



## Functional Medicine



### Overview

This healthcare approach looks for underlying causes of illness. Those who practice it take a broad view of your health. They may study your genes, your environment, and your lifestyle.

### Every person is unique

Practitioners of functional medicine know that every person is unique. And they know that many things affect your health. So they watch your health closely. They look for warning signs of illness. When you become ill, they think about all the things that affect your body's systems.

### Areas of focus

Practitioners of functional medicine look at your diet and your level of physical activity. They ask you about your stress level and life events. They try to identify toxins that could be in your home, school or workplace. They study genetic traits that may play a role in your health. And they figure out how all of these things affect your body's cells and systems.

### Conclusion

Practitioners of functional medicine focus on you as an individual. They can help you maintain and improve your health. Talk to your healthcare provider to learn more about this approach and to find out if it's right for you.