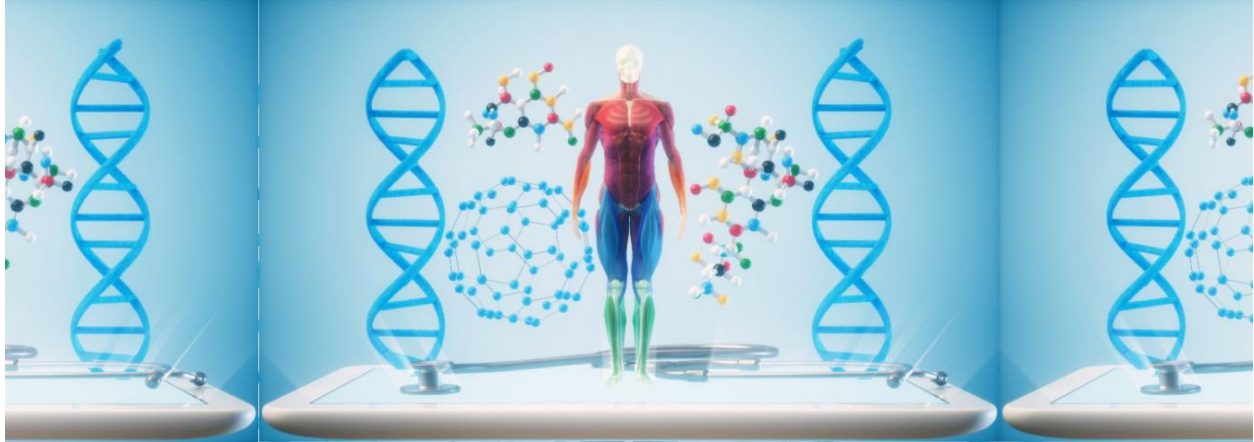




Integrative Functional Medicine

- **Helping you achieve health goals with a personalized medicine approach.**
- **Health issues addressed using natural treatment plans.**
- **Functional medicine practitioners work with patients as an active participant in coming up with treatment options that fit current lifestyle and health status.**

Why are patients intrigued by Functional medicine in Toronto?

Did you know that you can take an active role in your health care? When you're being treated with functional medicine in Toronto, this is exactly what to expect. Read on to learn how this multidisciplinary practice of medicine may help your quality of life.

What's functional medicine?

- The functional medicine approach is not a one-size-fits-all method.
- Functional medicine blends together naturopathic medicine and conventional medicine.
- A functional medicine practitioner zeroes in on the root causes behind diseases, then addresses those causes. This is an individual experience for each patient because physiology and lifestyle are taken into consideration.

- Unlike conventional medicine, functional medicine treats patients as a “whole.” If one part of the body is affected, other aspects of the body will also be considered for determining the cause of an illness.
- It encourages patients to naturally progress towards optimal health and improve vitality.

What’s intriguing about functional medicine is how a functional medicine doctor focuses on the patient as a “whole” person. Practitioners listen to each patient’s health concerns in full detail. Discussions on family medical history will occur and how genes, lifestyle factors, and environmental surroundings may affect chronic disease, chronic pain, and long-term health.

So is a functional doctor in Toronto the same as a naturopath? Well, both professions use similar approaches to finding your wellness answers, with a modern, holistic approach to health and wellness. Overall though, some naturopaths practice functional medicine and some do not; some functional medicine practitioners follow naturopathy and others do not.

Functional medicine providers embraces naturopathic concepts, with the broadmindedness of integrative medicine, to establish an applicable modality for the patient. Although functional medicine includes conventional medicine when necessary, the functional medicine approach attempts to use natural ways to treat health problems. It also stresses the importance of understanding the importance of lifestyle modifications, including stress management, dietary changes, exercise, sleep modifications, etc.

Take note: functional medicine in Toronto is a legitimate health care approach in Ontario. Prior to becoming a functional medicine doctor, practitioners must complete their education and examinations for their medical, naturopathic, or other health care licenses. This includes provincial and national exams. Then they immerse themselves in training with functional medicine programs prior to taking on patients as a functional medicine practitioner.

Is there a difference between holistic and functional medicine?

First, know that functional medicine – which is also called integrative medicine, integrative and functional medicine or integrative functional medicine – embraces some holistic characteristics.

When holistic medicine is practiced, the practitioner's goal is to understand the patient as a "whole", thereby suggesting natural therapies to help progress wellness. Holistic health care services deem the patient as someone with codependent aspects of health. So if one body part is not functioning properly, then this will impact the other parts. This also means that physical, emotional, and spiritual imbalances may influence a health status.

A holistic doctor may consider both conventional medicine and alternative health care. For example, Mary is a patient who visits a holistic doctor for her painful migraines. The holistic doctor would consider Mary's diet, hormonal and sleep troubles, stress and other personal issues for being the cause of Mary's migraines. Mary will not leave the holistic doctor visit with just medication instructions; she may also be provided with personalized treatments such as lifestyle modifications to prevent future migraines.

Functional medicine includes aspects of holistic medicine, but it emphasizes personalized, tailor-made treatments and individualized approach to help treat the root cause of an illness. And because functional medicine clinics embrace evidence-based treatments, functional medicine laboratory testing is valuable to functional medicine doctors in Ontario. Lab test data allows functional medicine doctors to pinpoint what is going on in the patient's physiology. Some tests may include: urine samples, IgG food antibody tests, DUTCH testing for hormones, stool analyses, and more. (To learn about lab tests conducted by our center for functional medicine in Toronto, [click here to send us a message.](#))



How functional medicine works

Functional medicine has a “patient-centered” approach. A functional medicine practitioner works with patients to tackle the causes of disease. When the patient becomes informed of how their body works and function, this may trigger them to stay on track of health plans and take control of their current health.

One of the main goals of integrative functional medicine is to understand what is not functional in a sole individual; not within a group of people with the same disease yet different family histories and lifestyles. With that, functional medicine patients may be provided with a distinctive health care plan that caters to their needs only. A functional medicine practitioner may help the patient progress towards optimal health by suggesting:

- Lifestyle changes (which may consist of nutrition, diets and exercise regiments)
- Strategies for managing/alleviating stress
- Health detoxification programs
- Prescription medications
- Natural supplements
- Botanical medicine
- Naturopathic medicine

After a functional medicine doctor has assessed you, they may prescribe holistic treatments or, in some cases, prescription medications. Sometimes practitioners will refer you to a specialist if they feel that this is necessary.

Functional medicine and its principles of health

To encourage optimal health, integrative and functional medicine doctors follow these beliefs:

- **Collaboration between the patients and practitioners.** All practitioners, including those who practice functional medicine in Toronto, inspire patients to participate in functional medicine treatments. Goals, decisions and plans are **deliberated between the patient and practitioner.**
- **Everyone is unique.** Practitioners treat the patients as individuals, not as diseases.
- **Everything has a connection.** A patient’s body is one ecosystem. All physiological factors are intersected.

- **Find a balance.** Integrative functional medicine practitioners help patients using natural remedies. Balance is sought between the mind, body and soul.
- **Promote long-lasting wellness and improve the quality of life.** Functional medicine practitioners of Toronto believe that optimal health involves applying wholesome lifetime habits for the long run.
- **Understand a patient's biochemical history.** The practitioner must understand each patient's biology, genetic makeup and environment.
- **Data should be considered.** Practitioners of functional medicine in Toronto use medicine with evidence to support the patient's individual treatment.

Should you see a functional medicine practitioner?

Patients struggling to find a successful treatment for their health condition or continue to experience symptoms despite taking medications may consider therapies from functional medicine doctor. Here are some health conditions that functional medicine in Toronto may be applied to:

- Diabetes
- Heart disease
- High blood pressure
- Depression
- Attention Deficit Disorder (ADD)
- Migraines
- Acid reflux
- Irritable Bowel Syndrome (IBS)
- Chronic pancreatitis
- Ulcers
- Diverticulosis
- Psoriasis, eczema
- Acne
- Lupus
- Celiac disease
- Rheumatoid arthritis
- Thyroid issues
- Menopause
- Chronic fatigue

Is functional medicine covered by OHIP?

Functional medicine costs are not paid for by OHIP. If you have private health care insurance, please speak to your insurance provider about future appointments with a functional medicine doctor in Ontario. Some insurance plans cover natural health care visits.

Getting started with functional medicine

Functional medicine is intriguing for many reasons. By having patients and practitioners collaborate, this health care approach allows patients to become knowledgeable of their health needs. And because patients understand the inner workings of their health, functional medicine is a practice of medicine that may cater to today's changing world.

How can functional medicine upgrade your wellness? Where can you find a functional medicine practitioner near you? You don't need a referral to see a functional medicine doctor in Ontario. In fact, our Toronto functional medicine clinic is available to help you by providing consultations with an integrative and functional medicine doctor.

Let's help you progress towards a new outlook on wellness. Call 416-922-4114 or [click here to book an appointment](#) for functional medicine in Toronto.

Contact us to schedule a complimentary introductory 15 minutes meeting on Functional Medicine. For more info and queries call or visit at:

Dr. Amauri Wellness Centre

1200 Bay Street #1102

Toronto, Ontario M5R 2A5

(416) 922-4114

Website: <https://dramaurinaturopath.com/>

Google Site:

<https://sites.google.com/view/dramauricaversan-naturopath/functional-medicine-toronto>

Google Drive:

<https://drive.google.com/drive/folders/1Ehv xv VERDqjEQH2sFv94ToX4nmJ3g1-b?usp=sharing>

[functional medicine Toronto ON](#)

[functional medicine toronto Toronto ON](#)

[functional medicine toronto clinic Toronto ON](#)
[functional medicine clinic Toronto ON](#)
[functional medicine doctor Toronto ON](#)
[functional medicine practitioner Toronto ON](#)
[functional medicine near me Toronto ON](#)
[functional medicine in my area Toronto ON](#)
[functional medicine approach Toronto ON](#)
[functional medicine supplements Toronto ON](#)
[functional medicine or naturopathy Toronto ON](#)
[functional medicine or integrative medicine Toronto ON](#)
[functional medicine what is it Toronto ON](#)
[center for functional medicine Toronto ON](#)
[integrated functional medicine Toronto ON](#)
[integrated functional medicine toronto Toronto ON](#)
[integrated functional medicine near Toronto ON](#)
[integrated functional medicine near me Toronto ON](#)
[integrated functional medicine in my area Toronto ON](#)
[integrated functional medicine in canada Toronto ON](#)
[integrated functional medicine clinic Toronto ON](#)
[integrated functional medicine doctor Toronto ON](#)
[integrated functional medicine md near me Toronto ON](#)
[integrated functional medicine or naturopathy Toronto ON](#)
[types of integrated functional medicine Toronto ON](#)
[are functional medicine doctors mds Toronto ON](#)
[are functional medicine doctors Toronto ON](#)
[are functional medicine practitioners doctors Toronto ON](#)
[can functional medicine help Toronto ON](#)
[what's functional medicine Toronto ON](#)
[what are functional medicine Toronto ON](#)
[what do functional medicine doctors do Toronto ON](#)
[what does functional medicine mean Toronto ON](#)
[how much does functional medicine cost Toronto ON](#)
[how does functional medicine work Toronto ON](#)
[who are functional medicine doctors Toronto ON](#)
[where to find a functional medicine Toronto ON](#)