

# Your Personalized Health Plan: The "Power of One"

## What is Evidence-Based Functional Medicine?

In traditional medicine, "evidence-based" often means finding a treatment that works for the average person. In Functional Medicine, we take it a step further. We combine the latest scientific research with my clinical experience and—most importantly—**your unique body, goals, and lifestyle**. This ensures that your plan isn't just "good on paper," but actually works for *you*.

## Why This Matters For You

- **You are more than a statistic:** Just because a study says a supplement or diet didn't work for a group of 10,000 people doesn't mean it won't be the "missing link" for your specific biology.
- **Focus on "Real-World" results:** We don't just look for small changes in lab numbers. We look for "clinical significance"—meaningful improvements in how you feel, your energy levels, and your quality of life.
- **The "Power of One" (N-of-1):** In our sessions, you are the only person who matters. We treat your journey as the most important scientific study ever conducted. We use your data and your symptoms to decide what stays and what goes.
- **Safety First:** We use the "low-risk, high-reward" rule. If a natural approach is safe and has a strong chance of helping you, we don't always have to wait 20 years for a massive study to prove it. We can start helping you feel better now.

## What You Can Do Today

1. **Track Your "Wins":** Keep a simple daily log of your symptoms and energy. This is our "data." When we see your inflammation markers drop or your brain fog lift, that is the best evidence in the world that your plan is working.
2. **Listen to Your Body:** If a certain food or habit makes you feel great—or makes you feel worse—write it down. Your personal experience is a vital part of the "Evidence-Based Triad."
3. **Be Vocal About Your Values:** If a recommendation doesn't fit your budget, your culture, or your daily schedule, let me know. A plan only works if it works for *your* life.

## Questions to Discuss with Your Practitioner

- Based on my latest labs and how I'm feeling, what does the "evidence" say is the most important next step for me?
- We are trying a few things at once; how will we know which one is making the biggest difference?
- If I don't feel a change in 30 days, how will we adjust the plan to fit my unique "N-of-1" study?

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