

# FUNCTIONAL MEDICINE VS CONVENTIONAL MEDICINE

## Functional Medicine

### INVESTIGATIVE

It treats symptoms by addressing underlying cause of the problem, which leads to more profound and longer lasting results.

### HOLISTIC

Treats the body as an interconnected whole, and recognizes the importance of these connections in health and disease.

### SAFE

Treatments have mild or no side effects, and other unrelated complaints often improve spontaneously.

### PATIENT CENTERED

Treats the patient, not the disease. Treatments are highly individualized based on patient needs.

### PARTICIPATORY

Patient is respected, empowered, educated and encouraged to play active role in healing process.

### INTERROGATIVE

Combines the best of both modern and traditional medicines and emphasizes importance of diet and lifestyle.

### RESTORATIVE

Tests and treatments designed to promote optimal function, prevent and reverse disease, and improve quality of life.

### PREVENTATIVE

Guided by the Hippocrates, the father of medicine's, saying to "let food be thy medicine, and medicine thy food".

### EVIDENCE BASED

Based on the latest research from peer-reviewed medical journals, and uncorrupted by corporate and political interests.

## Conventional Medicine

### SUPERFICIAL

Masks or suppresses symptoms, but does not address underlying cause, which creates "patients for life".

### DUALISTIC

Views the body as a collection of separate parts, each of which has its own doctor (i.e. cardiologist, podiatrist, etc.)

### SIDE EFFECTS

Treatments can have side effects and complications.

### DISEASE CENTERED

Treats the disease, not the patient. Patients with the same disease get the same treatment, regardless of their differences.

### AUTOCRATIC

Patient's opinion is often discounted or ignored, little time is spent on education, and patient may be discouraged from playing active role.

### LIMITED

Relies almost exclusively on drugs and surgery, in spite of their risks and complications.

### PALLIATIVE

Tests and treatments designed to prevent death and manage serious disease, without dealing with the underlying cause.

### REACTIVE

Focused on managing disease after it has already reached an irreversible state.

### PROFIT DRIVEN

Heavily influenced by profit-driven pharmaceutical and insurance companies.