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Correcting imbalances and dysfunction is the only way to deal with root cause

Are you one of 50% of adults that suffers from a chronic illness?

When you're dealing with chronic conditions, unexplained or mysterious symptoms, you need someone who operates at a high level, a problem solver, a compassionate listener and a person who will stop at nothing, in order to improve your life.

I'm the Health Hoodlum. I'm sick of the BS. The long-winded podcasters and blogosphere gurus. I know how frustrating it is to be desperate for answers when it comes to your health concerns. That's why my approach follows the Functional medicine philosophy, a model that works by studying you.

I can show you how to look after yourself through easy to understand and implement courses or I can care for you on a one-on-one basis.

It starts here

Courses

Valuable possessions typically require care to keep them intact. Some may come with care instructions or a user's manual. The human body comes with nothing. You are left to figure it out yourself. Let me give you that knowledge. Let me teach you such that you know about functional wellness than the vast number of providers.

Learn more >>>

One-On-One

I will build a detailed image of who you are – your lifestyle, history, genetics, labs, progression of symptoms and environment to determine the optimum care approach, specifically for you.

Remember, getting well is actually about correcting imbalances. If your body is making too much cholesterol, if you aren't responding to insulin as you should, if there are too many inflammatory cytokines, if you have a bacterial overgrowth, if hormones are dysregulated, if there are too many toxins or impaired detox pathways you will develop symptoms that signal pathogenesis-the origin of the disease process. These are just a few of the imbalances that must be addressed to stop or reverse the process of disease development.

Learn more>>>

Courses

Understand your CBC and Metabolic Panel

Learn how to read your own CBC and metabolic panel. Develop an understanding of anemia, infection, immunity, inflammation, liver function, kidney function, acid/base levels of your blood and what the associated symptoms and implications are for each marker.

Seriously. You've gotta know this stuff!

Understand your Hormone labs

Understanding your hormone labs is increasingly important with each decade of life. Dysfunction or imbalance can cause sustained weight gain, fatigue, non-restorative sleep, erectile dysfunction, low libido, low muscle mass, depression, high cholesterol, high blood glucose and more. If your hormone detox pathways aren't functioning then you can recycle estrogen increasing the risk for cancer in women and causing breast development and reduced genital mass in men.

Not cool! Not any of it.

Understand your Thyroid labs

Many people misunderstand thyroid assessment. The internet has made it even more confusing. Few providers evaluate the thyroid properly and this includes most primary physicians. They often only run T4 and TSH and then call it a day. The thyroid is the master of metabolism. If you are over 30 and female it's an absolute must know, if for no other reason but to be able to advocate for yourself at doctor's appointments.

Understand Food Sensitivities

This is great to be informed on. It negatively impacts a large part of the population, but there are also many people avoiding foods that they need not avoid. This happens when people purchase a food sensitivity test off of the internet, receive a generic report with red, yellow and green demarcations and then incorrectly or unnecessarily remove foods. A lot of the time, Instead of feeling better, they end up feeling the same and wasting money.

Understand Detoxification and Biotransformation

The Detox regimens that people find in magazines, on websites, in blogs, on Instagram, etc. tend to cause an increase of free radicals and often times a recirculation of the discharged toxins. They overwhelm the body's biotransformation systems and do not typically teach a detoxifying lifestyle over abusive, intermittent "flushes", "cleanses" and organ specific "Detoxes". Don't do this wrong. This course will teach it properly and explain the consequences other commonly marketed detox protocols.

Understand Lipid labs including particle count

This is paramount to cardiovascular health and vascular inflammation. You must be able to understand whether or not statins are necessary. Many doctors think: "Well, it can't hurt so let's just do them." This is incorrect. Statins lower your CoQ10 (Ubiquinol), which every cell, especially muscle and heart cells, need to function properly. This is the basis of the fatigue and muscle pain that often accompanies starting therapy. Reading these labs can allow a person to track their diet and compare it to their lipid panel. This way you can implement lifestyle changes in a way that will be predictably effective. Oh yeah, this can also help you avoid a heart attack. So, there's that.

How to live your best life simply

This is a course that teaches scientifically proven dietary patterns and how to determine which one is right for your household. Family size, time, food restrictions, health profiles, ages and cultural preferences are all taken into account. IF you think mac n cheese is okay for your kids it isn't. It doesn't matter if you got it at Whole Foods, if it is brown rice pasta or otherwise. You might as well give them fast food. Find out why. Make keeping your family healthy easy.

Understand Adrenal Dysfunction

This is another important topic that is discussed on every social platform and in various types of media. It may be explained in a way that is correct, but incomplete, complete, but completely incorrect, science based, not science based, spoken on by non-professionals and professionals that are simply trying to ring the cash register. The adrenal and thyroid courses complement one another, as they physiologically support each other as systems. If your sleep is non-restorative, if you are holding weight in the middle without explanation,

Understand Functional Fertility problems

Fertility clinics do not test for heavy metals, for excessive free radical production, for food sensitivities that drive heightened immune activity, for mitochondrial dysfunction,

Understand Healing the Gut

A healthy gut is extraordinarily important. This is something that most people are aware of. There are a lot of misconceptions about the gut. For example, many people believe that the gut can be reseeded. That's not exactly true. Let's take the case of a child who has experienced a complete extinction of some bacterial species in the gut, due to potent, prolonged or repeated antibiotics. Microbes that are eradicated must be taken permanently. They do not hang out, frolic, have drinks and copulate. There is some uncertainty about how long they remain, once you've been taking them for a while, but this is generally the case. They are also strain specific. In other words, you cannot just take a broad-spectrum probiotic and expect benefit. The precise species must correlate with the result you are wanting. Any probiotic with a label that does not display a code in brackets after each species is junk. Plain and simple. Kimchi, yogurt and

kombucha for probiotic introduction is a waste. This is a scientific fact. Just because you've heard something a million times, that doesn't mean it is true. Learn what is true, what is erroneous and what you can do for yourself and your family.

ONE-ON-ONE Functional Care Visits

My job is very simple. I find imbalance and dysfunction and I correct them, always focusing on the ones with the greatest potential to drive your presentation, whatever that may be. I give you that which will help you and remove that which is harming you. It's that simple, to explain, that is. In practice I have to go deep, drawing from biochemistry, physiology, neurology, autoimmunology, histology, dermatology, immunology, rheumatology and all of the clinical sciences I've learned and continue to study. Research is pouring in. It is difficult to keep up, but it is my job to practice in a way that is congruent with your preferences, with the scientific literature and with the knowledge I've gained through many years of clinical observation. I'm obsessive about figuring things out and making changes that improve lives. I have dedicated my life to this.

One-On-One Functional Care Services

Individual Care

This would involve a comprehensive wellness assessment and customized plan with periodic "check-ins" or a deep dive regarding some significant chronic problem(s) or symptomology. It might relate to hormones, autoimmunity, glucose dysregulation, stress or adrenal dysfunction. Previous labs that are relevant would be reviewed, a full history and Functional Medicine Timeline would be constructed, dietary patterns would be recorded and appropriate labs would be ordered. Following this, a plan that includes clinical nutrition, exercise science, specific nutraceutical supplementation, mental health practices, mindfulness, sleep hygiene, detoxification, ancillary modalities, advanced therapeutics, referrals for co-management and other lifestyle changes would be custom designed for you. Brief check-ins allow for adjustments and improvement tracking. Once you have achieved your results you can either check in infrequently, every 4-6 months for example, take a course to learn how to maintain your health without supervision, learn how to do this some other way or simply discontinue care if you feel confident that the issue is permanently handled and do not care for wellness care.

Individual Assessment

You may be unsure of whether or not your symptoms are a result of lack of exercise, too little sleep and poor diet. You may be trying to decide on how to best proceed regarding a specific circumstance and desire more data. You may simply want an assessment where functional labs are viewed through a functional practitioner lens. Individual assessments are an opportunity to address all of these needs and then decide how you'd like to proceed. The difference between individual assessments and individual care is that the latter usually involves reading labs done previously and also taking a more detailed history. In the individual assessment we simply allow functional tests such as: The Dutch Test, OATs test, Nutreval Tests, etc. to tell the objective story.

Individual Advisement

Sometimes people need a person that is a good diagnostician to help them understand what might be going on, what types of specialists they should confer with, other investigatory steps they might take. In this case, it's just a conversation. No labs, no previous lab review. It is a professional opinion on what options are

available and how they differ so you can appropriately pursue care elsewhere. This often happens when there are financial constraints or a necessity to utilize insurance. These people will not be pursuing a functional approach to health, but they will at least find and begin conventional care appropriately and without delay.

Family Care

This service includes planning for entire family plan. It is for families where significant, chronic signs and symptoms are not present. Minor ones may be. Nutrition plan, exercise advice specific to each person, testing, supplement regime such as: specific strain probiotics, digestive enzymes, vitamins and minerals, sleep hygiene, stress and energy support and more. Gene studies and detox protocols are available, especially for children. Yes, children are toxic. They are born this way and they accumulate more with each passing year. Females will then pass this on to their children, so on and so forth. This means kids are born with high toxic loads, which can turn on hazardous genes, cause disease and make living a healthy life difficult even with interventions. Keeping an entire household healthy can seem daunting. This program makes it simple and easy.

Pediatric Care

Pediatric care is designed to support GI issues, food sensitivities, nutritional problems, skin problems secondary to immunological responses to unknown foods and general wellness.

Pediatric Detox

Pediatric detox is essentially the detox and detoxifying lifestyle portion of Family Care mentioned above. This is the time to develop good habits and health patterns that will protect your children into perpetuity.

Fertility Package

Heavy metal toxicity, chemicals stored in fat tissue, vitamin or mineral deficiencies, methylation problems, Gene mutations, mitochondrial dysfunction, immune dysregulation, increased free radicals and other DNA denaturing molecules may all interfere with successful, full-term pregnancy. I know of no fertility clinic that tests for these.