

Your Path to Wellness: Understanding Our Partnership

What is Functional Health Assessment?

Functional health assessment is a way of looking at your body as a whole system rather than just a list of symptoms. Instead of focusing only on a medical label or diagnosis, we work together to find the "root causes" of why you might not feel your best. Our goal isn't just to manage a problem, but to help your body function at its highest potential.

Why This Matters For You

- **A Personalized Map:** Instead of a "one-size-fits-all" approach, we use the R.O.O.T.S. Method™ to look at your unique history, lifestyle, and lab results to see what your body specifically needs.
- **Safety and Support:** By staying within a specific "scope of practice," I ensure that you have a team approach. I focus on your nutrition and lifestyle, while your primary doctor handles your medical treatments and prescriptions.
- **Root-Cause Focus:** We don't just put a bandage on a problem. We look at things like sleep, stress, and nutrition to help your body heal and thrive from the inside out.

What You Can Do Today

1. **Share Your Journey:** Keep a simple log of your energy, sleep, and digestion. This helps us "Reveal" (the R in R.O.O.T.S.) the patterns in your daily life.
2. **Keep Your Doctor in the Loop:** Always stay in touch with your primary care physician. If you have "Red Flag" symptoms (like sudden pain or unexplained weight loss), make sure to see them right away.
3. **Focus on the Foundations:** Start with one small lifestyle change this week—like drinking more water or going to bed 15 minutes earlier. These "Optimization" steps are the most powerful tools for long-term health.

Questions to Discuss with Your Practitioner

- How do my recent lab markers show how my body is *functioning* right now, rather than just looking for a disease?

- What are the "foundational" lifestyle habits (like food or movement) that will give me the most energy this month?
 - How can we work together with my regular doctor to make sure I am getting the best care possible?
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