

Functional Assessment

Functional Medicine is the field of health care that employs assessment and early intervention into the improvement of physiological, cognitive/emotional and physical functioning.

Functional medicine adopts an integrative approach to achieving optimal health, crossing traditional barriers between medical systems. Ideally, functional medicine focuses on prevention and restoration of efficient physiological function. A central principle of functional medicine is that maintaining optimal function leads to a longer life of optimal health.

Our five areas include assessments of Gastrointestinal, Immune, Nutritional, Endocrine, and Metabolic function. The tests are non- or minimally invasive, with a few employing challenge doses as a way of evaluating a specific function in action. We use samples of hair, urine, blood, saliva, and stool to evaluate the body's performance and to suggest areas where therapeutic interventions can improve and add longevity to that performance.