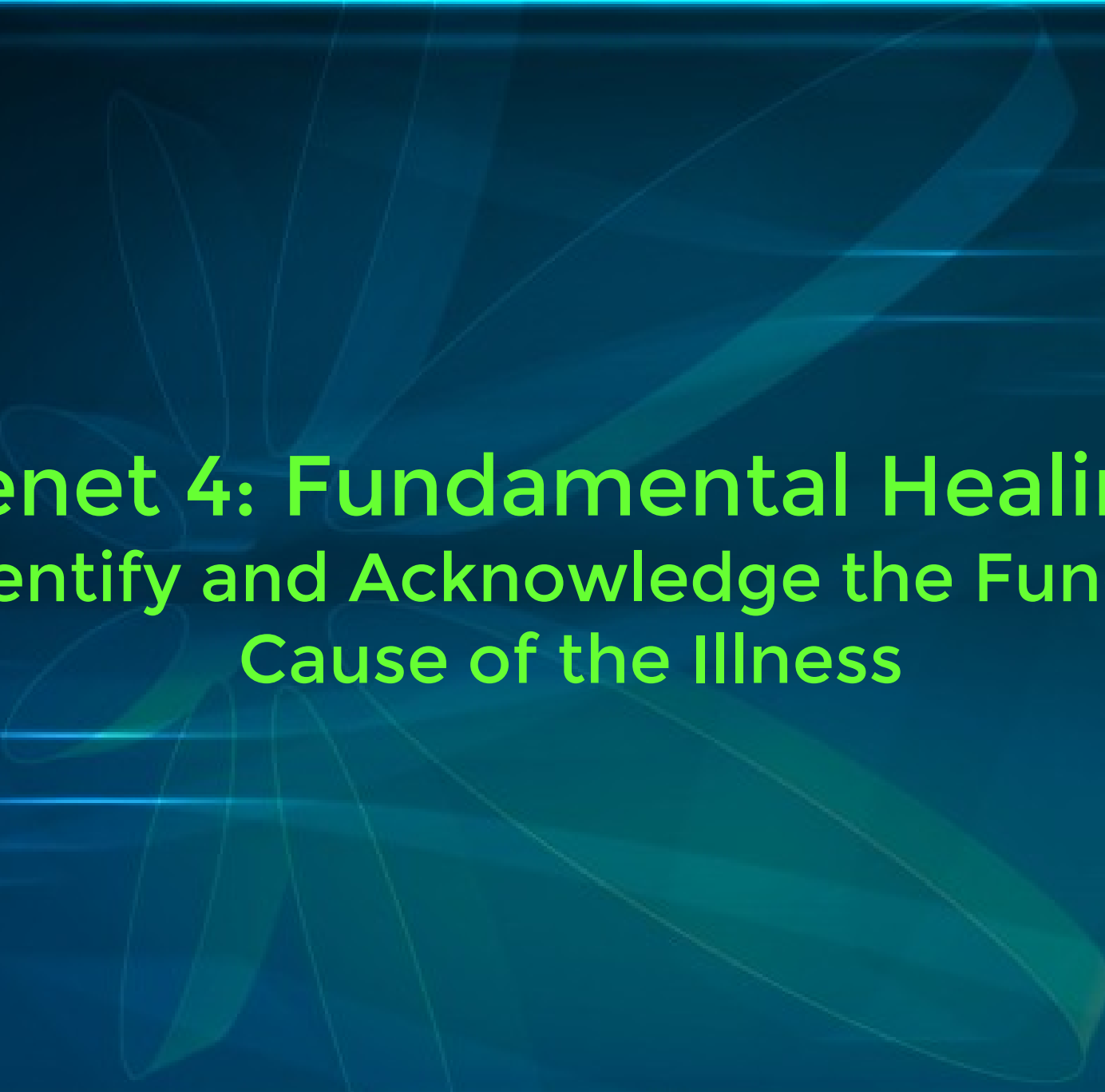


Advanced Principles of Fx Practice

MASTERING THE ART OF FUNCTIONAL HEALTH INVESTIGATION

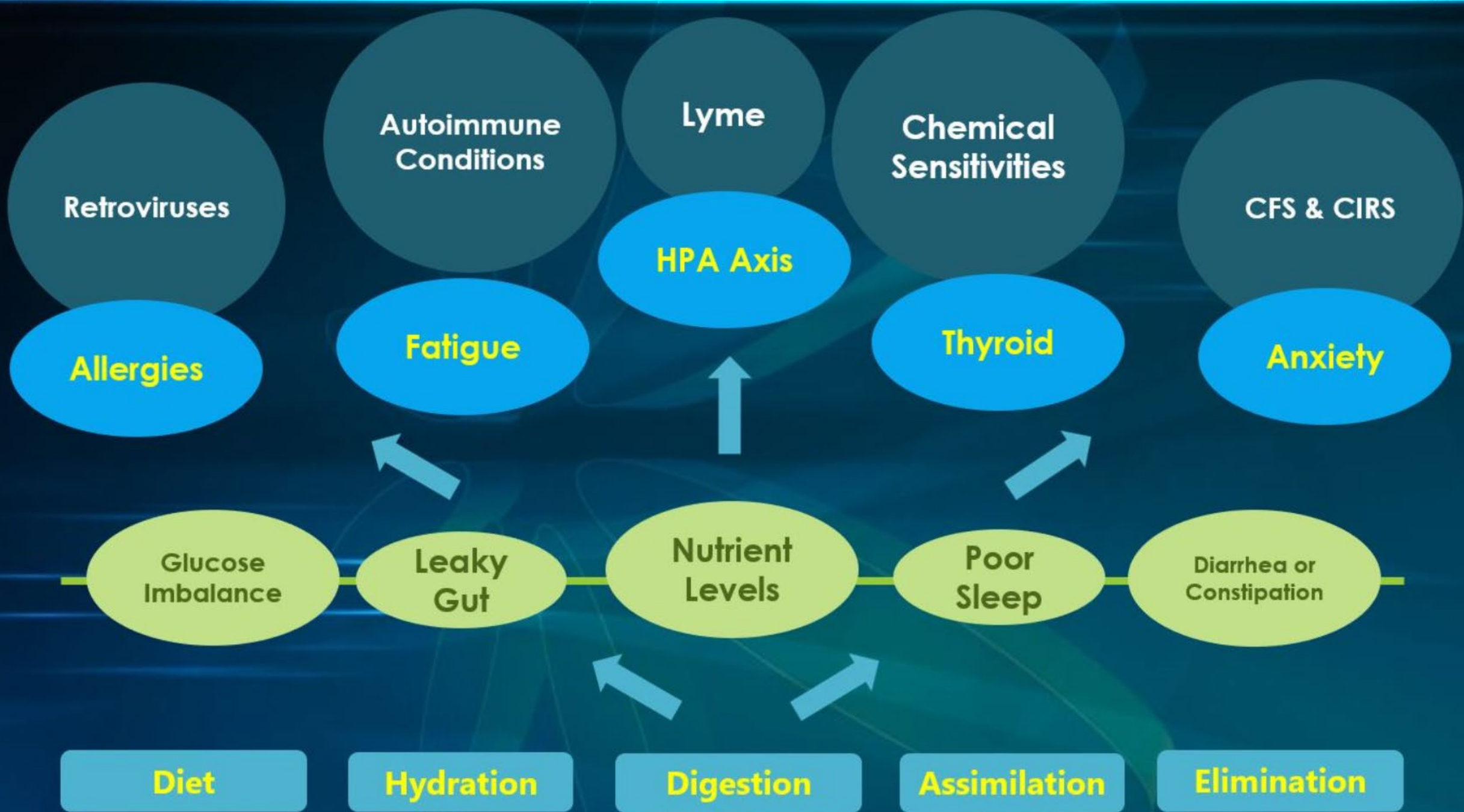


**Tenet 4: Fundamental Healing:
Seek, Identify and Acknowledge the Fundamental
Cause of the Illness**



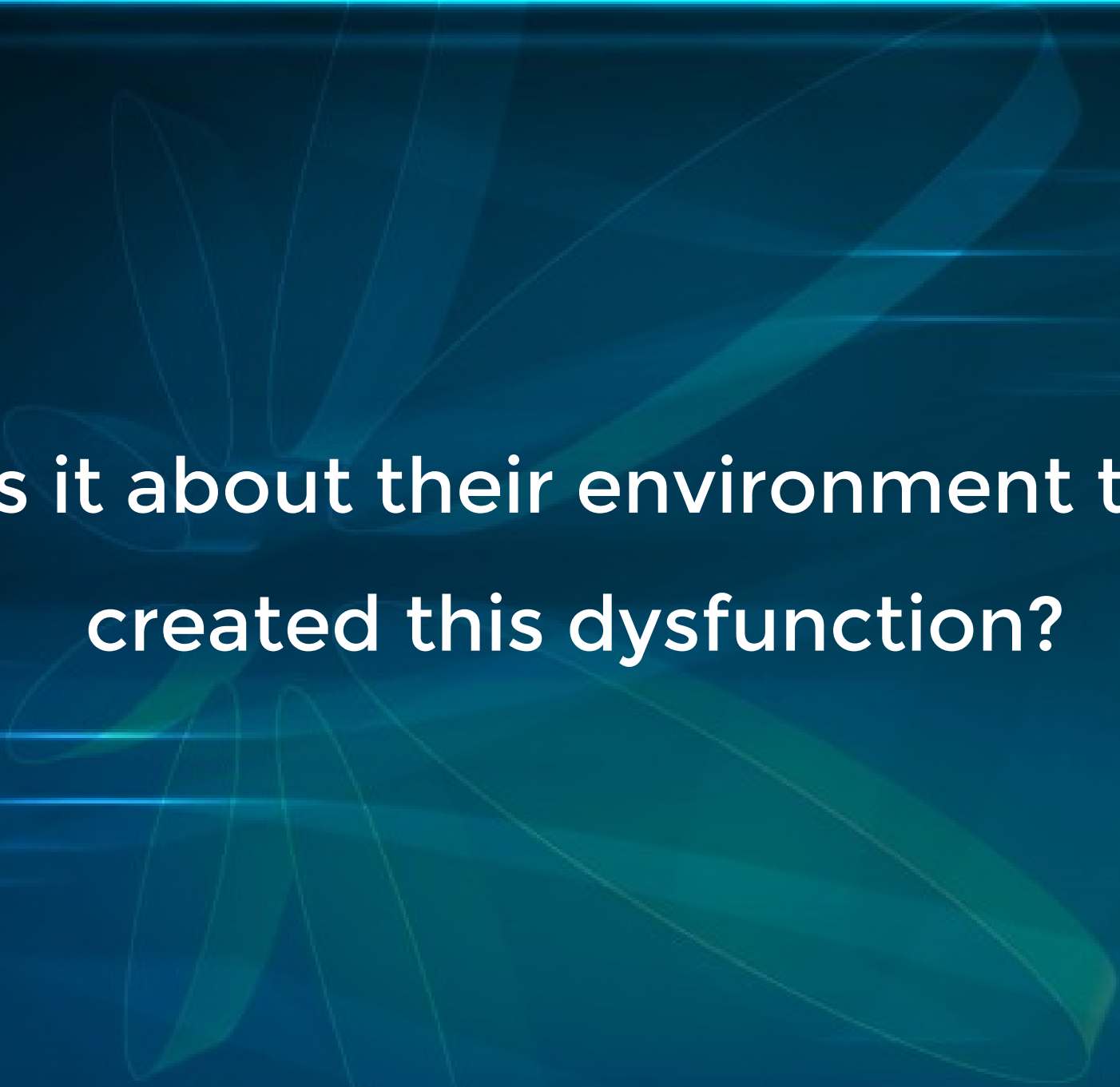
Lesson 1: Keep Seeking the Fundamental Questions

To seek out information about our clients, to identify imbalance and find these fundamental causes of illness, we have to investigate...we have to ask questions.





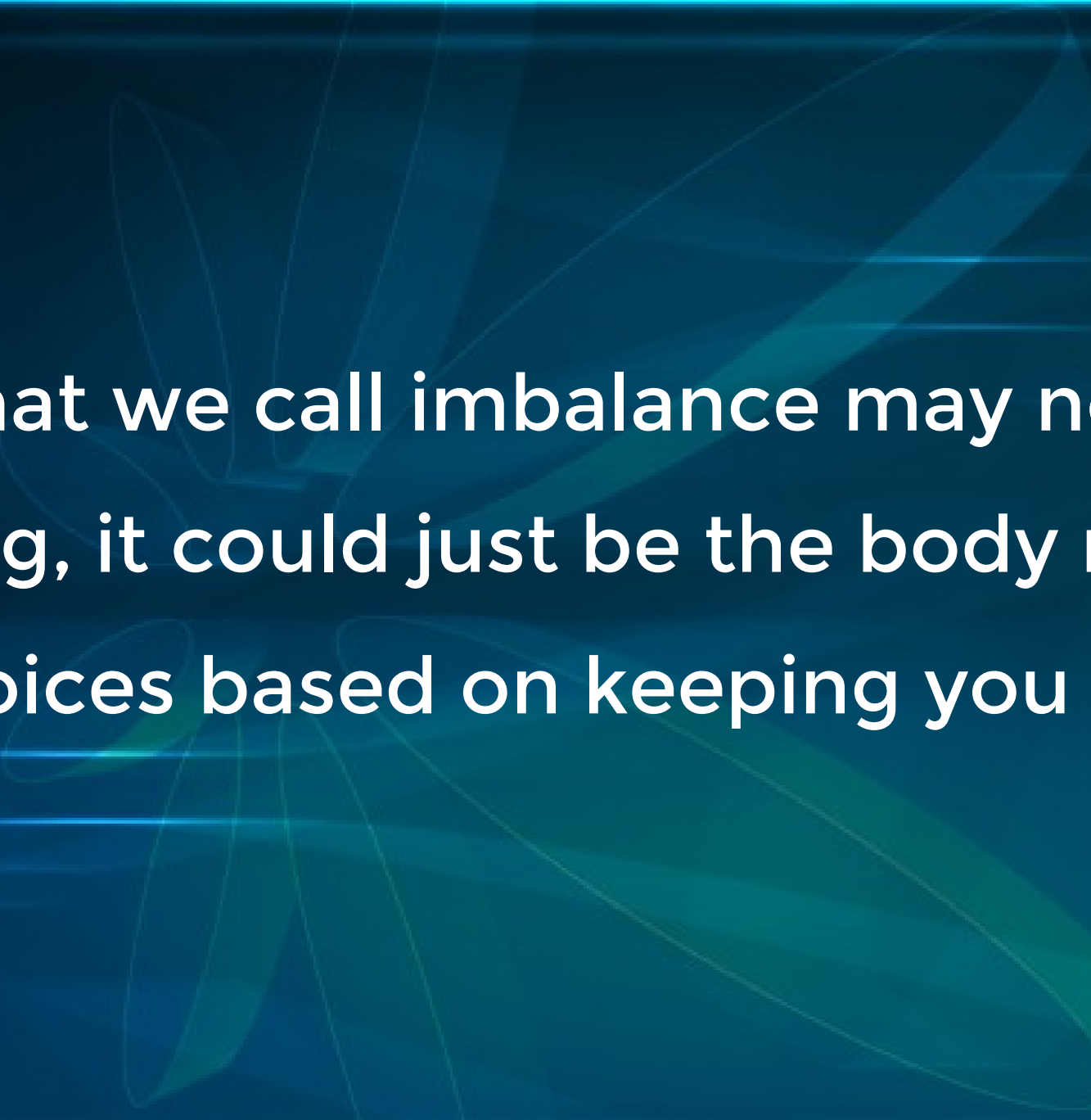
Should we ask, "how to fix it" before we understand "why is it there"?



**What is it about their environment that has
created this dysfunction?**



**What do you think when you see
imbalance on a lab?**



What we call imbalance may not be wrong, it could just be the body making choices based on keeping you alive.

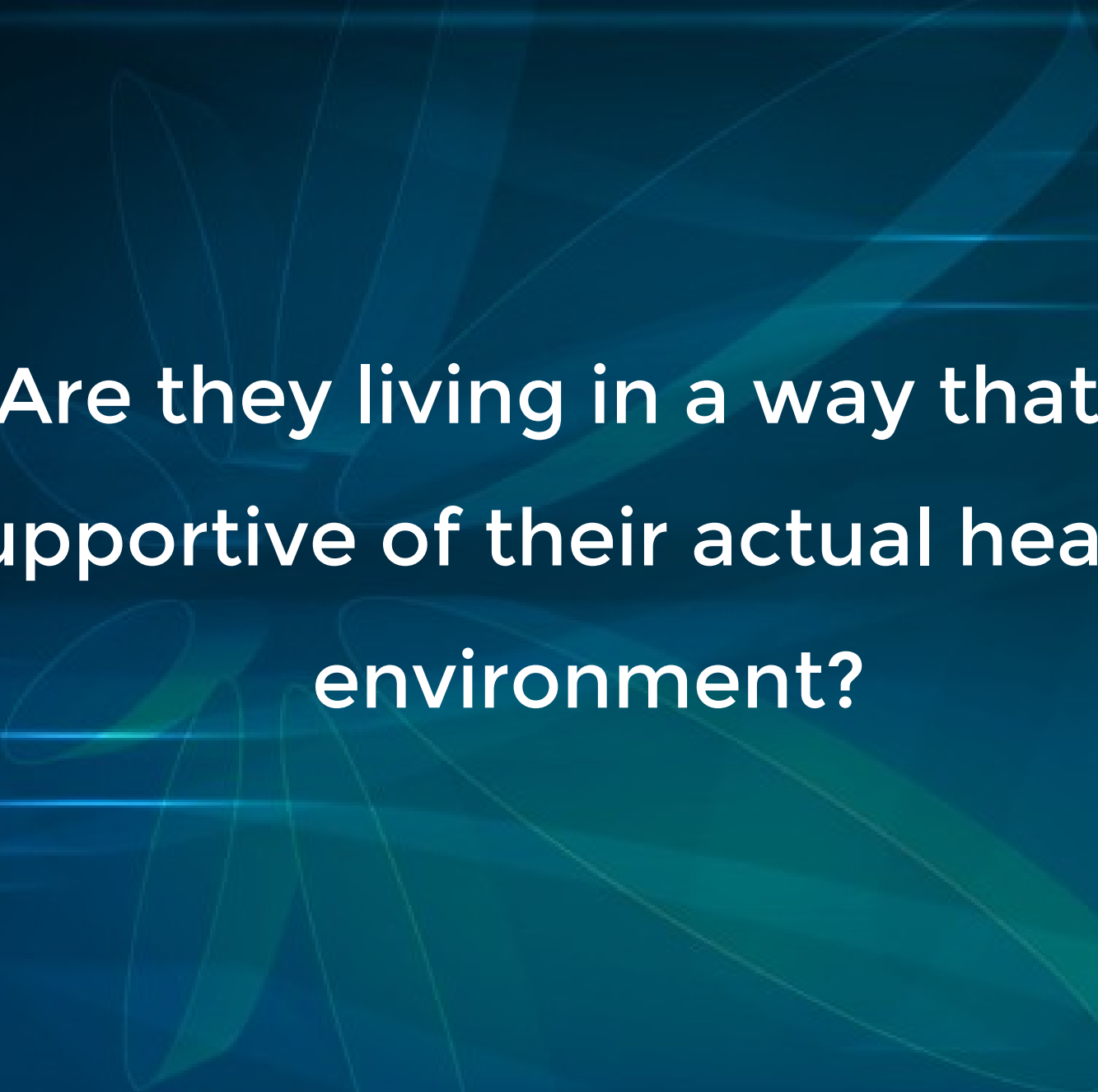


**Imbalance (stressor) = too much cortisol and
low thyroid hormone conversion**

**Adaptation to the imbalance (lowering cortisol
at the tissue to prevent damage)**



Lesson 2: Understanding What We Find



**Are they living in a way that is
supportive of their actual healing
environment?**



**What can we
learn from
Sally?**



**Sally was never living in a healing
environment.**

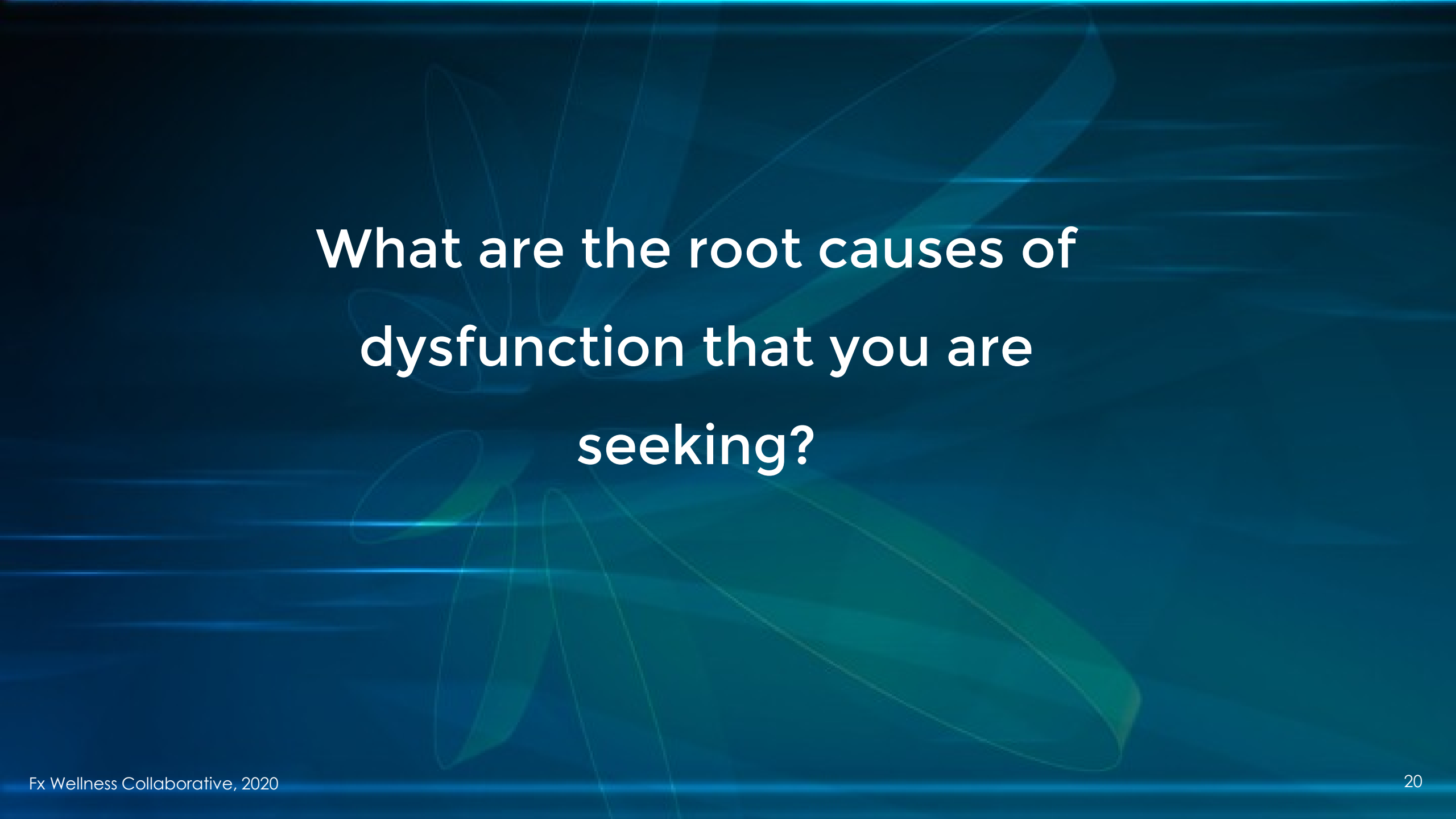
Sally's steps:

- **Working on emotional stress**
- **Diet to support health and nutrient levels**
- **Focus on the needs of her body**

These things very well may be present but
what's wrong with your client is that they're
not living in a healing environment...
can it be that simple?

Lesson 3 - A Different Model of Investigation and Resolution

Know if you are not fully enmeshed in understanding why the basics are not working, then you're missing out on so much of understanding the client's needs.



**What are the root causes of
dysfunction that you are
seeking?**




Giving Love to the Gut



It's all about the symptoms.

Two clients, same symptoms





**Symptoms are not a fundamental
cause of illness.**



WHY?

**Is it the thyroid or
the adrenals or what?**

Hormone imbalance gives us great clues!

We already know many of the symptoms of hormone imbalance, now let's get clear...

What are the causes of hormone imbalance?

Adrenals

- Stress
- Infections
- Pain or inflammation
- Gut dysfunction
- Insulin Resistance
- Hypothyroidism
- Liver Dysfunction
- Toxins
- Head Trauma

Thyroid

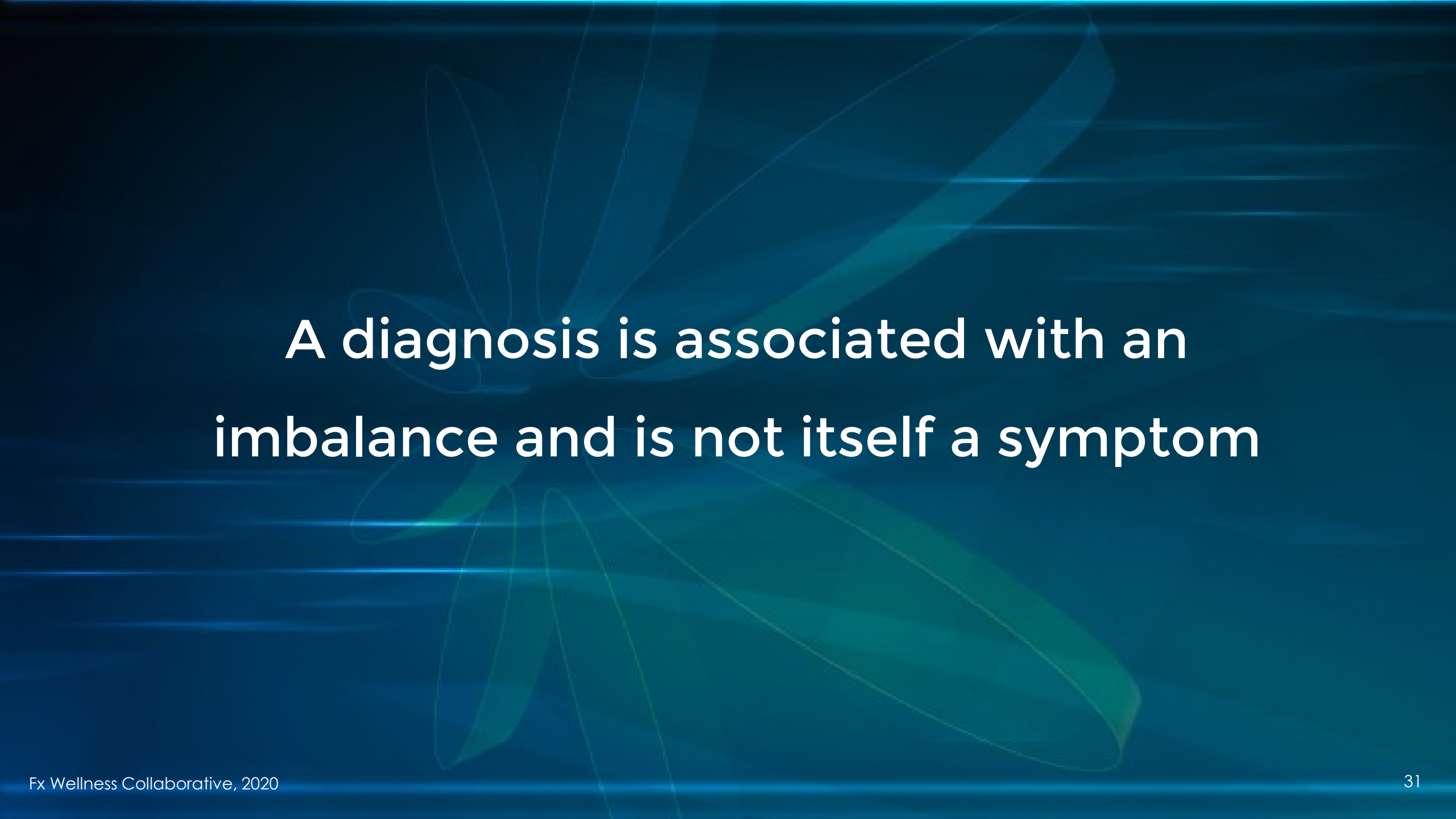
- Stress
- Infections
- Pain or inflammation
- Nutrient deficiency
- Gut dysfunction
- Autoimmunity
- Toxins
- Sensitivities
- Head trauma



Recap!



Lesson 4 – Practical Investigation



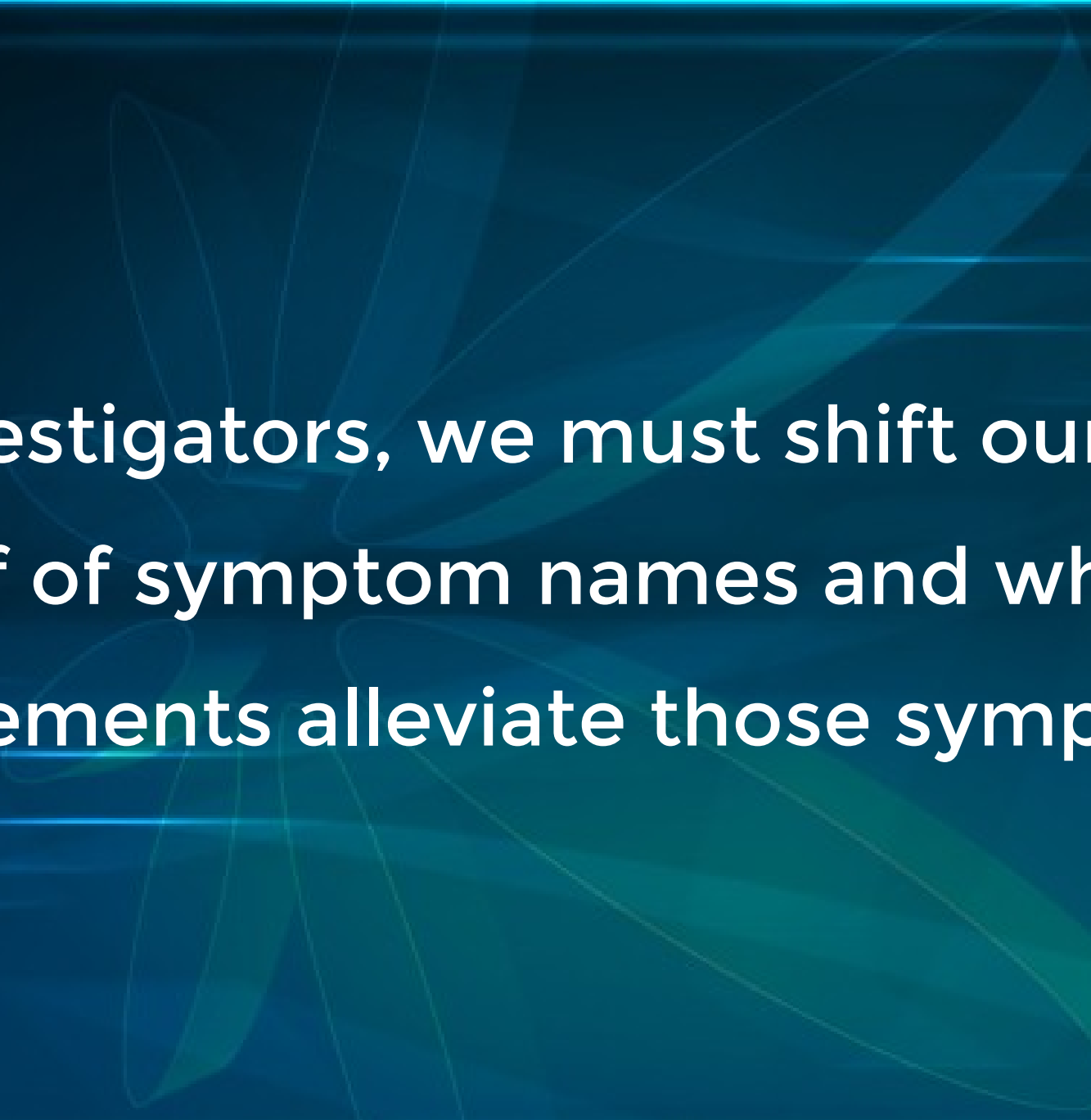
**A diagnosis is associated with an
imbalance and is not itself a symptom**



**The question FM asks is, how do I offer
support and balance to this person?**

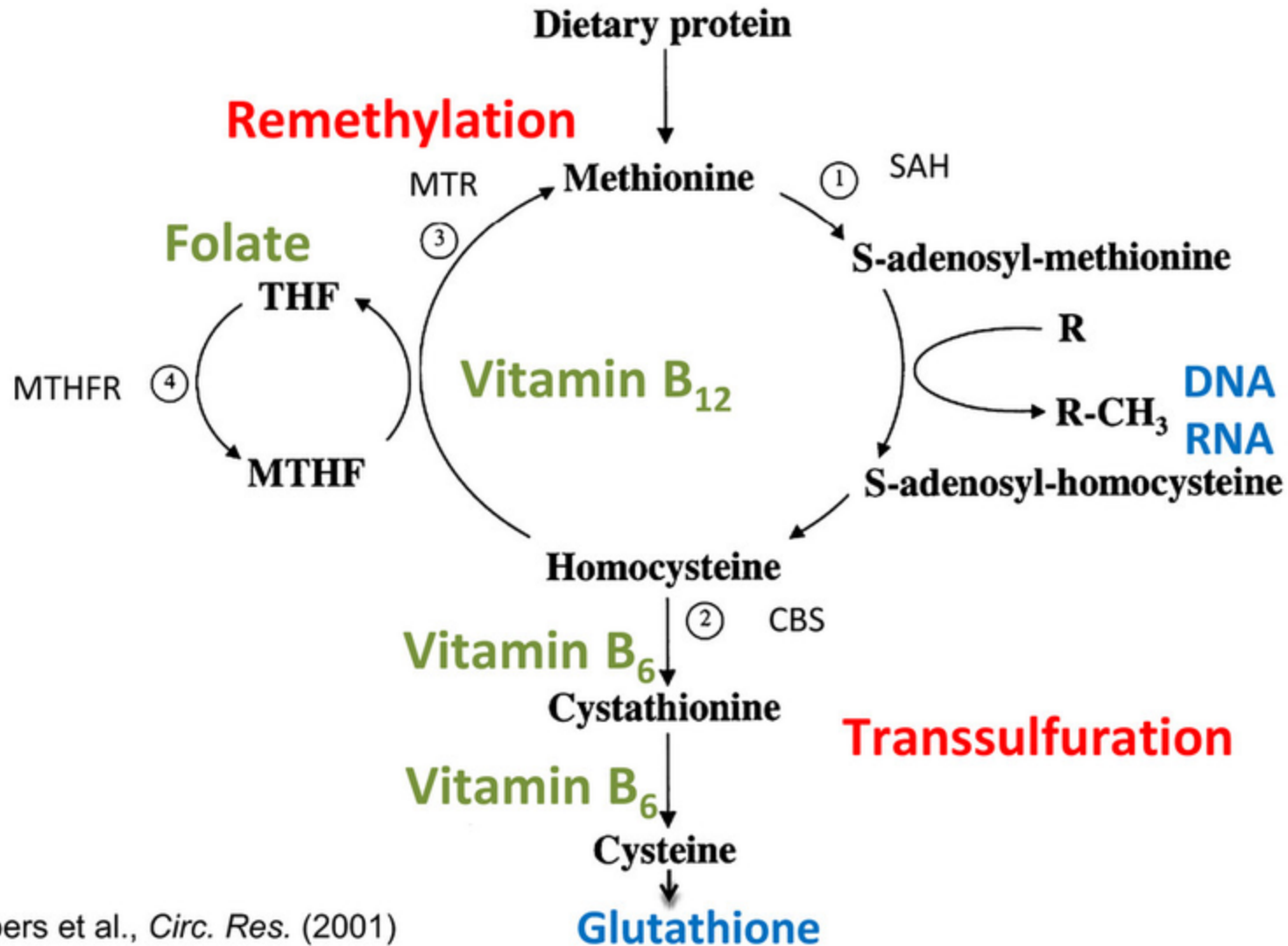
**Symptom repression is
not health.**

So then the question becomes, is a symptom bad if this is the exact way that the body has had to adapt and protect itself?



**As investigators, we must shift our focus
off of symptom names and what
supplements alleviate those symptoms.**

Methionine - Homocysteine Cycle



Chambers et al., *Circ. Res.* (2001)



Learn about the client - everything!

If the body can do ALL THIS on its own, why are we needed?

Is this why our role becomes that of an educator?

"My thought is that there are very few mistakes in body chemistry. Everything is happening for a reason, for cellular preservation. When we only look at highs and lows and try to even them out with medications or with supplements, the results are often disastrous for the overall health of the client." ~ Michael McEvoy

So, what is imbalance?



Perceived stress = emotional upset, outside influences

Traumatic stress = buried, unsafe feelings that may not be realized but expressed via symptoms

Internal stress = bugs, infection, inflammation



As you learn and as your perspective changes, the questions you ask will be the ones that get you the information you need to help the client.





The investigation is everything.