

Why Functional Medicine?

Empowering Optimal Wellness

Functional medicine determines how and why illness occurs and restores health 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 wellness.

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.

The Power of Functional Medicine

All clinicians take a patient history, but what makes the Functional Medicine Timeline different is that it gives the patient, and the provider, insight into previous life events that might otherwise go unnoticed. A graphical representation reflects the connection between the whole lifespan and one's current health.

On the Functional Medicine Timeline is found:

- Understanding what set the patient up for a health condition called "antecedents"
- Identification of the events or behaviors that initially created the imbalances called the "triggers"
- Recognition of those situations or behaviors that perpetuate illness, and continue to foster imbalance symptoms called "mediators"



About Us

We care for you as if you were family here at Active Lifestyle Medical. If you have a health concern, we can help you. With over 35 years of experience we are here to guide you and your family to a pain free, healthful life.

Call us now to start your journey to better health.

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Functional
MEDICINE

The Functional Medicine Approach

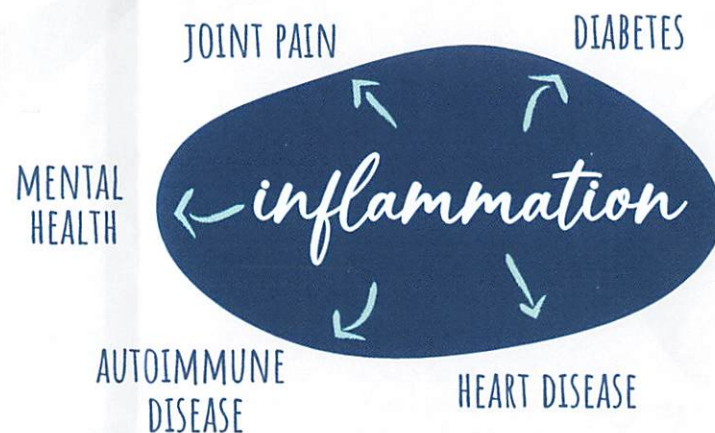
Functional medicine is a biology-based approach that focuses on identifying and addressing the *root* cause of disease. Each symptom or differential diagnosis may be one of many contributing to the individual's illness.

As the graphic illustrates, a diagnosis can be the result of more than one cause. For example, anxiety can be caused by many different factors, including inflammation. Likewise, a cause like inflammation may lead to a number of different diagnoses, including mental health conditions.

About our Programs

We have programs to address Diabetes, Neuropathy, autoimmune conditions, gut disorders and prevent the onset of Alzheimers. Each program seeks to identify problem areas in your body that can be associated with chronic health conditions.

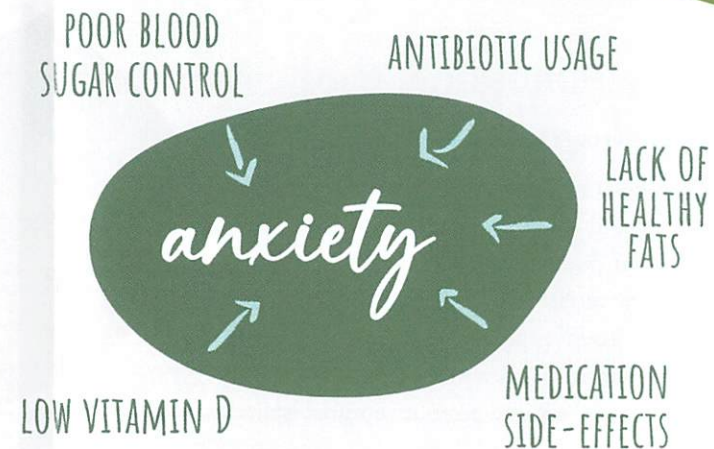
DNA testing checks for genetic variations that are known to affect your overall health. You will learn to make the appropriate dietary adjustments, environmental adjustments, changes in sleep and exercise based on your personal health needs.



One Cause. Many Conditions

Benefits:

- Reduction in body pain and weight by reducing toxic load, while improving recovery and healing
- Increased mental clarity, more energy and enthusiasm for life
- Improve overall health by the reduction of systemic inflammation
- Improve cardiovascular health while reducing oxidative stress
- Balance your immune system to protect from attack, from outside sources and from your own immune system
- Learn to maintain healthy blood sugar levels
- Get your gut to work for you instead of against you
- Improved skin, hair and nails
- Understand the body and how it works so you can stay well in the future



One Condition. Many Causes

Features :

- Extremely comprehensive 6 month program
- Specific individualized plan and implementation with recommended supplementation focused on your desired outcome
- Personalized testing based on condition and history
- Four virtual one-on-one sessions with the doctor
- 24/7 help desk
- Group Q&A sessions weekly with a community of like-minded individuals
- Automated webinars with downloadable PDFs throughout the program
- Extensive history review and Timeline of current condition

