, and personal exploration of the multibillion-dollar wellness industry -- about why women are feeling so un-well and how this trend has shaped our thinking about health and self-care Peloton. Pilates. Biohacking. Colonics. Ashwagandha. Today, the wellness industry is a \$3.7 trillion behemoth that touches us all. In this timely and clear-eyed book, journalist Amy Larocca peels back the layers behind the wellness movement and reckons with its promises and profits. How did we get here and how did the idea of wellness become integrated with women's lives? And how did we end up spending so much money on products that may not work at all? Amy Larocca takes readers into the communities that swear by their activated charcoal toothpaste and green juice enemas, explaining what each of these practices really is—and what the science says. Larocca holds a magnifying glass to alternative medicine and nouveau lifestyle prescriptions -- and tries a lot herself along the way -- ultimately delivering an assessment of how the wellness industry embodies our (gendered, class-based, racialized) perceptions of care and self-improvement, and how it preys on our unshakable fear of the unknown. She traces the history of how the beauty and fashion industries have peddled snake oil to women for decades—and why we keep coming back for more. A clear-eyed and honest portrait of the weird world of wellness, *How to Be Well* lays bare the ways in which the simple notion of caring for oneself has become a seriously big business.

become a functional medicine doctor: *Mast Cells United: A Holistic Approach to Mast Cell Activation Syndrome* Amber Walker, 2019-03-16 At 542 pages and referencing over 1200 academic articles, this book is the longest and most thorough resource on mast cell activation syndrome (MCAS) to date. Allergies and anaphylaxis are on the rise, alongside gastrointestinal problems, skin issues, fatigue, orthopedic pain, neurological symptoms, and just about everything in between. Patients are coming out of the woodwork with chronic, debilitating, often invisible illness. Recent research estimates that 14%-17% of the population may have mast cell activation disease. Much of the medical community has never heard of the condition, and existing mainstream treatment tends to focus predominantly on pharmacological management. However, once a patient has reached a stable baseline, there are a number of other individualized approaches that can guide patients to successfully address the underlying root issues. This book includes: 1) an in-depth overview of mast cell activation disease, with a focus on mast cell activation syndrome (MCAS); 2) a patient story describing life with MCAS; 3) a detailed literature review and current hypotheses for disease origins; 4) a practical guide of clinical considerations for diagnosis; 5) a chapter devoted to comorbid conditions, including Ehlers-Danlos syndrome, POTS, Lyme disease and much more; 6) several chapters devoted to mainstream and natural treatment options, dietary considerations, and strategies for holistic healing; 7) content from dozens of interviews with prominent MCAS experts, including specialists in allergy/immunology, hematology, functional medicine, naturopathy, psychology, nutrition, gastroenterology, physical therapy, clinical research, and more! Whether a patient, medical practitioner, or family member/friend, this book empowers readers and provides

patients with concrete steps to move forward in the diagnosis and comprehensive treatment of mast cell activation syndrome.

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become a functional medicine doctor: The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility Lisa Hendrickson-Jack, 2019-01-21 MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: -What a normal cycle looks like; -The best way to chart your cycle and increase your fertility awareness; -How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; -Natural methods for managing period pain and PMS; -How to successfully avoid pregnancy without the pill; and -How to plan ahead if you do want to get pregnant. The Fifth Vital Sign aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

become a functional medicine doctor: Undoctored William Davis, 2017-05-09 Conventional health care is no longer working in your favor—but thankfully, Dr. Davis is. In his New York Times bestseller Wheat Belly, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In Undoctored, he goes beyond cutting grains to help you take charge of your own health. This groundbreaking exposé reveals how millions of people are given dietary recommendations crafted by big business, are prescribed unnecessary medications, and undergo unwarranted procedures to feed revenue-hungry healthcare systems. With Undoctored, the code to health care has been cracked—Dr. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and break your dependence on prescription drugs. By applying simple strategies while harnessing the collective wisdom of new online technologies, you can break free of a healthcare industry that puts profits over health. Undoctored is the spark of a new movement in health that places the individual, not the doctor, at the center. His plan contains features like: • A step-by-step guide to eliminating prescription medications • Tips on how to distinguish good medical advice from bad • 42 recipes to guide you through the revolutionary 6-week program Undoctored gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

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become a functional medicine doctor: Perimenopause Power Maisie Hill, 2021-03-04 'Maisie's knowledge of hormones changed my life... you need this book' - Anna Jones 'Hill's advice is straightforward and no-nonsense' - The Guardian 'An informative must-read for any woman -

whatever their age' - Vogue online ---- Maisie Hill, the highly qualified women's health expert, best-selling author of *Period Power* and founder of The Flow Collective, takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity. During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but there is little in the way of evidence-based information out there to help and guide us. *Perimenopause Power* is the essential handbook to understanding what the hell's going on and to empower us to improve our experience of the dreaded 'change'. A must-read for anyone looking for a well-researched, evidenced-based book on perimenopause and menopause that gives women the information they need to address their hormonal needs. *Perimenopause Power* will help women to understand what's going on with their bodies and how to deal with troublesome symptoms, and share valuable insights into making it a positive and powerful experience.

become a functional medicine doctor: Return to Health Dr. Robert Kuhn, 2012-09-05 For three long years, the entire Kuhn family suffered through a mysterious illness that no doctor could identify. They had been everywhere and tried everything. MRIs, CT scans, diagnostic ultrasounds, panels of blood work, hormone testing, urinalysis; you name it, they did it. Visiting general practitioners, emergency room doctors, specialists in every field of medicine and several different hospitals provided no answers. They were in trouble. Dr. Rob Kuhn, his wife, Wendy, and their three children, Alex, Nick, and Nolan, rode this rollercoaster of misdiagnosis and non-diagnosis nearly all the way to their graves. Finally in May of 2008, through a truly synchronistic event, they discovered that they were being attacked by a deadly biotoxin. At last, they had an answer. Sadly, the new challenge became the fact that traditional medicine has a very poor track record in treating biotoxic illness. Another solution had to be found. In *Return to Health*, Dr. Kuhn shares with you the challenges that his family faced and how they were able to overcome them through the use of functional medicine techniques. Inspired by his own health turnaround, he changed the focus of his practice and began taking care of people with chronic conditions. Now board certified in integrative medicine, Dr. Kuhn enjoys the rewarding feeling of helping people whose health problems are the worst of the worst. Autoimmune conditions, type-II diabetes, fibromyalgia, hypothyroidism, biotoxic illness, and those strange mystery conditions are all in a day's work for this natural healthcare physician. This situation may sound familiar to you. You may be watching your health deteriorate while getting no answers. If you have been suffering with health problems that nobody has been able to figure out, read *Return to Health*.

become a functional medicine doctor: The Balance Claire, Dluuwiixwaay, Jesus of Nazareth, 2023-02-14 The sixth Chosen One of ancient prophesy is now walking earth as an unknown woman living a normal life. When her channel opens, however, Varahn suddenly faces the reality that heaven exists, and her ordinary life is upended. Varahn is told she's been "chosen by the Holy Spirit to protect earth from a total extinction of life. Varahn knows human activities are already rushing earth to ecological and climate catastrophe. The process of extinction is actively underway. Although she cherishes her home, she's completely overwhelmed to think such an urgent and momentous responsibility would depend upon her. Is this real? How can she possibly reverse this trajectory? Varahn's every day felt experience is of earth. But once she's chosen, a heavenly split of her consciousness appears at the center of the homeomorphic hologram, asleep in the very place last occupied by the Absolute God of the Hebrew Torah and the Christian Old Testament. Others in heaven mistakenly conclude Varahn must be Absolute Goddess, seeking to control All That Is. They attack her pre-emptively in ways that threaten to make her crucial task impossible. Jesus of Nazareth is profoundly concerned for both Varahn and the healing of earth. When a disbelieving Varahn decides to start a diary soon after her channel opens, Jesus recognizes that despite it being perceived as a fantasy, should He and the Holy Spirit channel back to Varahn the heavenly view of her story, Varahn might be convinced that she has in fact been chosen, and be fully empowered for her task. In Varahn's remarkable transcription of channeled truths and personal experience, Jesus also sees an extraordinary opportunity to share his own heartfelt sense of his historical role on earth, as well as future hopes for his teachings.

become a functional medicine doctor: *Clean(ish)* Gin Stephens, 2022-01-04 *Clean(ish)* leads readers to a focus on real foods and a healthier home environment free of obvious toxins, without fixating on perfection. By living clean(ish), our bodies' natural processes become streamlined and more effective, while we enjoy a vibrant life. In Gin Stephens's New York Times bestseller *Fast. Feast. Repeat.*, she showed you how to fast (completely) clean as part of an intermittent fasting lifestyle. Now, whether you're an intermittent faster or not, Gin shows you how to become clean(ish) where it counts: you'll learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle. Instead of aiming for perfection (which is impossible) or changing everything at once (which is hard, and rarely leads to lasting results), you'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you'll evolve simply and naturally toward a clean(ish) lifestyle that works for your body and your life!

become a functional medicine doctor: *The Most Effective Ways to Live Longer, Revised* Jonny Bowden, Beth Traylor, 2019-03-26 Don't just live longer—live better! *The Most Effective Ways to Live Longer* provides a road map to a longer, healthier life, advocating key strategies for the food, supplements, and lifestyle adjustments that will keep us going stronger, longer. With these strategies, you can win the battle against aging. Living a long life isn't only about measuring the number of years lived, but how we live them. Dr. Beth Traylor and nutritionist and weight loss expert Jonny Bowden provide recommendations that will keep you strong, healthy, energetic, and active with 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. You'll learn how to rein in *The Four Horseman of Aging*: Free radicals, which cause oxidative damage that wear you down from the inside out; Inflammation, the "silent killer" that is a factor in almost every degenerative disease; Glycation, a process that is implicated in many of the diseases of aging; Stress, which can cause more damage to your overall well-being than you think. The book includes fitness tips for your body's key players—the heart, brain, bones, muscles, joints, immune system, and hormones. 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.

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solution often lies in what you eat. In *No Grain, No Pain*, Dr. Osborne shows how grains wreak havoc on the body by causing tissue inflammation, creating vitamin and mineral deficiencies, and triggering an autoimmune response that causes the body to attack itself. But he also offers practical steps to find relief. Using his drug-free, easy-to-implement plan, you will be able to eliminate all sources of gluten and gluten-like substances, experience significant improvement in fifteen days, and eliminate pain within thirty days. The first book to identify diet—specifically, grain—as a leading cause of chronic suffering, *No Grain, No Pain* provides you with the knowledge you need to improve your health. Based on extensive research and examples culled from thousands of his satisfied patients, Dr. Osborne recommends changing your diet to achieve the relief that millions of Americans have been seeking once and for all, leading to a healthier, happier life.

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