

## What is Functional Medicine?

**FM is personalized medicine that deals with primary prevention and underlying causes instead of symptoms.**

### Dr. Jenny Sechler, APN, DC



Dr. Jenny has spent 23 years in health care. She served as an emergency room trauma center nurse for 15 years. She focused on integrating traditional and natural medicine as a nurse practitioner in a physicians office serving women and also focusing on seniors.

She expanded her knowledge by receiving her chiropractic degree in 2006 which allows her to offer expanded chiropractic care with a focus on identifying and healing the underlying issue the patients present.

### Your Unique Genetic Makeup

Traditional medical care today does not take into account the unique genetic make-up of each individual or factors such as environmental exposure to toxins and the aspects of today's lifestyle that have a direct influence on the rise in chronic disease in modern Western society.

Utilizing Functional Medicine in conjunction with chiropractic care and traditional medical knowledge will result in the best results for these types of health issues.

*Contact us to set up  
your appointment!*



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# Functional Medicine

## Health Care Taken to a New Level

At Hampton Health and Wellness  
by Dr. Jenny Sechler



### Do you have ?

- ◇ Digestive disturbances
- ◇ Immune system challenges
- ◇ Fibromyalgia
- ◇ Chronic pain
- ◇ Nutritional imbalances
- ◇ Hormonal imbalances
- ◇ Diabetes
- ◇ High blood pressure
- ◇ Elevated cholesterol/triglycerides

**Functional medicine may be your solution!**



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## Principles of FM

Many patients fall through the cracks of the current medical paradigm because they are neither sick from a pathological perspective (no tissue changes, no findings on diagnostic testing etc.) nor 100% well. These patients fall into a gray area of medicine and a different approach is needed to be able to deal with this.

Functional medicine is the way to deal with this because functional medicine is about becoming the ultimate medical detective.

As a healthcare provider working in the realm of function and dysfunction, Functional Medicine allows us to “cast our net wide” and offers more tools to assess the body.

### We will interpret:

- ◇ Patient’s story and history
- ◇ Medical records
- ◇ Exam results
- ◇ Lab results (from tests ordered – e.g. urine, stool, blood, saliva, etc.)



### Focus of Functional Medicine

Identify the why and how of the physiological and biochemical breakdown or insult to the mind and body that has led to symptoms.

### Functional Medicine addresses:

- ◇ Oxidative stress
- ◇ Nutritional imbalances
- ◇ Digestive and intestinal imbalances
- ◇ Impaired detoxification
- ◇ Hormonal and endocrine imbalance
- ◇ Immune dysfunction
- ◇ Inflammatory imbalances

### Increase in Chronic Diseases

Our society is experiencing a sharp increase in the number of people who suffer from complex chronic diseases such as diabetes, cancer, mental illness, autoimmune diseases such as fibromyalgia and rheumatoid arthritis, asthma, etc. These can be prevented with early treatment.

### FM Practitioners

Promote wellness by focusing on the fundamental factors that influence every patient’s experience of health and disease.

**FM approaches health by examining fundamental physiological processes that keep you alive:**

- ◇ How your body rids toxins
- ◇ Regulation of hormones and neurotransmitters
- ◇ Immune system function
- ◇ Inflammatory responses
- ◇ Digestion and absorption of nutrients
- ◇ Musculoskeletal integrity
- ◇ Physiological and spiritual equilibrium
- ◇ How you manage stress
- ◇ How much energy you have



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