

What is a functional medicine approach?

It investigates the underlying cause(s) of the problem. It is designed as a systems-based approach that recognizes the holistic nature of our health. It pulls from the best of conventional medicine and alternative medicine and enables us to treat a wide variety of health problems.

Other attributes include:

Safe, patient centered, participatory, integrative, restorative, preventative, and evidence-based.

As a new patient, we break the treatment into three phases:

Initial consult – 30 min (\$125)

- Patient shares two to three main health concerns, along with a brief summary of what they have tried so far and his or her health goals.
- A detailed health and medical history questionnaire
- A list of your current supplements and medications, along with a list of treatments you have tried previously that caused unfavorable reactions
- Additional paperwork will be provided (intake forms, dietary log, etc.)
- Review timing and components of the “Case Review”
- A few days after the initial consult the “Encounter Summary” is emailed to the patient. This will explain which lab tests we would like to order and why they are relevant to the patient’s concerns.
- Testing and treatment will be tailored once we have determined how you would like to proceed. We will do our best to perform testing in a timely manner and work within your financial means.

Case review – 1 hour (\$300-400)

Prior to your consultation, we will review your test results, initial consult paperwork, and relevant prior lab work. From this information you will receive a Report of Findings, which is broken into three parts:

- A summary of the underlying patterns that are contributing to the patient’s symptoms
- An outline of the suggested treatment plan, including dietary, supplement, and lifestyle recommendations
- Recommendations for further testing (this will typically be minimal, if necessary at all, because of the completeness of the Case Review process)

During the consultation, we will discuss each component of the Report of Findings, including your specific treatment plan, and address any questions or concerns you may have about the findings or treatment plan.

Ongoing treatment (fee based on hourly rates)

Once the Case Review process is complete, you will transition to follow-up care and continue to implement your treatment plan.