

## Functional Medicine Charlottetown

Functional Medicine Charlottetown - Functional is science based health care based upon the following principle: The balance between the external and internal health concerns is about positive energy and not simply the nonexistence of illness. Functional medicine focuses on the primary prevention of disease by treating the main cause of sickness as apposed to treating the symptoms of chronic and serious illness. The Running Biochemical individuality factor relates to the individual variations in metabolic functions. These are derived from environmental and genetic differences between individuals. Patient-centered medicine is one more principle which puts emphasis on "patient care" instead of "disease care."

There is a great number of research papers presently supporting the views that the human body operates together as a well coordinated system functioning in unison, rather than a separately functioning system. For instance, the web-like interconnections of physiological factors show that nutritional imbalances could cause hormonal disturbances, immunological dysfunctions can promote cardiovascular disease and environmental exposures can precipitate 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.

The base of functional medicine is the examination of the core imbalances of numerous disease pathologies. Some of these imbalances are caused by environmental inputs including exercise and diet, air and water together with traumas, that the body processes through the mind, body and spirit based on uniquely individual sets of learned and genetic attitudes, beliefs and predispositions. The fundamental physiological processes comprise: the transformation of food into energy or bionergetics; communication both internally and externally in the cells; maintenance, repair of structural integrity and replication from the cellular level to the entire body level; removal of wastes; defense and protection along with transport and circulation.

There are several core imbalances which could occur from malfunctions within this particular complex system comprising: immune imbalances, neurotransmitter and hormonal 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 mitochondria. Structural imbalances from cellular membrane function to the musculoskeletal system are another potential issue.

These imbalances are regarded as the early warning symptoms to which we label, diagnose and detect organ system illness. The keys to restoring health and improving the imbalances have to do with changing the patient environment and the body's fundamental physiological processes. To be able to accomplish this, much more than simply treating the indications have to take place.

In order to improve the management of chronic sickness, functional medicine aims to intervene at numerous levels of sickness. To restore functionality and health, the clinical core imbalances ought to be dealt with. Fundamental medicine is grounded in certain information and principles. Functional medicine is not considered a unique and separate body of knowledge but depends on information which is generally obtainable in medicine today. It combines study from numerous disciplines along with effective clinical management and clinically relevant disease models.

Good functional medicine would integrate a lot of treatments for the body's different sicknesses rather than relying on one treatment intended for a single sickness. Listening to the person's personal information and story is essential in order to help integrate the signs, diagnosis and symptoms. Each and every individual's individual health story provides proof of clinical imbalances into a comprehensive method to improve both the patient's environmental inputs and physiological function. It is the clinician's discipline that directly tackles the need to transform the practice of primary care.