

Functional Medicine Kitchener

Functional Medicine Kitchener - Functional medicine tackles underlying causes and primary prevention rather than signs of serious and chronic ailment. It is a scientific based area of health care that is grounded in the following principles: Dynamic balance between external and internal factors and that health is not simply the nonexistence of ailment but is a positive vitality. The Running Biochemical individuality factor relates to the individual variations in metabolic functions. These are derived from environmental and genetic differences between people. Patient-centered medicine is one more principle that emphasizes "patient care" as opposed to "disease care."

There is a great number of research papers currently supporting the views that the human body functions together as a well coordinated system functioning in harmony, instead of an autonomously functioning system. Like for example, the web-like interconnections of physiological factors show that nutritional imbalances could result in hormonal disturbances, immunological dysfunctions can promote cardiovascular ailment and environmental exposures could lead to neurological syndromes like for instance Parkinson's disease. One more principle of functional medicine is the promotion of organ reserve as the means to enhance overall health span.

The base of functional medicine is the examination of the core imbalances of several disease pathologies. Some of these imbalances are caused by environmental inputs as well as diet and exercise, air and water together with traumas, that the body processes through the mind, body and spirit based on uniquely individual sets of learned and genetic predispositions, beliefs and attitudes. The fundamental physiological processes consist of: the transformation of food into energy or otherwise called bionergetics; communication both internally and externally in the cells; maintenance, repair of structural integrity and replication from the cellular level to the entire body level; elimination of wastes; defense and protection along with transport and circulation.

There are several core imbalances that could take place from malfunctions within this complex system comprising: immune imbalances, hormonal and neurotransmitter imbalances, bio-transformational and detoxification 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 one more probable problem.

These imbalances are considered the precursors to the signs and symptoms by which people diagnose, detect and label organ system sickness. Improving balance within both the body's fundamental physiological processes and the patient's environment, are the keys to restoring health. To be able to do this, much more than just treating the signs should happen.

To be able to improve the management of chronic disease, functional medicine aims to intervene at numerous levels of illness. In order to restore health and functionality, the clinical core imbalances should be dealt with. Fundamental medicine is grounded in certain information and principles. Functional medicine is not considered a separate and unique body of knowledge but relies on information that is widely available in medicine now. It combines study from many disciplines with efficient clinical management and clinically relevant disease models.

Functional medicine effectively integrates various treatments meant for various problems of the body rather than relying on a single treatment for one diagnosis. Functional medicine listens closely to the person's story and uses this personal information as an important tool for incorporating diagnosis, symptoms and signs. Each person's personal health story gives evidence of clinical imbalances into a comprehensive approach to improve both the patient's environmental inputs and physiological function. It is the clinician's discipline that directly deals with the need to alter the practice of primary care.