



**WHAT IS
FUNCTIONAL
MEDICINE?
AND HOW DOES
IT HELP ME?**



WHAT IS FM?



Overview

Modern conventional medicine has allowed us to survive longer and have better quality lives than ever before. Despite these advances, conventional medicine does not provide adequate answers or care for many health issues. While it focuses on managing disease and symptoms, there are few options to understand or treat the root cause of health issues or for supporting wellness.

Conditions from IBS to PMS, from autoimmune diseases to fatigue receive no more than a 'bandaid' pharmaceutical approach. Doctors are not given the time or training to ask "why" a symptom is happening or to support you in feeling truly well.

A Functional medicine (FM) approach fills these needs that are left by conventional medical practice.

What is Functional medicine (FM)?

FM starts by asking not just "what" is going on with your body but also "why."

Diagnosis we get are often descriptive, and not diagnostic. (arthritis = joint inflammation, cardiovascular disease = disease of the heart and arteries). Instead of just trying to describe, FM aims to figure out **why** these things are happening.

Health issues and disease are the result of our body being unable to maintain balance in the face of disturbances such as infections, inflammation, poor diet, stress, toxins and aging.



"Instead of only trying to manage or suppress symptoms and disease processes with pharmaceutical or even natural means, Functional medicine aims to investigate and treat the underlying causes of health issues and support the body to heal."

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HOW DOES **FM** WORK?



InHealthRVA practices not just personalized Functional medicine, but creates a human-centered wellness experience.

FM works by investigating the **underlying causes** of your health issues. It does this through a combination of advanced lab diagnostics and expert analysis of your medical history and your response to treatments. We take into account not just your underlying health issues, but how you as an individual need to proceed through the investigation and treatment steps.



“Functional medicine peels back the layers that are causing your health issues and optimizes your wellness.”

What does treating the underlying causes look like?

Treatment recommendations can include dietary and lifestyle changes, supplement and herbal protocols or supportive therapies such as acupuncture, physical therapy, massage and neurofeedback. Each person’s treatment options are tailored to their needs, budget and ability to carry them out.



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WHAT IS THE **FM** PROCESS?



After your initial in-depth appointment, you'll complete any labs recommended and begin any treatment protocols.

In about 1-2 months, you'll have a follow up with your FM practitioner. During follow up appointments, you'll review your progress, analyze, refine or change treatment protocols, and run any necessary follow up labs.

A rough estimate of how long the process takes is 3-6 months with once or twice yearly follow ups after that. Serious or long-standing conditions may benefit from further follow ups and maintenance therapies and you may be working with your FM practitioner for a longer time. The goal of Functional medicine is to support your system coming into balance, with the least amount of intervention as possible.



“For less than the cost of what your insurance is generally billed for a round of labs from a single specialist, you can reverse chronic health issues and optimize your health.”

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WHAT LAB TESTING DOES FM USE?



The comprehensive use of lab testing is one of the things that sets FM apart from both conventional, alternative or 'natural' medicine and allows us to figure out the underlying drivers of health issues.

InHealthRVA uses both advanced blood chemistry panels and specialized FM lab tests not available elsewhere in order to understand what is going on in your body.

Below is a non-exhaustive list of lab tests. Lab testing is always evolving and InHealthRVA stays up-to-date as these clinical tools develop.

- Advanced blood chemistry panels (liver and kidney function, blood cell counts, nutrients, blood sugar, cardiovascular health, inflammation, etc)
- Hormones ([D.U.T.C.H.](#) and blood testing)
- Organic acids, detoxification, antioxidant, fatty acids and nutrient testing ([Great Plains Labs' Organic Acids Test](#), [Genova's NutraEval](#))
- [MycoToxin](#) testing for mold
- Infectious testing ([IgeneX](#), Galaxy, MDL)
- Gut microbiome, digestion functional analysis, [Doctor's Data](#)
- Breath testing for Small Intestine Bacterial Overgrowth ([SIBO](#))
- Heavy metals testing ([QuickSilver Scientific](#))
- [Non-metal toxicants](#) (Great Plains Labs)
- Genetics ([NutriGenetic Research Institute](#))

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IS FM NATURAL MEDICINE?



FM is about using lab data and in-depth analysis to understand the underlying causes of sub-optimal health.

FM will use whatever methods are the most effective, least toxic and best suited to each person's needs and choices in order to treat underlying causes and best manage symptoms.

While this means that FM usually relies on supplements, herbs, nutrition and lifestyle treatments, it does not discriminate from the use of pharmaceuticals and surgery when appropriate for each person. Different health issues, underlying causes, personal needs and choices are all incorporated into your treatment recommendations.

Is FM alternative or non-Western medicine?

FM is based in, and evolved from research. FM bridges the gap between the research that investigates how our bodies work (physiology) and medical practice.

Perhaps surprisingly, the research that informs medical practice does not generally communicate with physiology (how are bodies work) research. This means that there are many areas of research into how our bodies work that has not impacted current conventional medical understanding or practice.

How did FM develop? FM took off as research libraries went online. Practitioners and patients could now go online into peer-reviewed, academic research libraries (such as [PubMed](#)) to investigate the physiology behind their body's health symptoms and conditions.



"We know a lot more about the body today than we did even 10 or 20 years ago. The goal of FM is to stay on the front of clinically relevant, applied physiology research."

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WHAT CONDITIONS CAN FM HELP?



Since FM aims to identify and resolve underlying causes of health issues and conditions it can be useful for almost any health condition. FM includes referring to specialists and acute care when necessary. This includes issues such as acute injury, heart attack or stroke, cancer and conditions which can cause irreversible damage before they might be addressed by treating the underlying conditions.

We work with your medical providers to help optimize your health care options.



Conditions we treat:

- Fatigue
- Digestion and bowel issues, such as IBS, reflux, gas and bloating.
- Autoimmune diseases, including Hashimoto's hypothyroidism, Inflammatory Bowel Disease (IBD, including Crohn's and colitis), rheumatoid arthritis (RA) and more.
- Skin conditions (psoriasis, eczema, acne, rashes, hives, etc)
- Hormone imbalances
- PMS, irregular or painful periods
- Infertility
- CFS/ME, FM
- Chronic infectious conditions, including Lyme disease and EBV
- Mold or Biotoxin illness (CIRS -chronic inflammatory response syndrome)
- Sleep issues
- Excess weight
- Cardiovascular disease
- Diabetes type II
- Migraines and chronic headaches

Don't see your health issue listed? We probably work with that.

Give us a call (804-288-1111)

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Who is **InHealthRVA**?

InHealthRVA is a Functional medicine, acupuncture and collaborative health practice. It was founded in 2016 by Tressa Breindel, L.Ac., MSOM to give Richmonders access to the best possible health care options to support their optimal wellness.

InHealthRVA was founded on the conviction that everyone should experience optimal health in order to manifest their full potential.

**To become a patient
or to learn more about InHealthRVA:**

Visit: www.InHealthRVA.com

Call Us: 804-288-1111

Email Us: info@InHealthRVA.com

