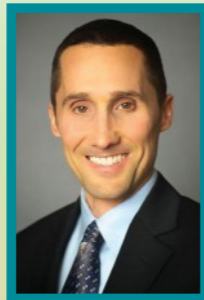


Fundamental Health Solutions

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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Healthy Aging

Look younger than your age

- *Weight gain and loss*
- *The muscle mass connection to weight gain*
- *Skin, joint and gum health*
- *Regain that peppy feeling*
- *Mental clarity*

Dr. Phil Sledz, DC

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

Look younger

As we age, most people begin to lose valuable collagen. As a result our faces begin to appear more hollow and less plump, and we begin to look older. By addressing the underlying issues that build health in the body, we identify the foundational areas that contribute to looking older. A key to turning around the aging challenge is to address digestive issues. By improving digestive issues as they apply to nutrition, the visible signs of aging slow, and have even reversed for people who have followed our schedule of care.



Regain that peppy feeling

Today most people are drained and tired, feeling depleted of energy, often as a result of stress. While we can mask the feeling of stress by using caffeine, nicotine, and refined sugars, the key is to address your energy levels at the cellular level so that you can feel energetic in a way that helps your body and builds good health, while helping you feel more energetic.

Weight gain and loss

Enzymes, exercise, and good colon health help our bodies regulate proper weight by absorbing and eliminating our food quickly, thereby speeding up our metabolism. Enzymes help us detoxify our tissues more quickly, and at a deeper level, which helps our body have a proper metabolism needed to maintain a healthy weight. Eating foods that are appropriate for our blood type can determine how efficiently we “burn” calories, and how we look and feel. Weight gain can often occur when we eat foods that are not compatible with our blood type.

Muscle mass, weight gain & nutrient absorption

Even if you eat the right foods, it does not mean you will necessarily absorb all the nutrients. Under production of Hydrochloric (stomach) acid, and other factors, can lead to nutrient deficiencies. This can show up as declining muscle mass, leading to the accumulation of fat, since muscle is required to burn fat. Without addressing this, a person can become frail. Correcting the related digestive issues allows us to absorb our nutrients.

Skin, joint and gum health

After the age of 40, our collagen levels begin to decline. Collagen, the most abundant body protein, is responsible for giving skin a youthful, resilient, wrinkle free appearance. It is also an important protein that helps to hold our joints together as well as to cushion them. With collagen, we can have a bounce to our step. When collagen levels are lower than they should be, the bounce is replaced by a feeling of stiffness and discomfort. Less collagen also means our skin begins to lose the fullness we had in the past.

That “bounce to your step” is also impacted by the presence of Chondroitin Sulfate, due to the shock absorbing features that it provides. Low levels of it can make you “feel” your joints with every step you take.

If your levels of Chondroitin Sulfate are sub-optimal, then maintaining a lively gait can be much of a challenge. Hyaluronic Acid or H.A., is also a key factor needed to maintain a youthful appearance, because it is responsible for giving our skin a more full, wrinkle free look. Maintaining the right levels of H.A. means that we look and feel more youthful.

Mental Clarity

Low levels of blood oxygen have been shown to contribute to physical and mental fatigue, “fuzzy” thought, poor endurance, lactic acid build up and a decreased ability to heal. To increase your blood’s ability to carry oxygen, debris in the blood needs to be cleaned up. The cleaner the blood, the more effectively it can transport oxygen to essential parts of your body such as the heart, muscles, and the brain. Debris includes high serum protein levels, and oxidized solids such as plaque, cholesterol, uric acid and fibrin, all which decrease the blood’s ability to carry oxygen by congesting your blood and thickening blood vessel walls via inflammation. 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.

