

## Functional Medicine Owen Sound

Functional Medicine Owen Sound - Functional medicine tackles underlying causes and primary prevention instead of symptoms of chronic and serious sickness. It is a scientific based area of health care that is grounded in the following principles: Dynamic balance between internal and external factors and that health is not simply the absence of ailment but is a positive vitality. The Running Biochemical individuality factor relates to the individual variations in metabolic functions. These are derived from genetic and environmental differences between individuals. Patient-centered medicine is another principle which gives emphasis to "patient care" rather than "disease care."

There is a great number of research papers currently supporting the views that the human body operates together as a highly coordinated system working in unison, instead of a separately functioning system. Like for instance, the web-like interconnections of physiological factors reveal that nutritional imbalances could result in hormonal disturbances, immunological dysfunctions can promote cardiovascular illness and environmental exposures may precipitate neurological syndromes like for example Parkinson's disease. Another principle of functional medicine is the promotion of organ reserve as the means to improve overall health span.

Functional medicine is based on the examination of core clinical imbalances underlying many disease conditions. These imbalances take place as inputs from the environment like diet nutrients, exercise including water and air together with trauma, that is processed by the spirit, mind and body through a distinct set of genetic predispositions, attitudes and beliefs. The fundamental physiological processes comprise: bioenergetics or the transformation of food into energy; communication both internally and externally in the cells; repair, maintenance of structural integrity and replication from the cellular level to the entire body level; elimination of wastes; protection and defense along with circulation and transport.

Some of the core imbalances which might arise include: immune imbalances, hormonal and neurotransmitter imbalances, detoxification and bio-transformational imbalances, microbiological, digestive and absorptive 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 possible problem.

Such imbalances are considered the precursors to the symptoms and signs wherein people detect, label and diagnose organ system ailment. Improving balance within both the patient's environment and the body's fundamental physiological processes, are the keys to restoring health. To be able to achieve this, a lot more than just treating the indications must occur.

Functional medicine is committed to intervening at many levels to be able to enhance the management of chronic disease. The clinical core imbalances are addressed to be able to restore functionality and health. Fundamental medicine is grounded in specific principles and information. Functional medicine is not considered a unique and separate body of knowledge but relies on information which is widely obtainable in medicine nowadays. It combines study from numerous disciplines with effective clinical management and clinically relevant disease models.

Good functional medicine will incorporate a lot of treatments meant for the body's various ailments rather than relying on one treatment meant for a single illness. Listening to the person's personal information and story is vital to be able to help incorporate the symptoms, signs and diagnosis. Each and every individual's individual health story gives proof of clinical imbalances into a comprehensive method to enhance both the patient's physiological function and their environmental inputs. It is the clinician's discipline that directly addresses the need to transform the practice of primary care.