Functional Medicine Primer for Wellness Pros: Master the Basics

Meg Jordan, PhD, RN, CWP
California Institute of Integral Studies
M.A. Integrative Health
mjordan@ciis.edu
www.ciis.edu

Overview

• Identify how a Functional Medicine Matrix organizes a plan for complex conditions.
• Describe the Functional Medicine Matrix
• Recognize the difference between dispensing Functional Medicine advice and acting appropriately as a wellness professional, assisting clients in facilitating their own learning about this health-enhancing branch of integrative health/medicine.

Pathway & Principles

• Chart Underlying Causality in a Complex Systems Approach
  − Integrating a systems or network-wide approach to biology, physiology with client-centered care
• Go Beyond the Customary “Lifestyle Disease” Explanation
  − Principles of Functional Medicine
  − Antecedents, Mediators and Triggers
  − Functional Medicine Matrix
• Wellness Wheel applications to the Functional Medicine “story”
• Optimizing wellness, not just disease treatment
• Assimilation, Defense, Repair, Replacement, Renewal
Definition

• Functional Medicine seeks out and addresses the underlying causes for complex health conditions, exploring metabolism, biochemistry, lifestyle, genetics, nutrition, movement, emotions, attitudes, relationships, and environment.

Definition 2

• Functional medicine is a model for 21st Century health care that focuses on identifying and addressing the underlying causes of chronic disease by recognizing that each patient is biochemically unique, a product of the interaction between their genes and epigenetic influences.
  – Textbook for Functional Medicine

Principles of Functional Med

• 1. Biochemical individuality
• 2. Patient-centered (not disease-centered)
• 3. Dynamic among internal and external factors in patient’s body/mind/spirit
• 4. Weblike interconnections of internal physiologic factors
• 5. Health as a positive vitality – not the mere absence of disease
• 6. Promotion of organ reserve to enhance as well as promote long life
Sound familiar?
• An expanded version of the Wellness Wheel

Why learn it?
• 1. Wellness Continuum covers all phases of functional capacity and ability

Why learn it?
• 2. Rise in chronic disease management
Chronic Disease

- The rising rates of complex, chronic disease are creating an unsustainable burden on the economy and the current health care system is not adequately addressing the problem.

GO TO IT

- G Gather
- O Organize
- T Tell
- O Order
- I Initiate
- T Track

<table>
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<th>Preconception</th>
<th>Current Concerns</th>
<th>Antecedents</th>
<th>Triggers or Triggering Events</th>
<th>Signs, Symptoms or Diseases Reported</th>
<th>Microbes</th>
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References

- Weiss, Donna, Ed. (2013). The Interprofessional Health...
Zen of Sleep..
Holistic Strategies for
Restful, Restorative Slumber

Denise DeForest Pastoor,
MEd, APRN, BC, CHTP, CWP, RYT

Sleep deprivation...
the Silent Epidemic

Sleep Disturbances

From the EYES of
Functional Medicine/ Integrative Health
Neuroendocrine Factors

- Adrenal exhaustion
- Hyperarousal vs. Fatigue cycle
- Hormonal imbalances
- Immune system dysregulation

Awareness of Lifestyle

Making CHOICES that impact sleep

Sleep through Life Stages
Sleep Hygiene

Zen Approach to Sleep

• Shift to inner awareness
• Embrace the process of acceptance
• Learn to “meet” sleep
• Let go of sleep as a task
• Follow rhythms of nature

Acceptance & Letting Go

• Unconscious barriers
• Old belief systems
• Repetitive Habits
Integrative Therapies

- Guided imagery
- Energy therapies
- Biofeedback
- Aromatherapy
- Herbs

Bedtime Rituals

- Warm bath/shower
- Herbal tea and journal
- Schedule brain dump
- Meditation practice
- Turn off electronics
- Self-talk into sleep mode

Create your Sleep Sanctuary
Relaxation Techniques

- Meditation practice
- Guided Imagery
- Self-Hypnosis

T’Wired

- Meditation practice
- Schedule worry time
- Vent with journal
- Intentions & affirmations
- Soothing self-talk

Betty Erikson’s Self-Hypnosis

- Set intention
- Visual, Auditory, Kinesthetic tune-in
- Eye open
- Set of 3 to 2 to 1
- Close eyes
- Set of 1 to 2 to 3
Nature’s Natural Support

Essential Oils

- Lavender
- Clary Sage
- Roman Chamomile
- Marjoram
- Neroli

Herbs

- Hops
- Passionflower
- Skullcap
- Lemon Balm
- Chamomile
- Valerian Root
Melatonin

- Natural hormone made by body’s pineal gland
- Essential for sleep-wake cycle
- Best for jet lag/shift work

Vitamin/ Mineral Supplements

- Vitamin D
- Vitamin E
- Vitamin B
- Calcium
- Magnesium chloride

Yoga Nidra