



What is Functional Medicine?



Presented by Dr. Phil Sledz, DC



Introduction



Introduction

- Dr Phil Sledz, DC
- Board Certified Chiropractor, 2011
- “The Austin Health Detective”
- Going Beyond Wellness... to Optimal Health



Introduction

Before I became a Chiropractor...

- Retired U.S. Veteran
 - F/A-18D pilot for the US Marine Corps
 - Commodores List:
 - top 10% of Naval Flight School graduates.)
- Commercial airline pilot for Southwest Airlines.



Introduction

Specializations

- Blood Sample Analysis to determine immune cell function
- Chronic and Acute Health Conditions
- Sports and Athletic Optimization
- Anti-Aging



Introduction

Board Certifications

- Functional Medicine
- Vestibular Rehabilitation
 - Subset specialty in functional neurology
 - Deals with correcting the areas of the brain that manage the body's balance and coordination centers.

Personal Transformation



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Personal Transformation

- First Patient
- Dx Non-Hodgkin's Lymphoma
- Double Disc Herniation with radiculopathy
- 60 year old back at 28 years of age
- Over 34 documented symptoms:
 - Pain, brain fog, neuromuscular and muscular dysfunctions, dizziness, chronic exhaustion, unintended weight loss...



Personal Transformation

- Clean Bill of Health without Surgery or Drugs
- Take Away:
 - Optimal Health Comes when we have:
 - A highly functioning Immune System and an
 - Improved Cellular Communication
- The body can then be directed toward optimal health

Functional Medicine





Functional Medicine

- A disciplinary perspective in healthcare
- Functional Medicine Practitioners come from a wide range of affiliations, including:
- Medical Doctors, Doctors of Osteopathy, Chiropractors, Dentists, Nurse Practitioners
- Conventional Medicine focuses on the use of surgery, pharmaceuticals and drugs
- Functional Medicine focuses on early prevention and correction of poor health at the Cellular Level



Functional Medicine

- A healthy immune system is the difference between a Sick Person versus Healthy Person
- Functional Medicine
 - Determine what is lacking in the body and Add it back
 - Identify what is impeding optimal health, and remove it
- Functional Medicine is individualized and customized to the Patient



Functional Medicine

- Specialties include many chronic and difficult conditions
- Experience in addressing:
 - Immune issues, autoimmune conditions
 - Hormonal Imbalances, Neurological Problems
 - Digestive Issues, Fatigue, Joint health
 - Athletic performance and Sports Optimization
 - Functional and cosmetic issues related to aging, weight loss, and structural challenges



Comprehensive Approach

- Relevant to today's health challenges
- Why?
 - Social and Behavioral Norms different
 - Sedentary Lifestyles
 - Environmental Factors
 - Diet and Nutrition
 - Non Cohesive family ties
 - Aspects of life need to add to our quality of life rather than subtract from it.



Environmental Factors

- Today's Sedentary Lifestyle
 - Sit in one place for long periods of time
 - Entire body is not regularly exercised
 - Less Sleep
- Environmental Factors:
 - Air Quality
 - Devitalized Foods, Pesticides
 - Air Quality



Environmental Factors

- Air Quality
 - Mostly indoors
 - Indoor environmental toxins
 - Amalgam Fillings
 - Cleaning Supplies
 - Etc.



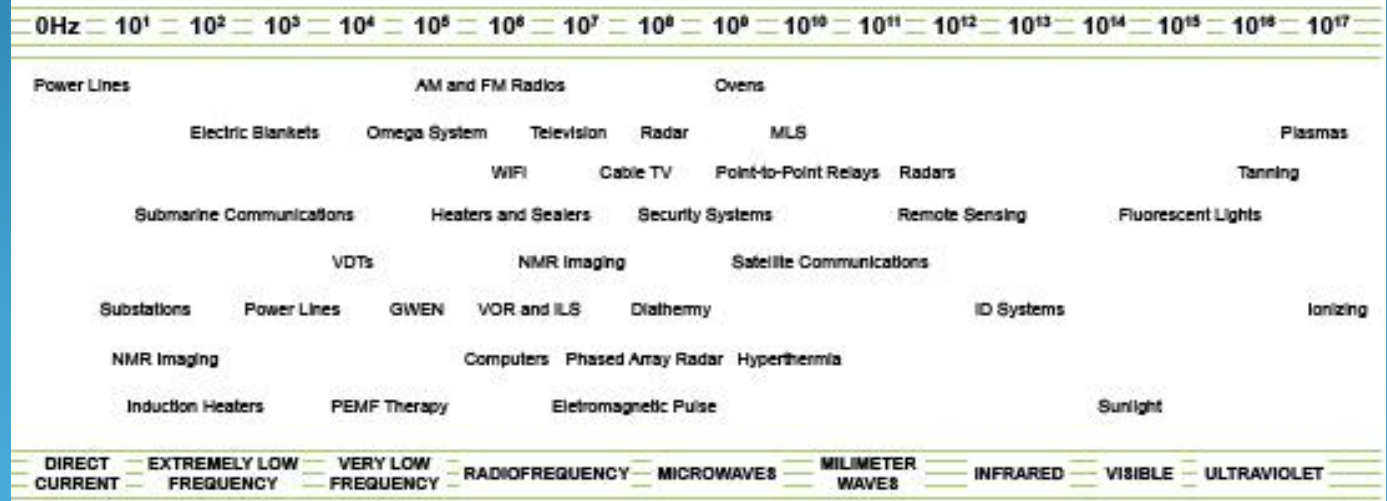
Environmental Stress

- Adding to how our body feels stress is EMF generated stress
- Man made EMF Electromagnetic Fields fill our homes, parks, the wilderness... and certainly our offices
- Dr. Robert O. Becker, MD:
 - EMF's trigger a subliminal activation of the stress response and produce changes in nearly every bodily function so far studied.

Environmental Stress

The Electromagnetic Spectrum in our daily life

The Electromagnetic Spectrum We Live In



The good news is that Functional Medicine can help address the issues that have a negative impact on your genetic and physical health by looking at biochemical balances.



Diet and Nutrition

- Many chronic conditions can be responsive to dietary and lifestyle modifications
- Identify those lifestyle choices negatively impacting health
 - These can be:
 - Physical
 - Mental
 - Emotional
 - Spiritual as well as
 - Psycho-Social



Nutritional Deficiencies

- Nutritional Deficiencies can cause many health challenges
- How do these occur?
 - Eating devitalized foods
 - Chronic Exposure to toxic chemicals
 - Medication
 - Mal-absorption of nutrients by the blood
 - Mal-absorption of nutrients by the intestinal track (common with Celiac Disease)
 - Physical injury and trauma
 - Severe Emotional Stress
- Lack of proper hormones or hormone imbalance
- Lack of key nutrients



Functional Medicine and Genetics

- Recognizes the genetic uniqueness of each person
- Dietary impacts are evaluated in conjunction with genetics
- E.g. Soy is usually good for people of Asian ancestry but not necessarily for everyone else.



What to expect for your First Appointment

- Download our comprehensive New Patient package
- Fax or mail the completed form
- Bring any tests with you
- Be ready to change your health!



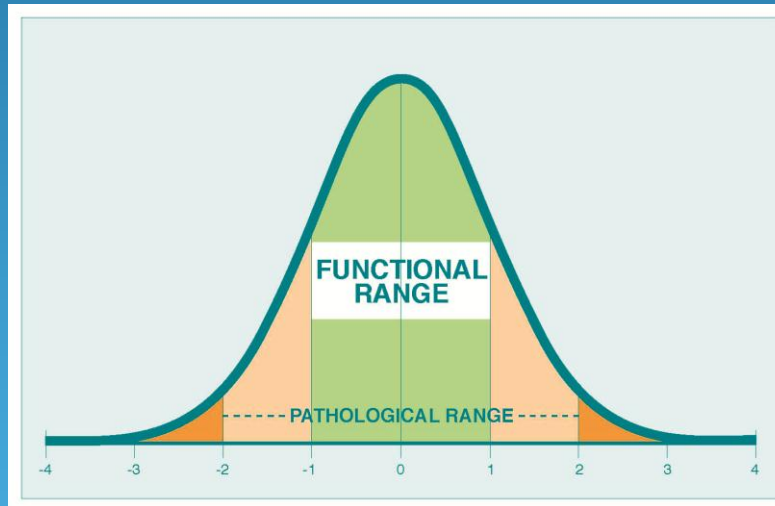
What is Functional Medicine?

Part II

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Functional Ranges

Functional Ranges are narrower than pathological ranges



- Functional Medicine uses Functional Ranges
- Pathological Ranges are based on testing sick people
- Functional Ranges are based on testing healthy people



Functional Ranges

- Can identify problems before they occur
- Can detect health issues before they develop
- Functional Ranges determined by the American Association of Clinical Chemistry
- We first look at your blood chemistry
 - Degree of health
 - Metabolic Imbalances



Live Blood Analysis

- Can be used to identify metabolic imbalances
- Can identify the health of your digestion
- Uses a *Darkfield Microscope*
 - Identifies the nutritional status of the blood
 - Can identify how the body uses food for energy, maintenance, growth and repair
 - Healthy body should use 40-60% of total calories to convert food into usable form
 - Aging increases the body's need to expend energy for digestion, leaving less energy for repair, healing and protection.



Live Blood Analysis

- Improper food digestion leads to adverse events
 - Limits the production of metabolic enzymes
 - Immune system becomes strained
 - Health begins to deteriorate
 - The nutrient value of the blood tells us the health of the blood
 - Identifies if you're a vitamin is in your blood and if it is being used properly by your body
 - Can identify if the supplements you take are being metabolized
 - Provides clinical evidence that our programs are working



Comprehensive Bio-screen Blood Panel

- Detects 67 biomarkers
- 13 items (in urinalysis)
- Determines Metabolic Imbalances
- Provides assurance that the Patient's metabolism has been thoroughly screened.



Auto-Immune Issues

- Cyrex Laboratories
 - Gold Standard for detection of sensitive and specific autoimmune antigen arrays
 - Includes:
 - Wheat, Gluten
 - Autoimmune
 - Neurological Autoimmune Reactivity
 - Joint Autoimmune Reactivity




Bone Density and Bone Health

- Bone Marrow
 - Blood Cells are made here
 - Blood cells carry oxygen to our organs and glands
 - Transport system for waste via the lungs
- Bone Health Quality
 - Good health is determined by composition quality
 - Quality of the composition is what makes them strong



Bone Density and Bone Health

- Conventional Approaches
 - Looks at thickness
 - Thickness can mean dead bone tissue contained in the bone tissue
- Bone Health Quality
 - Good health is determined by composition quality
 - Quality of the composition is what makes them strong



DEXA Scan Versus NTx Urinary Test

- DEXA
 - Measures focal bone loss
 - Can be done only annually
 - Measures past bone loss
- NTx Urinary Test
 - Measures specific amino acid unique to bones
 - Detects subtle changes in bone loss
 - Can be done every 3 months
 - Measures system wide bone loss
 - Used to measure effectiveness of protocols



Geno-Type Food Plans

- There is no “one size fits all” diet
- SWAMI GenoType generates the diet and recipes based on that diet
- Takes into account individual attributes
 - Gluten content
 - Cholesterol
 - Presence of antioxidants
 - Etc.



Geno Type Food PLans

- Customized nutritional plan
 - Takes into account genetic background
 - Incorporates ancestral diets
 - Emphasizes cultures with good health, longevity
- Selects food which acts harmoniously
 - Your immune system
 - Blood type
 - Body Chemistry
 - Reduces stress on body, promotes healing



Meridian Testing

- MEAS uses Galvanic Skin Response
- Based on Traditional Chinese Medicine
- Analyzes energy flow through 12 major meridians
- Tells us the levels of stress associated with each organ and organ system



Telomere Testing

- Identifies your biological age
- Different from Chronological Age
- Telomere length affected by many factors:
 - Age, genetics, lifestyle, disease, pharmaceuticals
- Chronic Diseases have strong associations with shorter telomeres:
 - Cardiovascular, Hypertension, Diabetes, Obesity, Dementia



Myeloperoxidase Testing

- Myeloperoxidase detects impending heart problems.
- Developed by a cardiologist
- Shown to be 95% accurate in predicting heart
- Other tests are not as reliable in detecting future heart problems.



How to get started!

Call or email me to set up your first Consult.

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 - [Contact Us now for a free 15 minute consult on how our practice can help you.](#)

This is the end of the presentation,
but it can be the beginning of a
new, healthy life!

