

The functional medicine model of care offers a patient-centered approach to chronic disease management. It seeks to answer the question, “Why are you ill?” so you can receive personalized, effective care for your needs.

Functional medicine providers spend time listening to you and gathering your medical history. We use this information to identify the root cause(s) of the illness, including triggers such as poor nutrition, stress, toxins, allergens, genetics and your microbiome (the bacteria living in and on your body).

Once we identify the triggers, we can customize a healthy living plan for you. Your plan will address many aspects of your life, from physical needs, including nutrition, exercise and sleep, to mental and emotional stressors related to social, work and community life.

