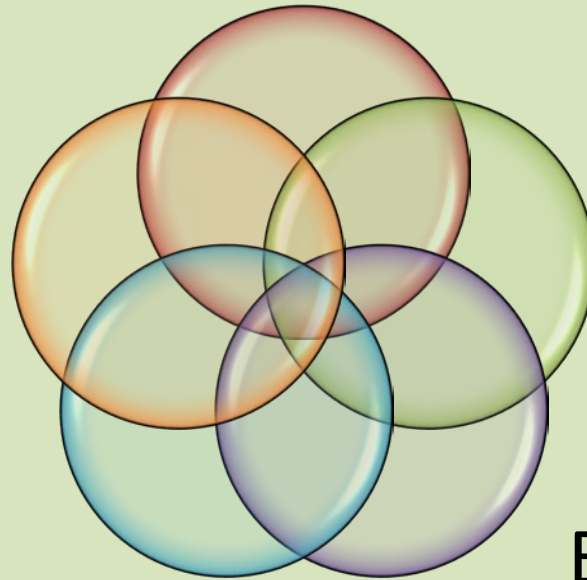


FOUNDATIONS OF HEALTH

Spiritual

Social

Physical



Mental

Emotional

DR. DEREK LAWRENCE, ND

DR. KORIANNE HAAS, MD

WHAT IS FUNCTIONAL MEDICINE

- Functional medicine involves understanding the origins, prevention, and treatment of complex, chronic disease.

Hallmarks of a functional medicine approach include:

- Patient-centered care. The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease. By listening to the patient and learning his or her story, the practitioner brings the patient into the discovery process and tailors treatments that address the individual's unique needs.
- An integrative, science-based healthcare approach. Functional medicine practitioners look "upstream" to consider the complex web of interactions in the patient's history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body, and spirit) and external (physical and social environment) factors that affect total functioning.
- Integrating best medical practices. Functional medicine integrates traditional Western medical practices with what is sometimes considered "alternative" or "integrative" medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

WHAT DOES

HEALTH

MEAN

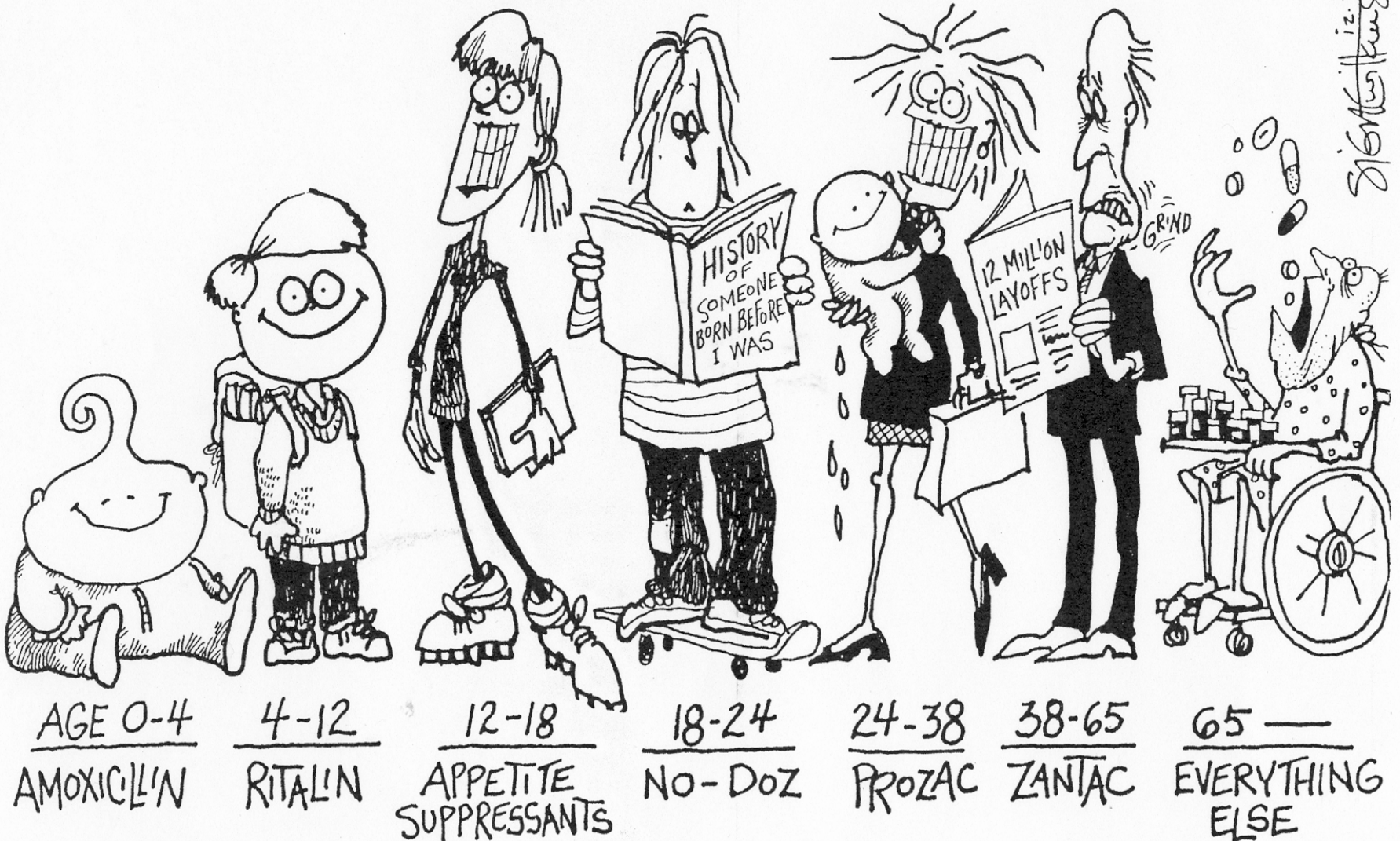
TO YOU?

HEALTH

“A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

(WHO, 1948)

DRUG-FREE AMERICA



The other War on Drugs

OPTIMAL HEALTH

*A state of **balance and wellbeing** among the **physical, mental, emotional, spiritual and social** realms that allows for a **happy, healthy, fulfilling and purposeful** life free of disease.*

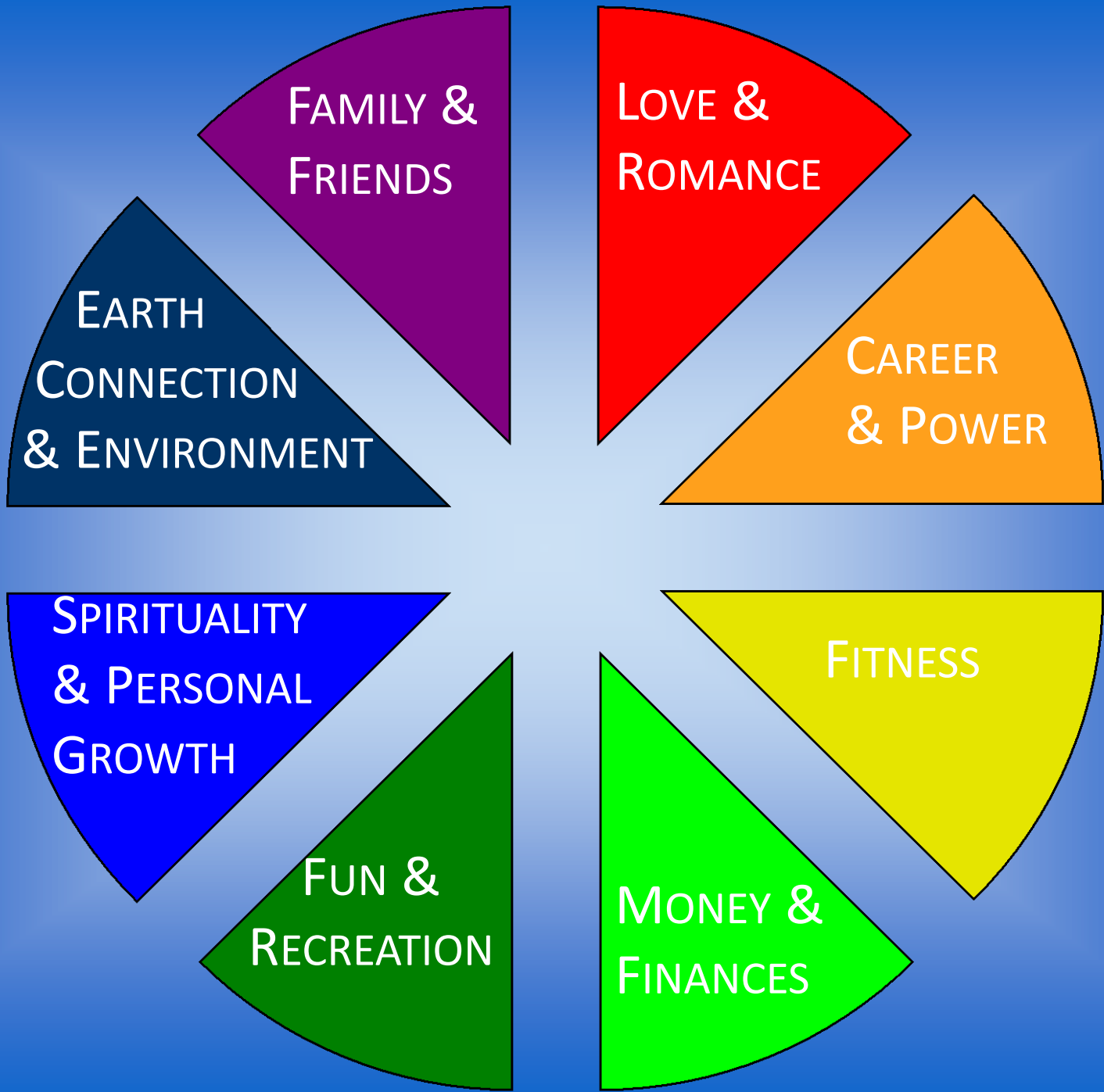
Social Medicine

“Frequent social interactions are strongly linked to positive affect, longevity, and good health”

Dev Psychol. 2017 Aug;53(8):1571-1588.

“Social isolation predicts morbidity and mortality from cancer, cardiovascular disease, and a host of other causes” - Brain Behav Immun. 2003 Feb;17 Suppl 1:S98-105.

Find Your Community!
It leads to health and happiness.



FAMILY &
FRIENDS

LOVE &
ROMANCE

CAREER
& POWER

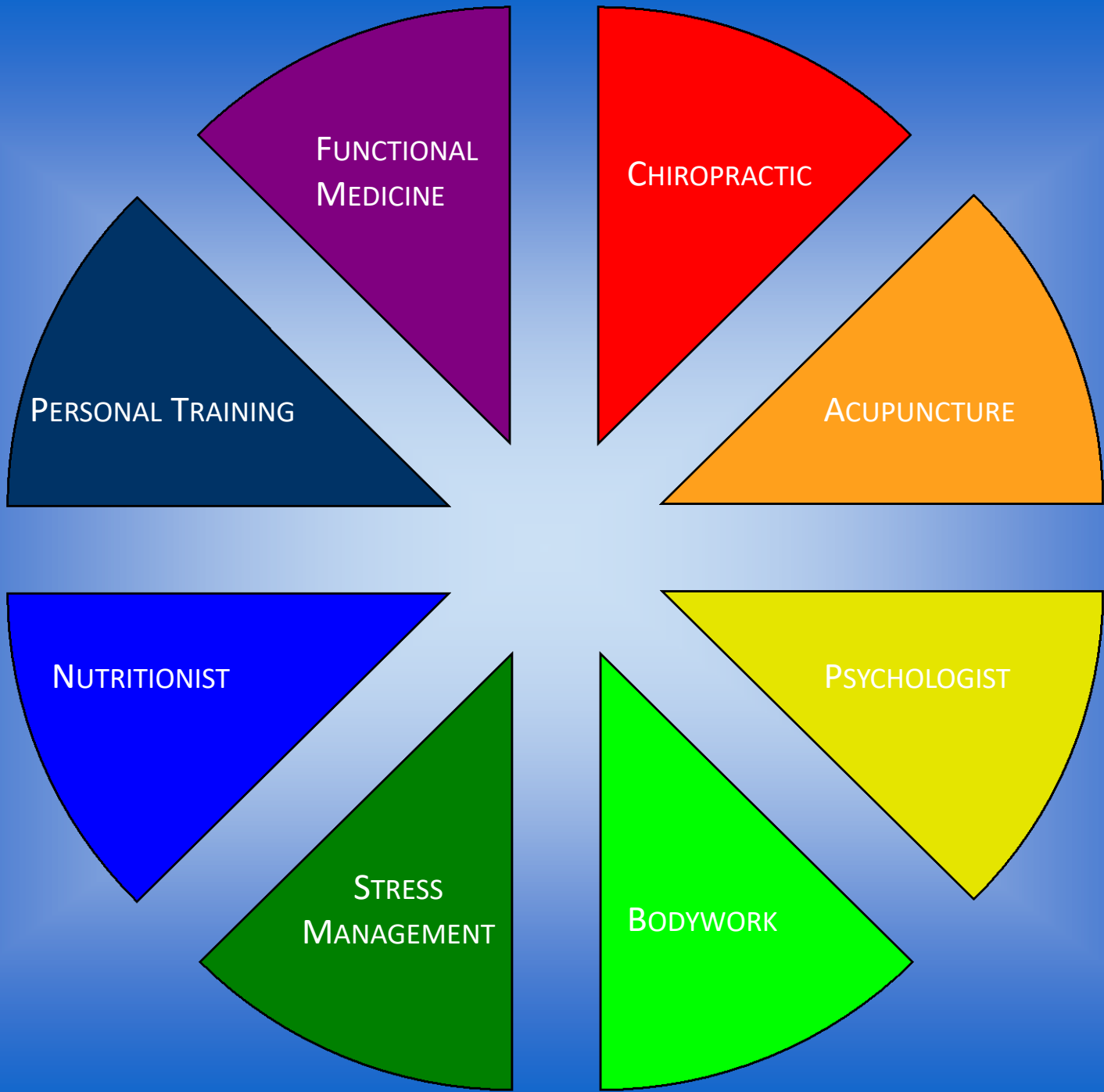
FITNESS

MONEY &
FINANCES

FUN &
RECREATION

SPIRITUALITY
& PERSONAL
GROWTH

EARTH
CONNECTION
& ENVIRONMENT



FUNCTIONAL
MEDICINE

CHIROPRACTIC

ACUPUNCTURE

PSYCHOLOGIST

BODYWORK

STRESS
MANAGEMENT

NUTRITIONIST

PERSONAL TRAINING



ARE
SYMPTOMS
THE
PROBLEM?

Signs and Symptoms





Palliation

If you silence
the alarms, is
the fire still
burning?



True Healing

Once you put the fire out, the alarms will stop ringing!

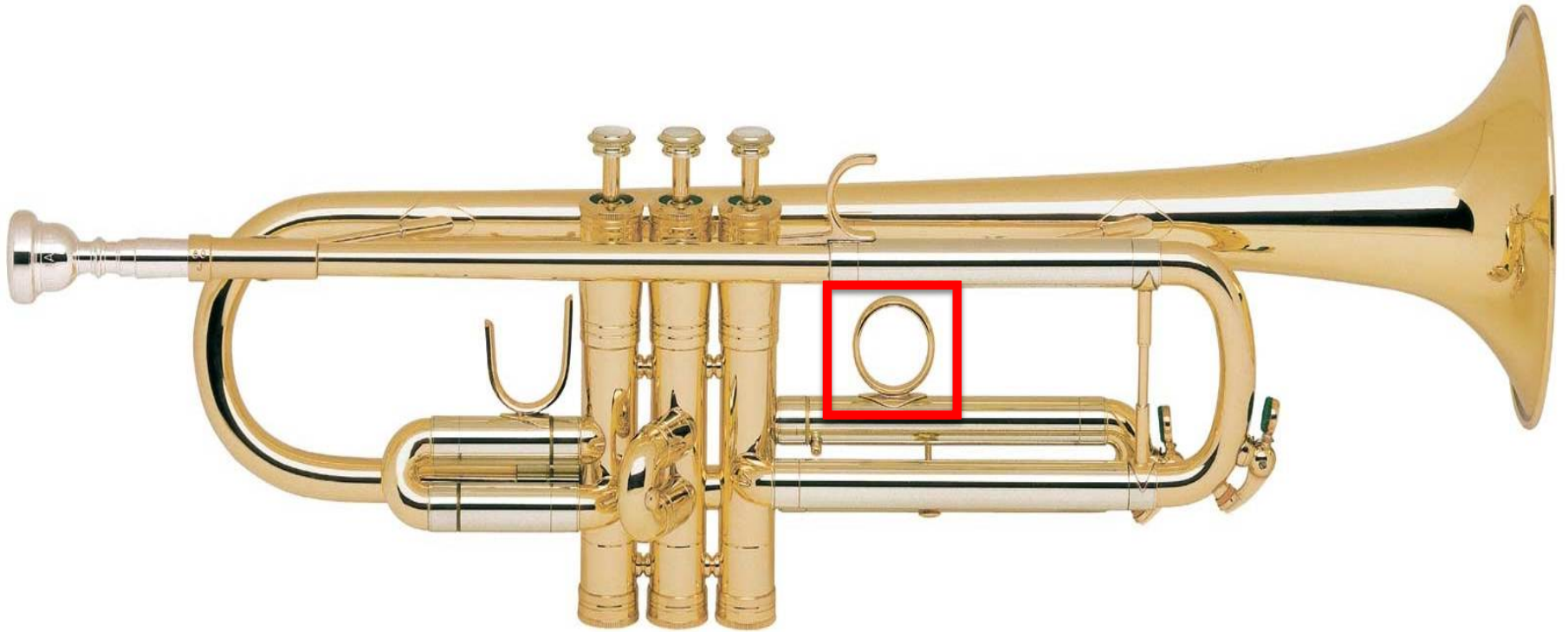
Once you “treat the root cause,” your body no longer *needs* the symptoms to tell you something’s wrong



WHAT IS THIS?



**ONLY IF YOU LOOK AT THE WHOLE,
CAN YOU HAVE A
COMPLETE PERSPECTIVE**



Functional Medicine Overview

ADVANCED TESTING

- GI/Digestive Analysis
- Hormone Testing
 - Stress/Sex/Thyroid
- Environmental Toxicity
- Mycotoxin
- Heavy Metal Testing
- Nutritional Status (Amino Acids, Vitamins Mineral)
- Inflammation
- Detoxification
- Stealth Infection

TREATMENT GOAL

- Balance microbiome and heal gut
- Optimize hormones
- Increase libido and motivation
- Identify toxic exposure
- Personalized detoxification support
- Infection control and immune regulation
- Identify and treat inflammation
- Nutrient repletion
- Non-Rx/Surgical pain relief

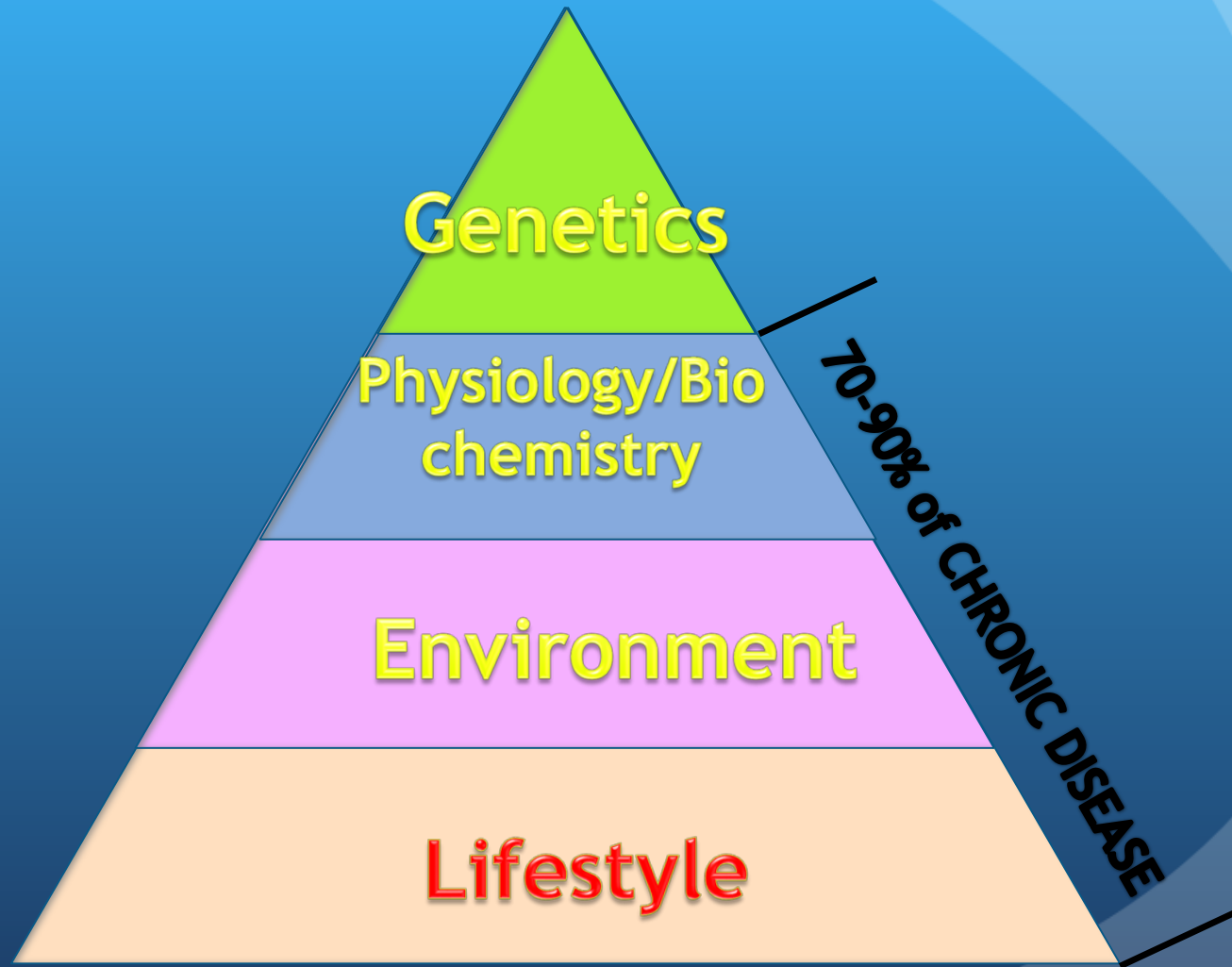
If this window were shut,



and the room became completely dark...

How could you light up this room again?

Your Genes are Not Your
Destiny!

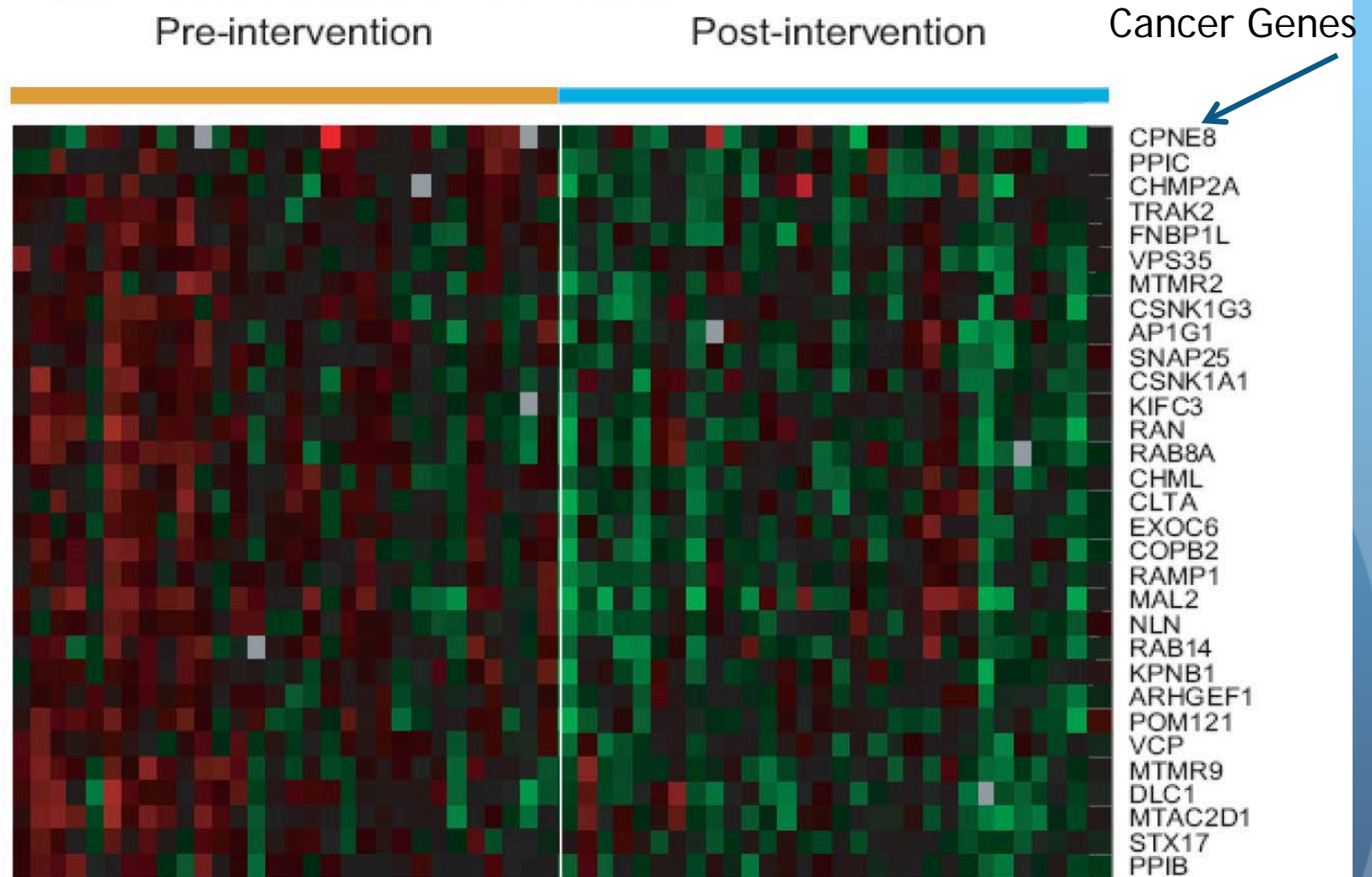


WHAT IS LIFESTYLE MEDICINE?



“Turning Off” Cancer-Causing Genes by Intensive Lifestyle Changes

(red = turned on; green = turned off)



Lifestyle Choices are Essential

Breathing

Water

Nutrition

Movement/Exercise/Stretching

Hydrotherapy

Castor Oil Pack

Dry Skin Brushing

Earthing

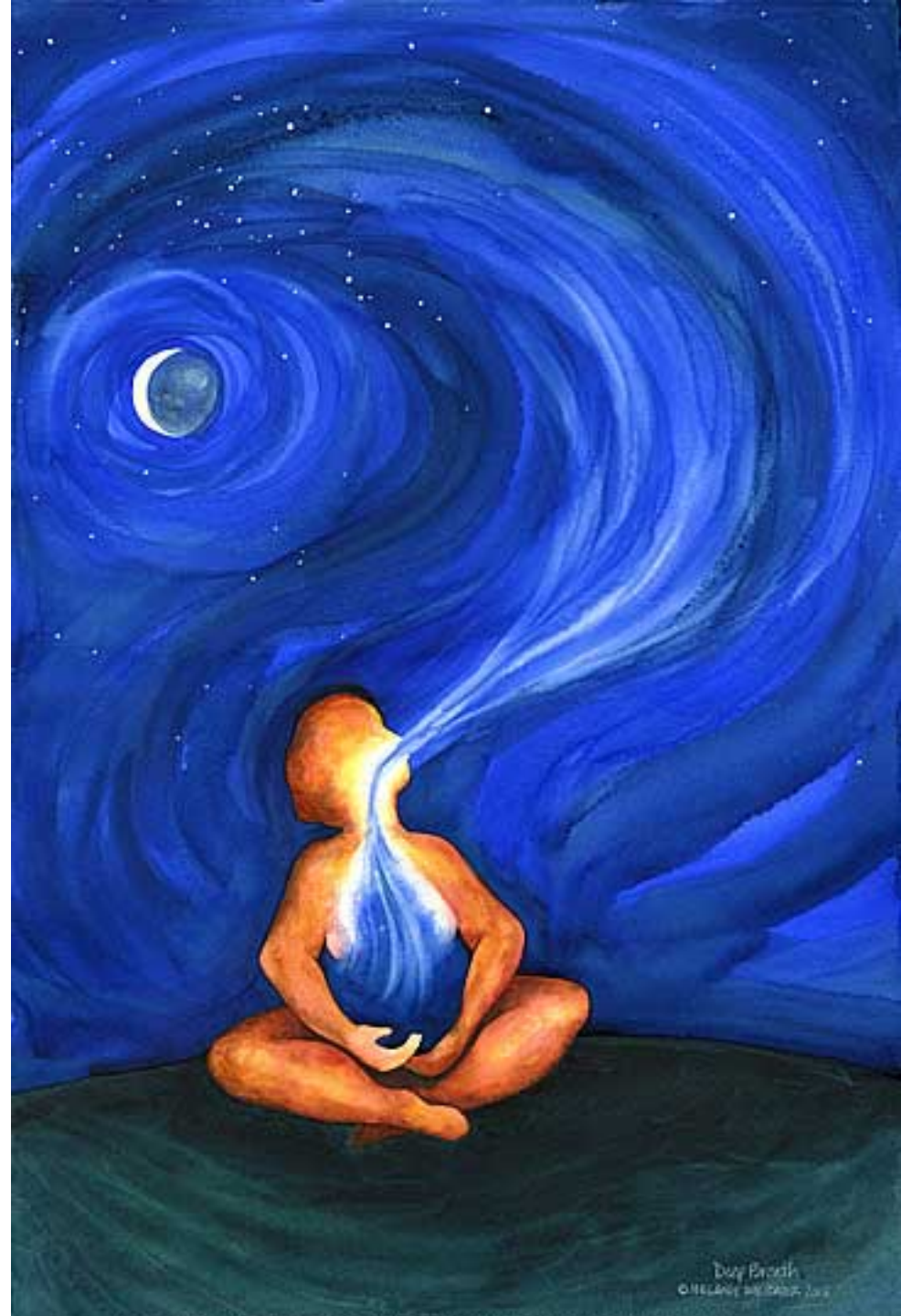
Sleep Hygiene

Sunshine

Specifics for YOU

Just Breathe.

- **Every exhalation** provides the body with an opportunity to **eliminate waste**.
- Oxygen plays a pivotal role in **producing ATP**, the “energy currency” of the body.
- Exhalations **stimulate the parasympathetic nervous system** (“rest and digest”), which explains why breathing has the power to **relieve anxiety and decrease stress**.
- Movement of the diaphragm **massages our abdominal organs, improving blood flow and circulation**.

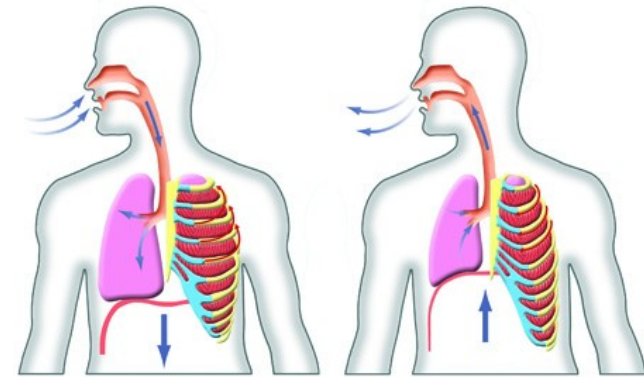


DEEP BREATHING



- MINIMUM of 100 deep, slow, conscious, belly breaths per day
- Make your exhale *longer than* your inhale to stimulate the parasympathetic nervous system

- Example breathing:
 - ✧ Inhale 4 counts
 - ✧ Hold 4 counts
 - ✧ Exhale 8 counts
 - ✧ Hold 4 counts



- HRV TESTING

Stop eating so many vegetables. I can't seem to find anything wrong with you.





EARTHING

EARTHING

What is it?

- Electromagnetically connecting to the Earth's energy
- Your **body's electrical potential equalizes with that of the Earth**

What can Earthing do for me?

- ✓ Decrease inflammation
- ✓ Improve sleep
- ✓ Increase energy
- ✓ Improve sleep quality
- ✓ Lower stress levels
- ✓ Accelerate recovery from exercise
- ✓ Reduce blood viscosity

How do I Earth?

1. Touch the bare ground (grass, dirt, sand) with your bare skin (feet, hands, knees, etc.)
2. See Adrienne for your own **Earthing Starter Kit** (includes: Earthing mat, Earthing half sheet, outlet check, grounding rod, Earthing book)

EARTHING

Too Simple? Need Proof?

“Results indicate that grounding the human body to earth (“earthing”) during sleep **reduces night-time levels of cortisol and resynchronizes cortisol** hormone secretion more in alignment with the natural 24-hour circadian rhythm profile”.

The Journal of Alternative and Complementary
Medicine. Volume 10, Number 5, 2004, pp. 767–776

“The research suggests that **this disconnect may be a major contributor to physiological dysfunction and unwellness**. Reconnection with the Earth's electrons has been found to promote intriguing physiological changes and subjective reports of well-being. Earthing (or grounding) refers to the discovery of benefits—including **better sleep and reduced pain**—from walking barefoot outside or sitting, working, or sleeping indoors connected to conductive systems that transfer the Earth's electrons from the ground into the body”

Journal of Environmental and Public Health.
Volume 2012 (2012)

Negative Effects of Cortisol

- Digestive
- Stress
- Insomnia
- Neurodegeneration
- Pain
- Insulin resistance
- Weight gain
- Detox impairment
- Hormone imbalance

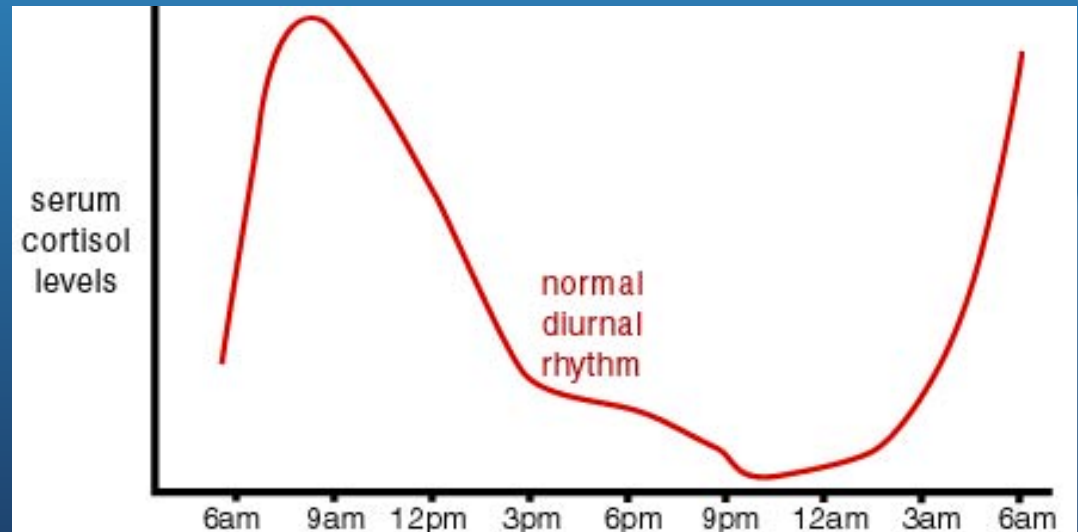


Test Your Stress!

Testing Methods

- Serum Cortisol
- Urinary Cortisol with metabolites
- Heart Variability Testing

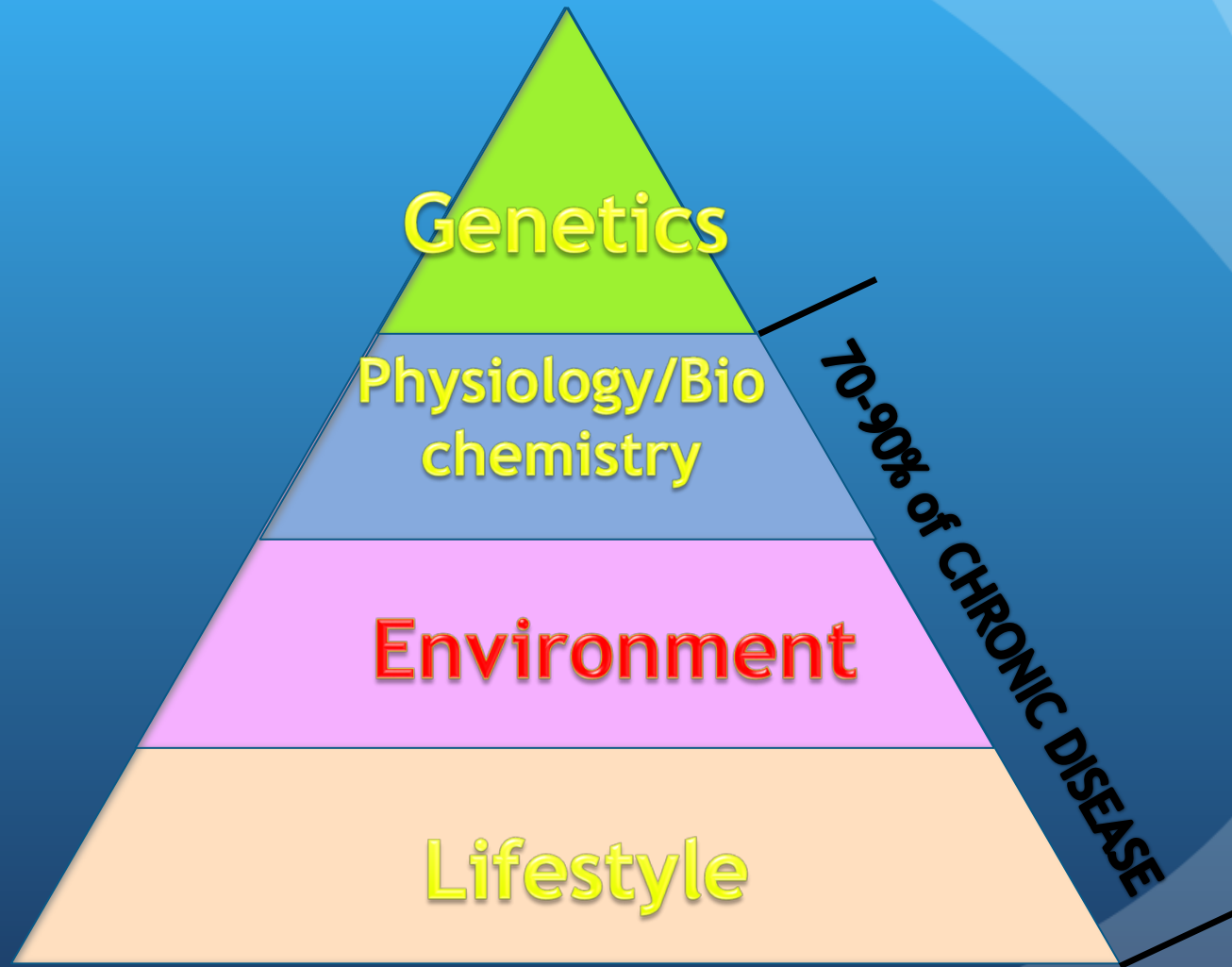
We want yours
to look like
this!



Pain is a Stressor

- Pain Management Available Through VeraVia
 - Anti-inflammatory and Regenerative Medicine
 - Injections
 - Low Level Laser
 - Chiropractic
 - Acupuncture
 - Pharmaceutical Alternatives

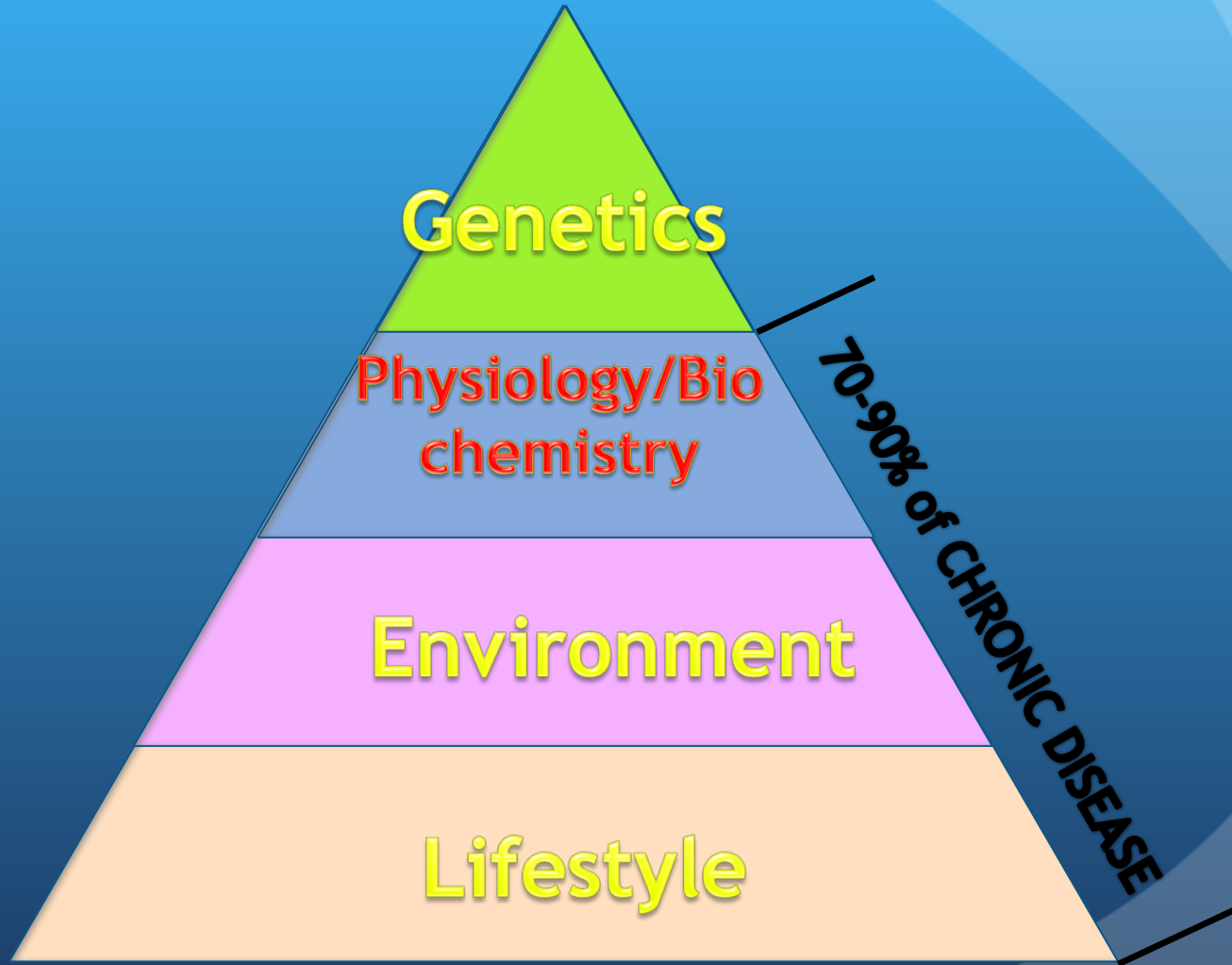
Your Genes are Not Your
Destiny!



What is Environmental Medicine

- Pesticide and Herbicides
- Air Pollution
- Plastics
- Water Pollution
- Solvents
- EMFs and Screen Time
- Personal Care Products
- Nature
- Heavy Metals
- Sunshine
- Mycotoxins
- Chronic Infection

Your Genes are Not Your
Destiny!



Physiology and Biochemistry

“PILL FOR AN ILL”

- Medical therapeutics evolved as a single agent to treat a single biological endpoint (i.e. reductionism).

VS

TREAT THE CAUSE

- “The Conflict Between Complex Systems and Reductionism”
 - J Am Med Assoc 2008;1580-81.
 - There is no ONE CAUSE for chronic disease
 - A complex systems approach is necessary (aka Naturopathic/Functional Medicine)

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Its Time to Shift the Paradigm

Science of Health

- Understanding physiology of the body
- Treats people, not disease
- Integrates multiple healing modalities (ND, MD, DC, LAc, Nutritionist, Massage, PsyD, etc)
- Utilizes therapies that work to restore normal physiological function

Science of Disease

- Focused on treatment of symptoms
- Single interventions for single biological outcome
- Therapies often with undesired effects