



## WHAT IS FUNCTIONAL MEDICINE?

The functional medicine model of care offers a patient-centered approach to chronic disease management. It seeks to answer the question, “Why are you ill?” so you can receive personalized, effective care for your needs. Functional medicine providers spend time listening to you and gathering your medical history. We use this information to identify the root cause(s) of the illness, including triggers such as poor nutrition, stress, toxins, allergens, genetics, and your microbiome (the bacteria living in and on your body), stress, sleep, hormone levels and overall vitamin and nutrient levels. Once we identify the triggers, we can customize a healthy living plan for you. Your plan will address many aspects of your life, from physical needs including hormones, nutrients, diet, exercise, and sleep, to mental and emotional stressors related to social, work, and community life.

The three pillars to wellness that create the focus for OnePeak Medical programs are:

- 1) Hormone Balance
- 2) Lifestyle Changes
- 3) Body and Brain Balance

The foundation of functional medicine is the use of food as a first-line therapy. The right nutrition, combined with lifestyle and behavioral interventions, will help you take charge of your health.

### Why Choose OnePeak Medical?

Our team has helped countless people lead healthier lives by reducing the burden of chronic disease. Our functional medicine program is unique because we:

- **Focus on patient-centered care:** We get to know you, not just your illness. Before your first appointment, we take a comprehensive medical history and lifestyle assessment to see a complete picture of your health. We use this assessment to identify disease triggers and build a whole-body treatment plan.
- **Hormone Balancing for Men and Women:** We investigate the root of the problem, which often lies in the area of the endocrine system: Thyroid-Ovarian, Testes Sex hormones and Adrenal Glands (stress glands). In addition, we offer gut and brain neurotransmitter testing for full body – brain balance.
- **Use a Multi-Disciplinary Approach:** Our team supports you throughout your journey to wellness. You have access to a medical, certified nutritional educator, and medical assistants that provide useful resources and direction needed.
- **Offer Innovative Delivery Care Models:** We offer in-person and virtual appointments. All of our services include a medical evaluation with members of our team.
- **Annual Physical Exams for Men and Women:** We offer comprehensive physical exams needed to keep your health in tune and to apply the preventative model for long-term disease prevention.
- **Focus on Chronic Conditions:** We continue to study the effectiveness of functional medicine on health issues, with five condition-specific tracks:
  1. Autoimmune
  2. Weight Management
  3. Diabetes
  4. Women’s Health
  5. Digestive Disorders



- **Medical Aesthetics:** Our patients feel balanced, alive, and vibrant in a short period of time and want to begin to improve how they look and how their skin ages. We offer: facials, skin peels, laser hair reduction, skin tightening, Botox, filler injectables for loss of facial structures and PRP for facial collagen, hair re-growth, breast lift, incontinence, erectile dysfunction, and sexual sensation for men and women

Anyone facing a chronic condition can benefit from functional medicine. Some of the most common conditions we treat include:

- Hormone Decline
- Weight Gain
- Thyroid Disorders
- Mood Disorders/Brain Balance
- Female Gynecological and Primary Care
- Women's Hormone Balance - PMS, Menopause, PCOS, Estrogen Dominance
- Men's Primary Care - Andropause (loss of Testosterone)
- Adrenal Dysfunction
- Focus and Attention Disorders
- Cancer Prevention
- Diabetes
- Digestive Disorders and Gut Balance
- Autoimmune Disorders
- Fibromyalgia
- Arthritis
- Metabolic Syndrome, Pre-Diabetes, Insulin Resistance