

PROTECT, OPTIMIZE AND RESTORE

YOUR HEALTH

FUNCTIONAL MEDICINE GUIDE

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Health Is Your Birth Right:

How to Protect, Optimize And Restore Your Health

A Guide To The Basics of Functional Medicine

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Home

The Basics Of Functional Medicine

- What is Functional Medicine?
- How Did Functional Medicine Begin and Why?
- How is Functional Medicine Different?
- Why Does Functional Medicine Matter?
- Is Functional Medicine Safe and Effective?
- Why Don't All Doctors Know This Information?

Protect, Optimize, And Restore Your Health

- How will Functional Medicine Help Me?
- What Occurs At Your First Integrative Functional Medicine Consultation
- What Kind Of laboratory Assessment and Screening Tests You Receive Matters
- Where Your Lab Tests Are Performed, How Your Lab Results Are Read, and Who Reads Your Results Matters
- Your thoughts, Feelings, and Emotions Affect Your Health
- Gut Feelings-What You Eat Affects Your Microbiome And How You Feel
- Commonly Masked Health Problems and Their Actual Root Causes
- The Big 5- My List of Most Common Culprits in Illness:
Dysbiosis, Candida, SIBO, Leaky Gut, Toxins

Start Feeling better

- Changes you can make now to start feeling better and improve the core of your health
- Get Started by Partnering With a Functional Medicine Physician
- Start Feeling Better Now with the Advance HealthRestore Detox Plan

About Advance HealthRestore

About Dr Rashel

About Advance Health Integrative Medicine

[Schedule an appointment](#)

[Back to main site](#)

[Home](#)

Functional Medicine Basics:

A guide to Restoring, Protecting and Preserving Your Health

We all deserve to live our life to the fullest and enjoy health and well-being that is inherently a right. However due to the misconceptions in traditional medicine of what real health is and how to truly address dis-ease as well as aberrations in diet, physical activity, time outdoors, environmental toxic burden, and social and emotional connection and unresolved emotional trauma, the intricate balance of health, that is the right of each individual, can be disrupted. Ill symptoms come first but many times they are ignored, or masked with pharmaceuticals that do nothing to address the cause but actually usually just make the root cause of the ill symptoms worse as well as contribute to other ill symptoms. Within time symptoms can overlap and there is a fog over lying the actual problem. At that point you're just chasing symptom after symptom not even knowing where they came from and often using Pharma drugs that are just fueling the dis-ease.

The truth is that our ill symptoms are a gift. Yes you heard me correctly a gift. They are the way that our intelligent body communicates with us to let us know that something is wrong. Asks for our attention and awaits for us to course correct. If we do not course correct our body then send us louder and louder messages with more symptoms. Eventually if we do not identify the sources of Distress for our body the system overloads, breaks

down and there is Dis-Ease of different degrees. When disease is identified finally as in conventional medicine by the diagnosis the disease is usually progressed creating illness that's how it is identified. It is not as if that disease just sprouted up overnight, that it was not there and then one day it was there. The disease is usually in the making years or even decades before it is identified. That's why it's critical to pay attention and close attention to ill symptoms and address them by unmasking, digging for the root cause rather than masking, hiding, covering up the symptom with pharmaceutical drugs that most all of time do just that, cover up the root cause. That's another point that most people, unless they are explicitly trained in Functional or Integrative Medicine, and have studied the subject are misguided about. Most of us at one point have thought that 'medications are good' they 'heal' us or heal the problem. I think as a physician the most eye opening moments through extended and continued learning in collaboration with the Institute for Functional Medicine included those when it really sunk in that Pharma drugs or medications do not in fact heal us. That was both a happy moment and a sad one because as physicians we realize that the hard work lies before us not behind us, even though we completed decades of education in conventional medicine, now we must re-educate ourselves about what it really means to help heal someone from disease, and we are often saddened by the fact that not to our own knowledge at the time, we may have actually contributed to more disease by the treatment we have imposed upon our patients in the past.

Another issue is that many times people have felt unwell for so long they don't really remember what fully feeling well is. Their new normal becomes a concoction of pain, distress, feeling unwell, mixed with the need for everyday survival, home, kids, work and the cocktail of Pharma drugs that are used to function or survive.

Another common scenario when people feel unwell, inherently know they are not in an optimal state of health and can feel better but their doctor tells them that they are fine or ha 'all' their labs look good. The problem there is that the conventional labs run by most doctors are very superficial in their investigation and only Loog for end organ damage. If your kidney function, liver function is normal and the superficial labs are in he normal range they tell you you are 'fine' or sometimes they may feel that you are suffering from mental illness, depression for example that's why you are having symptoms and offer anti-depressants or just brush the symptoms off.

This is where we come in. The Functional Medicine Certified physician who will do whatever we can to unveil and unmask the truth and the root causes and shed light on what is really going on.

Symptoms that most people just accept or get used to or are prescribed symptom relieving drugs to help mask are actually the very symptoms your body is using as a call for your attention or help to course correct.

For example do you get that frequent enough but occasional nagging headache? Do you get heartburn sometimes? How about gassy or bloated? Do you get constipation or loose stools? Is your energy not where it was before? Do you see changes in your weight, or body composition, or hair or nails? What about your drive or motivation, memory or concentration? Do you have joint pain? Skin rashes or eczema, or acne? Are your periods painful or irregular? We can go on and on. These are just some examples of symptoms your body may use as a cry for help.

This guide is about the meaning of Functional Medicine, also referred to as 21st century medicine, a guide to taking control of your health and well being. That is your inherent right. Functional medicine will give you a road map to get healthy and stay healthy and always searches for and addresses the root cause thereby treats the problem preventing it from worsening, progressing or at first developing into dis-ease. You can read the entire guide by clicking the arrows to move forward or skip to a desired section by using the table of contents.

You will learn to pay attention to your symptoms, be more aware when things may be off, and the basics about what causes imbalances in your health. Also, you will find out how Dr Rashel Tahzib, a board certified family physician and certified functional medicine physician as well as a certified anti-aging physician, can help you address and eliminate the root causes of your health problems and get rid of them before they develop

into worsening disease and rob you of the kind of quality of life that you deserve.

Ready to protect, heal, nurture and nourish your health?

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What is Functional Medicine?

Functional Medicine is personalized medicine that determines how and why illness occurs, restores health, and provides a road map not only to recovery from disease but to long term health and well-being by addressing the root causes of disease for each individual.

The Functional Medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal well being. It requires a detailed and thorough understanding of each patient's genetic, biochemical, environmental and lifestyle and personal life story factors and uses that data to direct personalized treatment plans that lead to improved patient outcomes that include recovery from disease, symptom resolution, and reinstating a state of balance or homeostasis in the body.

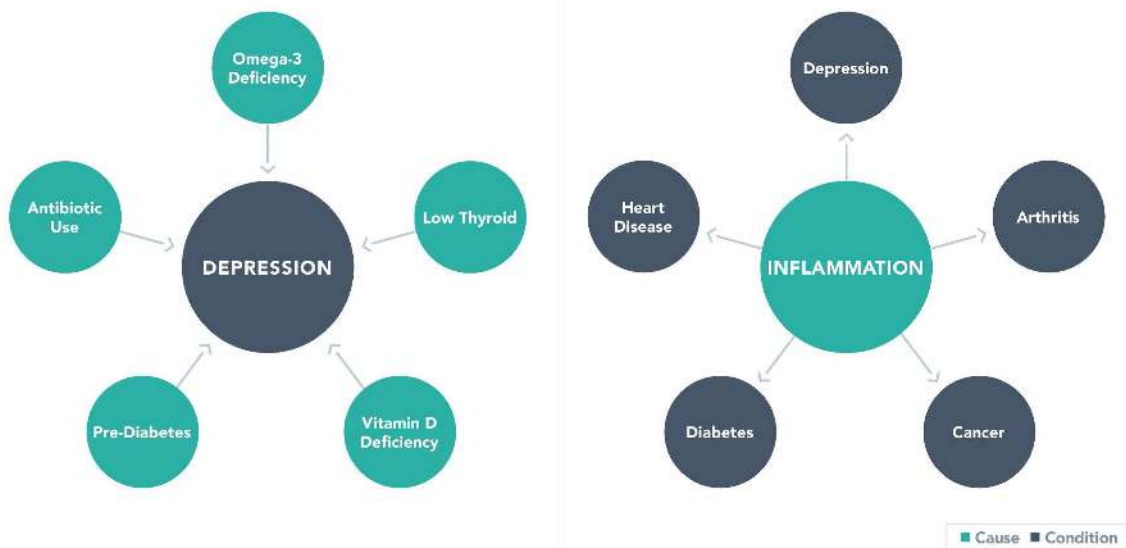
By addressing root cause, rather than only masking the symptoms as in conventional medicine, a functional medicine physician understands and fully identifies the complexity of disease. They may find one condition has many different causes and, likewise, one cause may result in many different conditions. As a result, Functional Medicine treatment targets the specific manifestations of disease in each individual.

Functional Medicine is a systems biology–based approach that focuses on identifying and addressing the root cause of disease. As opposed to simply coming up with a name or diagnosis for the disease or group of symptoms without addressing the cause, the functional medicine approach honors the complexity of human physiology and biochemistry as well as complexity of disease in that each symptom or differential diagnosis may

be one of many contributing to an individual's illness, thereby the name of a disease or diagnosis becomes less and less significant and rather a broader perspective and investigation of the multiple contributing factors or causes of the illness takes the attention and warrants investigation.

As the graphic illustrates, a diagnosis can be the result of more than one cause. For example, depression can be caused by many different factors, including inflammation. Likewise, a cause such as inflammation may lead to a number of different diagnoses, including depression. The precise manifestation of each cause depends on the individual's genes, environment, and lifestyle, and only treatments that address the right cause will have lasting benefit beyond symptom suppression.

One Condition, Many Causes | One Cause, Many Conditions



In order for the principles of functional medicine to be correctly implemented and effective there is a need for a doctor who is willing to listen to your story, to understand who you are and how you live, and appropriately investigates the root causes implementing personalized treatments that are individualized for you.

Functional Medicine evaluates and takes into consideration your

- Diet and Nutrition
- Lifestyle and Living Place
- Exercise Habits and type
- Sleep length and quality
- Environment from preconception to in utero to birth to present
- Spiritual beliefs and connections
- Emotional Traumas

In the functional medicine paradigm I also work to identify and factor in eight core processes that interconnect and define our physiologic functioning. I refer to these as

the Eight Pillars of Advance Health. A disturbance in any or all of these eight principles will lead to numerous ill symptoms the cohorts of which we refer to as Chronic Disease.



Sources: IFM

The Nine Essential Pillars of Advancehealth are:

- Environmental Interplay
- Digestion and Assimilation
- Detoxification & Biotransformation
- Immune defense and Repair

- Cardiometabolic cellular transport
- Hormonal and neurotransmitter communication
- Energy Regulation
- Emotional, mental and spiritual connection
- Chronic Infections status

In order to properly assess the root causes of ill symptoms or to dissect chronic disease in order to identify its root causes and eliminate it I routinely address the nine essential pillars noted above. I do this by listening and reflecting on my patients story and a thorough history, by using in depth testing that can involves collection of blood, saliva, and stool samples.

How did Functional Medicine Begin and Why?

The Principles of Functional Medicine were founded by Dr. Jeffrey Bland PhD, FACN, CNS, a researcher, biochemist and internationally recognized

leader in the field of nutritional medicine who had a vision of improving our healthcare system, and alleviating suffering for millions who suffer from chronic disease with exponentially rising numbers. He served as Director of Nutritional Research at the Linus Pauling Institute of Science and Medicine in the early 1980s, working directly with two-time Nobel Laureate Dr. Linus Pauling, whom he considers his lifelong mentor. He is also the principal author of over 120 peer-reviewed research papers on nutritional biochemistry and medicine. He understood that development of disease is not linear and that our organ systems are not isolated from one another are interconnected and affected by each other and outside factors. He also saw that there is a gap between scientific research and clinical practice. Dr Bland combined science based research, clinical practices, and systems biology to implement a novel approach to treating disease by identifying and addressing root causes rather than symptom relief for isolated systems and co founded The Institute For Functional Medicine (IFM) with his wife Susan in 1991.

His mission was and is to both educate and provide clinical support for the implementation of Functional Medicine across disciplines within the healthcare sector in order to serve the highest expression of individual health. as a systems-biology approach to the prevention and management of chronic disease utilizing appropriate tools, including nutrition, lifestyle, exercise, environment, structural, cognitive, emotional, and pharmaceutical therapies to meet the individual needs of the patient.

Dr Jeffery Bland is known as the “father of Functional Medicine” and has dedicated his life over the past 35 years teaching healthcare practitioners in over 50 countries about Functional Medicine.

He is also the author of the book *The Disease Delusion: Conquering the*



Causes of Chronic Illness for a Healthier, Longer, and Happier Life.

How is Functional Medicine Different than Conventional Medicine?

Functional Medicine is Inquisitive and Investigative vs superficial and un-inquiring. Functional Medicine aims to identify the root causes, treat them and eliminate them and get the patient back to health where they do not ‘need’ the doctor but become self sufficient through the knowledge they gain through the treatment process.

Conventional Medicine does not address or investigate or search for root causes. Its job ends at naming the disease and prescribing the

corresponding Pharma drug to manage and cope with symptoms of the disease that is expected for life. In this way the patient is fully dependent and dependent on the doctor for life.

Functional Medicine is comprehensive and Integrated vs separate and fragmented. Functional Medicine honors and comprehends that the body is comprised of interconnected systems each in ongoing communication with each other and in communication with the outside world. Therefore to address a disease state in the body the physician must address the entire person and all systems.

Conventional Medicine treats the body as isolated systems each separate from the other and assigns a different doctor to each part such as gastroenterology, rheumatology, cardiology etc.

Functional Medicine is patient centered vs conventional medicine that is disease centered. Functional medicine treats each unique patient differently based on their unique story, treatments are highly personalized.

Conventional medicine treats the disease, treatment is always the same for the disease, not taking into account each unique person or their story.

Functional Medicine is cooperative, supportive and participatory vs conventional medicine that is mostly dictatorial. In Functional Medicine the doctor and patient are partners, and the patient is empowered and educated about their illness and the processes at play. The patient is highly encouraged to play a very active part in their health and treatment.

In conventional medicine the patient is not encouraged to discuss or interact, treatment is dictated, any opinions or patient participation is discounted and discouraged and patient education about the illness is minimal to none.

Functional Medicine is expanded, integrative and wholistic vs conventional medicine that is narrow and limited. Functional medicine uses any and all modalities that are safe and effective to treat their patient and help them regain optimal health and well being.

Conventional Medicine treatment is finite, limited and narrow. Treatment consists almost entirely of pharmaceutical drugs and surgery despite risks and side effects.

Functional Medicine is corrective and therapeutic vs conventional medicine that is palliative. Functional medicine address the root cause and aims to eliminate the illness and reinstate a state of optimal health and well being for the patient.

Conventional medicine is palliative, treatment aims to numb or mask the ill symptoms or avoid death, without addressing the cause. There is no significant effort to restore health and well-being.

Functional medicine is protective vs conventional medicine that is reactive. Functional medicine protects health in the first place and works to prevent disease.

Conventional medicine only steps in or addresses concerns when disease is far progressed.

Functional medicine is nourishing and safe vs conventional medicine treatments that can be risky and unsafe. Functional Medicine uses treatment modalities that are safe and nourishing. Treatments not only address symptoms and the root causes of the illness but usually add numerous other benefits for the whole system.

Conventional medicine treatments of pharmaceutical drugs and surgery are unsafe in that they are aggressive and carry many risks and ill and even potentially deadly side effects.

Functional Medicine is based on evidence vs conventional medicine that is driven by profit. Functional medicine relies on peer reviewed medical journals rather than the profit driven pharmaceutical industry.

Conventional medicine is heavily geared by the politics of the pharmaceutical industry that is profit driven.

Is Functional Medicine Effective and Safe?

Because Functional medicine aims to “first do no harm” as per the Hippocratic physician oath, treatments that are initially chosen and utilized are those that are the closest to nature and are in harmony with human physiology and biochemistry. Efforts are made to use the most natural treatments possible in order to be in harmony with the body and avoid further harm that can be inflicted on the patient with drug side effects for example. It is not that we do not ever use pharmaceutical drugs in Functional Medicine, just that we use them further down the line, if necessary and if all other more natural targeted research based therapies don't help.



Because I and many Functional medicine physicians use what I refer to as an Integrative practice style we are in a better position to avoid medications and treatments that may not be beneficial to each unique patient we see, because of using a very in depth approach too learning about, investigating and understanding the patients symptoms and illness as it plays out in their unique genetics and environment.

Therefore one size does NOT fit all and one drug is not the right drug for everyone. Each treatment is customized and personalized for the unique patient taking into consideration their unique story, genetics, and environment that can all affect how a patient responds to a specific treatment.

Treatments actually help most patients avoid surgery or numerous pharmaceutical drugs and avoid their numerous side effects including addiction.

Some of the benefits of Functional medicine and results I routinely see with patients include:

- Increased energy and sense of vitality
- Improved sleep and sleep quality
- Improved Digestion and elimination
- Ability to shed unwanted pounds
- Improved libido
- Ability to decrease prescription drug medication

- Ability to avoid surgical procedures and taking prescription drugs and avoid risks and side effects

Prescription Drugs, Polypharmacy And Especially New Prescription Drugs Pose A Major Health Risk With Few Offsetting Advantages

Research done by Donald Light of Rowan University and Jonathan Darrow of Harvard University published in the Journal of Law, Medicine and Ethics reveals the dangers of the pharmaceutical industry and the resulting corruption of the practice conventional medicine. See published paper here: Institutional Corruption of Pharmaceuticals and the Myth of Safe and Effective Drugs

Journal of Law, Medicine and Ethics, 2013, Vol. 14, No. 3: 590-610

“Over the past 35 years, patients have suffered from a largely hidden epidemic of side effects from drugs that usually have few offsetting benefits. The pharmaceutical industry has corrupted the practice of medicine through its influence over what drugs are developed, how they are tested, and how medical knowledge is created.”

Meeting the needs of the drug companies has taken priority over meeting the needs of patients”

Also note that:

- "By far the greatest number of prescription, drug-related, hospitalizations and deaths occur from drugs that are prescribed properly by physicians and taken as directed"

- "About 2,460 people per week are estimated to die from drugs that were properly prescribed; This number does not include those who died as a result of prescribing errors, overdose and self-medication"

- Taking properly prescribed drugs can be the fourth leading cause of death in the U.S.

- Adverse drug reactions are estimated to result in approximately 1.5 to 2.7 million hospitalizations each year. - US World News

For your safety beware of physicians and practitioners that advertise Functional Medicine expertise however are not in fact certified and trained.

With Functional Medicine rapidly gaining popularity as medicine and the food industry in the US are gradually revolutionized especially through the

works of renowned physicians like Dr Mark Hyman and Dr Oz, more and more physicians want to be involved with Functional Medicine.

It is important to stay aware and educate yourself about who is in fact a certified, specialized and trained Functional Medicine practitioner and who is not. Many use advertisement to gain profit and advertise the words Functional Medicine, however they are self proclaimed and not appropriately trained in the field. In fact many of the treatments they advertise and provide are counter productive to true health and healing and not in line with the foundational principles of Functional Medicine. However the consumer does not see or know this. They only see that the practitioner is saying they are doing Functional Medicine when in fact that is not what they are doing. This can be seen with physicians and other practitioners like chiropractors and acupuncturists. With regards to chiropractors and acupuncturists its worthy to note that they are not permitted to practice medicine nor can they prescribe any medications if needed like thyroid medication or bio-identical hormones. They are also limited in their ability to fully and thoroughly provide necessary workups.

In order to best protect yourself and get the best care, investigation of your health ailments and results you can work with

A Medical Doctor (MD or DO) who is Board Certified by the American Board pertaining to their Specialty. This ascertains that the physician has had years of schooling and years of clinical practice and has passed

necessary examinations. Very importantly the physician must be certified as an IFM Certified Practitioner (IFMCP) by The Institute for Functional Medicine, not other schools that may be popping up again advertising training in Functional Medicine. The Institute for Functional Medicine is the original Founding Institution that is accredited to teach and certify physicians who get years of training and are required to pass examinations in order to receive their certification. You can always refer to ifm.org to find the list of those certified in Functional Medicine.

Another type of practitioner that one may benefit working with is a naturopathic doctor who is certified in Functional medicine by the Institute for Functional Medicine. Naturopathic doctors who are certified by IFM can be very helpful and knowledgeable in the field however again their scope of practice is limited in that they can not order any medications and generally depending on the state can not do a thorough medical workup if necessary.

Why Doesn't My Regular Doctor Know All This or Run The Same Tests To Investigate The Root causes of My Health Problems?

Unfortunately most conventional doctors don't know more about Functional Medicine nor do they do more in depth testing because they simply do not have the necessary experience or training to do so, or are skeptical

and or do not want to invest the time and investment needed to further their education and learn.

How Can Functional Medicine Help Me?

Functional medicine can help you reverse and prevent health problems or better and more safely manage certain conditions and prevent progression. Whether its eliminating aggravating ill symptoms like fatigue, digestive issues, menstrual problems, or addressing autoimmune disease,

metabolic disease, blood sugar and blood pressure problems functional medicine helps address the root causes and prevent, reverse or better manage the problem.

Functional Medicine consultations are very different from traditional doctors visits. You will spend a far greater amount of time with your physician who will begin the process of peeling away the layers that have contributed to your illness and ill symptoms, much like peeling away the layers of an onion.

The first step is reviewing your thorough history form and hearing your story. The history will be from birth to present and even rebirth or your maternal status and conditions prior to and during your gestation and birth will be regarded.

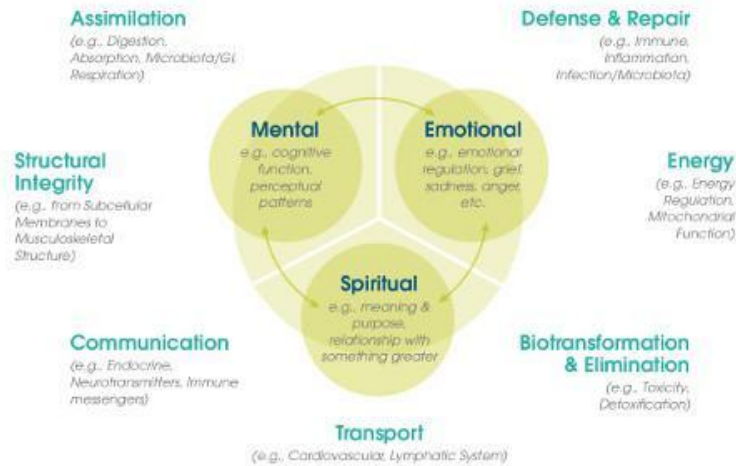
Retelling the Patient's Story

Antecedents
(Predisposing Factors—
Genetic/Environmental)

Triggering Events
(Activators)

Mediators/Perpetuators
(Contributors)

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Name: _____ Date: _____ CC: _____

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Version 3

We then begin to populate the Functional Matrix to form a better and more clear picture of the patterns involved in your illness and health status and decipher the root causes. Click on each tab in the matrix to learn about it and how it can relate to your health.

Your Story Matters

Functional medicine is personalized and each visit is unique, catered to you and your unique story. I am interested in you, and your entire story from gestation, to birth to present day and any life event you feel are significant or have had an impact on you physically or emotionally. We call this patient centered medicine. You will also be asked questions such as: What life events occurred just before or around the onset of your illness?

When were you last well?

If you could erase 3 problems magically what would they be?

What do you think caused or may be contributing to your illness?

I may repeat parts of your story and will summarize your story back to you to make sure I understood the events correctly. Hearing your story in this way helps the functional medicine physician gather the right information to better decipher root causes. I also look for factors surrounding your symptoms such as those preceding symptoms, those that occur along with symptoms and those that occur after symptoms stop.

These factors are referred to as:

- Antecedents — Genetic and environmental factors that may predispose you to illness

- **Triggers** — Events that occurred before your illness and any factors that start your symptoms
- **Mediators** — biochemical or psychosocial factors that fuel the problem or keep it going or may make it better

Your entire story is very important even childhood life events and stressors, medications taken in childhood at birth or in the first 2 years of life as well as any emotional trauma you may have experienced as these can have a life long impact on health and must be addressed.

Functional Medicine is Personal and Life Transforming

Addressing your health in this way helps transform your health as well as helps shed light on internal and external processes that are affecting your health. Through this process we create a road map to improve your health physically, emotionally, and mentally.

Your health is addressed from a Systems Biology perspective that is addressing All Essential Aspects of Your Health:

- Assimilation-Digestion and absorption
- Biotransformation and Elimination- Detoxification
- Defense and Repair-Immune Function

- Transport- Cardiometabolic Function
- Communication- Hormonal and neurotransmitter status
- Energy- Mitochondrial Function and Energetic State

Both Internal And External Health Factors Are Addressed

Internal Factors:

- Emotional — your emotional states and emotional regulation
- Spiritual — your beliefs about your connection to the universe, and something greater than yourself, a life purpose
- Mental — your memory, concentration, thinking abilities

External & Lifestyle Factors

- Sleep and Relaxation —Is your sleep uninterrupted, refreshing and restful?
- Exercise & Movement —How physically active are you and what kind of exercises do you partake in?

- Nutrition —what is your diet like, do you eat processed foods, oils, sugars or do you eat organic and nutrients dense foods
- Stress —what is your stress level like and do you have ample stress management techniques in place?
- Relationships — are your relationships nourishing and supportive?
What is your relationship with your friends, family or community?

Your Integrative Functional Medicine Consultation is Different

You can expect your initial consultation to be more personal, longer, and in depth than you may be used to with your convention doctor. Your initial consultation is also the session where I learn as much as I can about you and establish that we are partners with the common goal of restoring your optimal health. We will discuss the entirety of your health and pay close

attention to all factors affecting your health past and present. In addition to completing your Functional Medicine Matrix discussed in the previous section we also complete the Functional Medicine Timeline to discuss major life events from birth to present to ensure that your history and personal story are fully understood and to better decipher the root causes of your current health ailments. This is a thorough process that can help reveal root causes of health ailments. Click on the different areas below to learn how they apply to you.

The kind of Laboratory Assessment and Screening Tests You Receive Matters

The in depth Initial Functional Medicine consultation and the thought processes and discussions you have with your physician as you populate the Functional Medicine Matrix and Timeline allow for a better understanding of what the underlying factors may be in your current health status and better lead to appropriate



laboratory assessment. Unfortunately in conventional Medicine there is a one size fits all approach and a lack of education and understanding of the in depth, integrated and involved processes that can result in the disease state, symptoms or diagnosis. Therefore conventional physicians tend to order the same usually narrow and standard labs over and over that look for disease in later stages or identify end organ damage. If those labs are found to be

normal they determine that there is nothing wrong and the problems you are experiencing are perhaps psychological.

Because they lack the training their thought process is linear, dictated by big Pharma whether knowingly or unknowingly and they are often pressured by insurance companies or medical groups they are a part of to not order more thorough labs as they are deemed unnecessary. It is important to note again that the object of conventional medicine is not health preservation but the diagnosing and life long management of disease or emergency life preservation not healing, health restoration or true prevention.

Practicing Integrative and Functional Medicine our goal is primarily prevention and health restoration. Therefore our interests are different which lead to the differences in our laboratory assessment of patients.

I like to leave no stone unturned when it comes to finding answers about your health especially about what is making you feel ill and how can we reverse it. Therefore functional medicine physicians use not only standard tests but we go layers deeper and order the tests that answer the Why's of why are you sick. We look not only that the one or more symptoms you are complaining about but because of the interrelatedness of health we usually look at all or screen all aspects of the essential pillars of health discussed in previous pages.

Therefore we run more tests and more types of tests. And with regards to some common standard tests we run wider panels like when investigating the thyroid where a great deal of imbalance can be missed and results in patient suffering.

Where Your Labs Are Done, How Your Laboratory Results Are Read and Who Reads Your Results Matters

When you're trying to regain your health and feel better all you really want are answers and if and when you receive them you hope that they are the right answers. After getting labs drawn, going to doctors

visits and going over results you can think that at least part of the hard part is done and you will get your results. But it is important to know that first not every lab is the same both with regards to technique and credibility. Secondly different labs have different ranges for the same tests. So a level that one lab may identify a normal is completely abnormal in another lab. Thyroid function is another great example where this is seen frequently.

Lastly who reads the lab also matters. Two physicians may read the same lab but read it differently. Labs are not always just black and white. In Functional Medicine, highly trained physicians should and do analyze the numbers in front of them but always go back to the patients clinical symptoms and history to rule in or rule out an illness. There can be errors in laboratory data either way and ultimately the patients symptoms are what matters. This is contrary to conventional medicine where usually labs are final and the patients symptoms are ignored if labs do not support them.

It is also important what values are acceptable and deemed as normal. In conventional medicine any number in the range been the farthest right or left of the range is seen as normal even if there are severe patient symptoms. In Functional medicine we always aim for optimization and prevention so the standards whereby we read labs are higher. We want them to be perfect especially the good things like nutrient levels, vitamins and cofactors, hormones and such. We do not want you the patient to be hovering at the very lowest end of the normal range barely hanging on to normal meanwhile suffering from ill symptoms and call your labs normal. Another great example of this is treatment of thyroid disorders where again many patients are discounted despite ill symptoms because their labs may be in range.

Your Thoughts, Feelings, And Emotions Affect Your Health

We have all heard the term that 'too much stress makes you sick or even kills you' and this may actually have truth to it. Some studies show that stress in fact does significantly negatively impact your health.

For example one study demonstrated that workers in low-level, menial, highly stressful jobs with little autonomy, have more than twice the risk of developing metabolic syndrome, a precursor of heart disease and diabetes, and are more likely to die prematurely compared with those in higher paying jobs with less stress.

The study also measured heart rate, cortisol and adrenaline levels, and found that stress affects the autonomic nervous system and neuroendocrine function. Another study showed that acute and chronic psychological stress, related to low socio-economic status, can increase the risk of heart attack. Another study demonstrated that hardening of the arteries is more frequent in wives when they and their husbands express hostility during marital disagreements, and more common in husbands when they or their wives act in a controlling way.

The studies and research illustrate that there is no real division between the mind and body because the brain, neurologic, hormonal and immune systems are in communication. The good news is that more and more medical schools now have entire departments devoted to mind-body research and treatment.

We are gathering evidence that our spiritual beliefs also affect our health. There have been multiple randomized double blind studies that illustrate prayer has a measurable impact on health. One research study found that a group of Coronary Care Unit patients

who had heart disease when prayed for by people who did not know them healed faster than those who were not prayed for or “treated” with prayer.

These are some of the reasons that Functional Medicine incorporates mental, emotional and spiritual factors in assessing the patient and that in your consultation with your Functional Medicine physician these factors will be addressed to best and most thoroughly assess your health problems. Conventional Medicine despite the research does not address these matters or accept or consider them for the most part as of yet.

Incorporating mindfulness, prayer, gratitude, and stress relieving breathing techniques into your life can have positive effects on your health and life!

Take a look at the provided downloads

[Breathing Techniques To Soothe The Soul](#)

[The Relaxation Response](#)

[Practicing Gratitude With The IFM Gratitude Journal](#)

Gut microbiota plays an important role in the bidirectional communication between the gut and the central nervous system. Mounting evidence suggests that gut microbiota can influence the brain function via neuroimmune and neuroendocrine pathways as well as the nervous system.

Growing evidence shows changed gut microbiota in patients with mood disorders, which may play an important role in disease pathology.

Gut feelings: What You Eat Impacts Your Microbiome And Affects How You Feel

The human microbiome, or the trillions of bacteria that make up our unique gut environment, initially created in the first 1000 days of our life, have evolved with humans in a mutually beneficial relationship. The microbiome is in constant communication with the outside environment affected and altered by what we eat, drink, think, the toxins we are exposed to and any medications taken.



There are things one can do throughout one's life that can negatively or positively impact the microbiome. What we eat for example has tremendous impact on our microbiome, especially foods that contain chemical additives and ultra-processed foods, negatively affect our gut

environment and increase the risk of disease. Ultra-processed foods contain substances extracted from food (such as sugar and starch), added from food constituents (hydrogenated fats), or made in a laboratory (flavor enhancers, food colorings). It's important to know that ultra-processed foods such as fast foods are made to be extra tasty by using such synthetic additives and ingredients and may seem cost effective to the consumer. However these products are in fact not real food by any means in terms of the traditional meaning of the term food as pertaining to nutrition for the body for life and sustenance. These foods are very common in the Standard American Diet or 'SAD' diet. Examples of processed foods are canned foods, sugar-coated dried fruits, and salted meat products and many packaged foods. Some examples of ultra-processed foods are soda, sugary or savory packaged snack foods, packaged breads, buns and pastries, fish Fillets or nuggets, chicken nuggets, and instant noodle soups.

Our gut is also home to 90% of our serotonin receptors which are made in the digestive tract by enterochromaffin cells (EC). These cells depend on gut microbes to make serotonin or at least a large portion of it. Research at Caltech published in this Research study illustrates that microbes help produce serotonin in the gut. Serotonin is known as the feel good neurotransmitter and deficiency can cause low mood, depression and anxiety as well as linked to diseases such as Irritable bowel syndrome, osteoporosis and cardiovascular disease. The study found that much of the body's serotonin relies on a particular group of bacteria that stimulate the cells to produce Serotonin. When the balance between our good and bad bacteria is disrupted, known as Dysbiosis, serotonin production will be

negatively affected and this results in low mood, depression and anxiety as well as other disease such as inflammatory bowel disease (IBD), asthma, obesity, metabolic syndrome, diabetes. Another study suggests that eating a healthy, balanced diet like the Mediterranean diet and avoiding inflammatory foods can help prevent depression. Another study illustrates an Antidepressant Food Scale, listing 12 nutrients with antidepressant properties related to the prevention and treatment of depression such as watercress, spinach, romaine lettuce, cauliflower, and strawberries, oysters, mussels, and salmon.

Improving your diet can do wonders and is a crucial first step you can take to better your health and nourish your microbiome

A good start is eating whole foods and avoiding processed and ultra-processed foods that are known to cause disease and inflammation.

Are You Ready For Your Functional Medicine Health Transformation?

I often tell patients and friends that embarking on the Functional Medicine Journey is not necessarily easy not for the physician or the patient. Functional medicine requires time, dedication, hard work and should searching on both our parts. There is also a certain level of psychological and spiritual readiness needed to be ready to begin this journey of identifying the truths that lie at the core of the state of our health. Embarking on the Functional Medicine journey requires bravery. We must be brave enough to search for and see the truth and not give up if and when the search and path may seem harder than usual. We must be willing to trust and partner that we each do our part with a common goal.

Are you ready to begin identifying the root causes of your health problems and to transform and optimize your health for the best possible version of you?

Take the functional Medicine [Readiness Assessment](#) to find out!

Commonly Masked Health Problems and Their Actual Root Causes

Health problems manifesting as symptoms before they are given a disease name or diagnosis are masked by pharmaceuticals in conventional medicine. Unfortunately the root cause of the problem is usually missed and the symptoms are simply masked. Unfortunately pharmaceutical drugs usually create more disease by disrupting other mechanisms in the body and masking of the symptoms often facilitates worsening of the root causes.



Some common health problems that are masked by pharmaceuticals are listed below as well as the biological system processes that are usually impaired as well as possible underlying root causes in those health problems. It is important to remember that biological processes overlap and very frequently multiple systems and processes are involved even if one may be noted.

Gastroesophageal Reflux (GERD), Irritable bowel Syndrome, Constipation, Inflammatory Bowel Disease, Gastritis, Tinnitus, Bloating and Gas, Helicobacter Pylori infection, vitamin B12 deficiency, Iron Deficiency, food and environmental allergies, are

common symptoms that are masked by drugs like Proton pump Inhibitors, anti-inflammatory agents, antibiotics, and laxatives.

Involved Biological System is gastrointestinal and disrupted biological processes are disruptions in assimilation and absorption. The root causes of the above problems may in fact be dysbiosis, candida overgrowth, deficiency of digestive enzymes, deficiency of stomach acid, deficiency of nutrients, SIBO, leaky gut or intestinal permeability. Usually these processes create a vicious feed forward cycle.

Obesity, Thyroid Dysfunction, Infertility, Kidney Disease, Diabetes, water retention, hormonal imbalance, irregular periods, testosterone deficiency, cancers, are some symptoms that are masked by weight loss drugs, anti-diabetic drugs like metformin or insulin, diuretics, synthetic hormones. The corresponding involved biological system usually involves detoxification and disrupted processes can be biotransformation and elimination. The root causes may include environmental and heavy metal toxicity,

Autoimmunity, Lupus, psoriasis, Hashimotos, allergies, post nasal drip, joint pain are common symptoms masked by immune suppressants, Non steroidal Anti-inflammatory agents, opioids and steroids. The involved biological system is immune and the disrupted processes involve defense and repair as well gastrointestinal assimilation and absorption. Root causes may include dysbiosis, leaky gut, toxins and inflammation, emotional trauma.

Diseases such as Hypertension, diabetes, stroke, heart attack are masked by anti-hypertensive drugs, insulin, blood thinners, beta blockers. The involved biological system is cardiovascular and the disrupted biological process can be transport. Some root causes can be nutrient deficiency, deficiencies in digestion, dysbiosis, genetic mutations that are not identified or supported, and inflammation

Involved biological system is the cardiovascular system and the disrupted biological processes involve transport.

Chronic Fatigue Syndrome, ADD/ADHD, Brain fog or problems with memory are masked by drugs like amphetamine salts, Vyvanse, Antidepressants. The involved system is energy and the disrupted biological process involves mitochondrial dysfunction. Root causes can be nutrient and cofactor deficiency, problems with digestion and absorption, toxicity, infections.

Symptoms such as rashes, eczema, joint pain, low back pain are masked by steroids, NSAID's, immune suppressants and involved systems are skeletal and dermatologic and the disrupted biological process is structural integrity. Some root causes can be dysbiosis, leaky gut, candida and inflammation.

Symptoms such as menstrual irregularity, premenstrual tension, low libido, depression, anxiety, bipolar, insomnia, epilepsy, infertility are masked by NSAID's, anti-depressants, anti-anxiety drugs, sleeping pills, anti-seizure and antipsychotic medication, synthetic hormones and oral contraceptives. The involved biological system is neuroendocrine and the disrupted processes are communication. Underlying root causes may include toxicity, dysbiosis, intestinal permeability, poor digestion and assimilation.

Start Feeling Better

Changes You Can Make Now To Start Feeling Better And Improve The Core Of Your Health

The most powerful tool you have to better and protect your health is the foods you choose to eat.

There is much truth in the saying 'you are what you eat'.

In fact the most important factors that affect our health are the foods that we eat, the quality of water we drink, our movements and exercise, the time we spend outdoors and sunshine, our sleep quality and quantity and our thoughts and feelings. The quickest way to recovery from almost any illness be it autoimmune disease, depression or gastrointestinal problems is eating a high quality diet, preferably organic, eliminating processed foods and sugars, eating organic and pasture raised grass-fed products, eating mostly organic plants, drinking purified water, getting plenty of sunshine and time in nature, exercising and having positive thoughts like gratitude.

Of Course although these factors may be simple sounding and apparent that does not mean they are necessarily easy to do or incorporate. Especially when you're feeling unwell. Partnering with a certified Functional Medicine physician can give you a road map through this process and will utilize the principles of Functional Medicine discussed to help protect and restore your health and be the best possible version of you!

Enjoy These Free Wellness Tools by clicking the links to download

[Phytonutrient spectrum foods](#)

[The Power of movement: Living an Active Lifestyle](#)

[Suggestions For Better Sleep](#)

[Practicing gratitude](#)

Are You Ready To Take Back Your Birth Right of Health and Live Life with Health and Vitality?

Take the [Readiness Assessment Quiz](#) and Let's Find out!

Get Started by Partnering With A Functional Medicine Physician

When you are ready and have the desire to work with and partner with a Functional Medicine Physician who has over 17 years of clinical experience and personal experience in transforming and restoring health, eliminating disease and optimizing health and well being with a special ability to go straight to the root causes, you can schedule an online consultation with Dr Rashel Tahzib, a board certified family physician and certified Functional Medicine physician by



*"The Greatest Medicine of All
is To Teach People How Not
To Need It"*

DR RASHEL

The Institute For Functional Medicine. Dr Rashel Tahzib is one of the pioneers in the field of Functional and Integrative Medicine and has had tremendous and life changing positive results helping her patients.

Start Feeling Better Now With *Advance HealthRestore*

Detoxification is the most safe, fast, and effective way to start feeling better. It helps reset your bodies physiologic processes and restore optimal bodily functions. It gives the body a break from the continuous influx of toxins associated with some foods that most eat in daily life and helps the body get rid of stored toxins as the bodies natural detoxification systems are supported and nourished. Some of the benefits of the *Advance HealthRestore* detox plan are:

- Greater energy*
- Increase in amount of restful sleep*
- Decrease in Joint discomfort*
- Reduction of body fat and bloating*
- Improved focus and memory*
- Appearance of health and glow to your skin*

The Advance HealthRestore Detox Plan is a complete detox plan with recipes, food guides and videos and necessary supplements to support and maximize your bodies natural detoxification and cleansing capacity and help you eliminate toxins and waste. This guided 6 day detoxification plan will

- Supports Natural Detoxification Mechanisms*
- Helps Maintain a Healthy Intestinal Microecology*

- Supports the Body's Natural Immune Response*
- Supports a Balanced Cytokine Profile*
- Supports Digestion, Assimilation, and Elimination*
- Supports Lactose Digestion*
- Promotes Gastrointestinal Health, Motility, Stool Bulk, and Bowel Regularity*

You can learn more about the [***Advance HealthRestore***](#) Detox Plan and start feeling better and optimizing your body's natural detoxification [Here](#)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

About Dr Rashel

Dr. Rashel J. Tahzib is the founder of Advance Health Integrative Medicine a mobile and virtual Functional Medicine Practice Based in Los Angeles California and Denver, Colorado. She is board certified Family physician and certified Functional Medicine Physician by the Institute For Functional Medicine. She practices Integrative Medicine using a Functional Medicine approach. She is also trained in Anti-Aging and Regenerative Medicine by the American Academy of Anti- Aging Medicine. She works with many patients who lead busy lives and are ready to feel their best, address the root causes of their health problems and have a desire to work with a

physician who has tremendous empathy for the hardships of illness or feeling unwell and is honest and straight forward in every way with her patients.

In addition to her medical training and specialty training in Anti-Aging and Functional Medicine, she has had moving and life-changing personal experience with her own health that has given her tremendous insight and a unique understanding of many of the problems that her patients face.

Schedule Your Consultation Today

Name

Email

Phone Number

Submit

Contact Us

About Advance Health Integrative Medicine

At Advance Health Integrative Medicine I am here to help you avoid, prevent and reverse the pains and strains of feeling unwell, feeling less than your best, of disease and the negative and avoidable effects of the aging process.

I offer a mobile and virtual practice allowing a greater access and flexibility for my patients while maintaining the high level of personalized medicine that works best for you.

I have personally gone through this journey myself and through my understanding and embrace of Functional Medicine and the process I have

been fortunate enough to regain optimal health. My journey was not easy but it has been a rewarding one in that I have been able to gain a much deeper understanding of many of my patients ill symptoms, from a unique perspective, having had gone through many of the same symptoms my patients suffer from and successfully reversing them. I have had great success working with a variety of patients and frequently work with patients with thyroid dysfunction, autoimmune disease, a variety gastrointestinal problems, hormonal imbalance, Insulin Resistance, fatigue and Fibromyalgia. When you are ready, we will partner with the common goal of restoring and optimizing your health. I will do my best to provide you with honest answers about your health and the path to restore, strengthen and protect it. I am here to embark with you on the exciting and rewarding journey to optimal health and well being and disease reversal. Remember when the underlying root causes of dis-ease are identified and treated the dis-ease dissipates and Health emanates.

In Wellness,
Dr Rashel

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Science and Society

Mind–body research moves towards the mainstream

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Current Understanding of Gut Microbiota in Mood Disorders: An Update of Human Studies

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Antidepressant foods: An evidence-based nutrient profiling system for depression

Laura R LaChance and Drew Ramsey

A Randomized, Controlled Trial of the Effects of Remote, Intercessory Prayer on Outcomes in Patients Admitted to the Coronary Care Unit

William S. Harris, PhD; Manohar Gowda, MD; Jerry W. Kolb, MDiv; et al

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