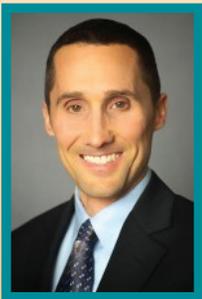


Fundamental Health Solutions

As practitioners of Functional Medicine, our integrative approach to healthcare is based on science and clinical analysis and encompassing physical, as well as environmental, emotional and spiritual factors. We can identify health challenges by looking at your cellular health. We have provided healthy outcomes for not only acute, but chronic, persistent and difficult health issues via cell nutrition. Patients at Fundamental Health Solutions become our partners toward achieving optimum health.



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Gain your Athletic Competitive Edge by Addressing

- *Nutritional Depletion*
- *Reducing and Eliminating Scar Tissue*
- *Strengthening the Health of Your Blood*
- *Increasing Blood Oxygen Levels*
- *Decreasing Recovery Time*
- *Managing Training Related Inflammation and Injuries*

Dr. Phil Sledz, DC

Contact us now for a free 15 minute consult on how our practice can help you. 512 299-1223.

Gain Your Competitive Edge

Only an athlete understands why spending a lifetime to shave off a second, claw an extra inch, or lift another pound is so important. Using our non-drug based, health building approach, Professional as well as Junior Varsity athletes can gain a competitive edge. By optimizing your cellular health, we can help eliminate many of the physical issues that prevent you from taking your performance to the next level.



Nutritional Depletion

Nutritional depletion can contribute to a number of physical issues. For the athlete, this can include impaired peak performance, range of motion, pain, stiffness, joint and fascia restrictions. Athletes utilize nutrients more rapidly than non-athletes.

Neglected nutrient depletion can contribute to lack of stamina and endurance, improper coordination, inability to provide “bursts” of strength, stiffness, a decreased range of motion, poor flexibility, and a feeling of “heaviness” in the limbs.

How fibrin Can Hold Back Athletic Performance

Athletes and others who engage in physical activity, experience more frequent and severe traumas. The body begins the repair process with a protein called fibrin. Fibrin surrounds damaged tissue in order to provide stability. Strains, sprains, tears, cuts, running, leaping, colliding, throwing, punching, pedaling, and kicking can lead to increased fibrin deposits throughout the body. Post exertion pain is largely the result of uncleared fibrin. Prolonged recovery occurs when uncleared fibrin chokes the much needed blood supply that delivers nutrients to our muscles and tissues. Because fibrin creates a “mesh net” around muscles, tendons and ligaments, we begin to experience range of motion limitations as fibrin layers grow. This distortion creates resistance, which has a limiting affect on our activities and athletic performance.

Increasing blood oxygen at the cellular level

Exposing the blood to oxygen does not guarantee it can deliver it to our tissues. To increase your blood’s ability to carry oxygen, debris in the blood needs to be cleaned up, and your red blood cells must be an ideal size and shape. The cleaner the blood, and the more ideal shape your red blood cells are, the more effectively they can transport oxygen to essential body parts such as muscles and the brain. Achieving peak performance requires foundational changes that need to occur at the red blood cell level.

Reducing Oxidative Stress & Inflammation

Any amount of physical exertion increases something called “oxidative stress” which includes harmful byproducts called “free radicals”. Free radicals damage our cells making it difficult for our cells to heal, and carry oxygen and nutrients. Exertion also yields an increase in pro-inflammatory proteins. In controlled amounts, inflammation is critical and essential to help us heal. In larger amounts inflammation can have an adverse affect on our health and make it difficult to deliver peak performance.

Blood tests to identify these conditions can be done in our office via live blood cell analysis, and out of office via our comprehensive functional blood chemistry analysis and specialized functional lab tests.



Jump Start Your Competitive Edge

Call our office, or visit our website at <http://austinhealthdoc.com> for more information on how we can help you reach that next competitive level.