

Functional Medicine is an evolution in the practice of medicine which addresses the health care needs of the 21st century.

By shifting the focus of medical practice to a patient-centered approach, Functional Medicine addresses the whole person and deals with the cause of your illness, not just the symptoms.

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Life Expectancy in the U.S. is Plummeting

A new report published in the journal *Health Affairs* says the United States has plummeted to 49th place in overall life expectancy among the nations of the world. The report blames the nation's failing health care system and lack of universal health coverage as the culprit. The *true* causes of America's poor health, however, include the food system, overuse of chemical pesticides, and dependence on pharmaceutical drugs -- all of which are poisoning the population and the environment, and thus shortening life spans.

In 1999, the World Health Organization (WHO) ranked the U.S. 24th in the world for overall life expectancy. But over the past decade, that ranking has dropped 25 spots, and experts have been scrambling to come up with answers.

Authors of a recent study allege that the "uniquely inefficient" healthcare system in the U.S. is to blame, and in one sense they are correct. To quote former Arkansas governor, Mike Huckabee, the U.S. healthcare system focuses on "treating disease at the catastrophic level," but focus almost no attention on prevention of disease. While the U.S. healthcare system is indeed "uniquely inefficient" in preventing and treating chronic disease, the authors miss the point because their sentiment seems to suggest that universal healthcare will solve the problem when, in reality, it will only make it worse.

The truth about the broken health care system

The U.S. health care system can actually be more appropriately described as a "sick care" system. The medical industry thrives on treating illness rather than promoting good health, because "sick care" generates a steady cash flow. And it operates from a perspective that pharmaceutical drugs and surgery are the final answer to all sickness and disease, with no functional role of nutrition.

Preventing disease is a foreign concept to most conventional doctors and health professionals, and the population at large has no idea how to feed their bodies to stay healthy. So the result is a nation of people who are perpetually undernourished and lacking in vital nutrients, which lands many in an endless cycle of on-going prescription drug use and ever-declining health.

Rather than teach people how to eat better, for instance, the "sick care" system waits until people become sick and loads them up with drugs and expensive procedures as the "cure." Drug companies make a lot of money with this approach, but overall health continues to decline as a result. And the out-of-control costs of maintaining this type of system is on the verge of bankrupting the nation.

Life Expectancy in the U.S. is Plummeting (continued)

But instead of getting rid of the broken system and giving back to the people the freedom to make their own health decisions, universal healthcare endeavors only to expand the scope and reach of the "sick care" system. And it strengthens the medical powers that already censor truthful health information, persecute herb and supplement companies, and perpetuate illness.

Nutritional Ignorance and Widespread Misinformation are Killing Society

Health concepts are largely misunderstood in society due to the marketing efforts of food services and manufacturers, and also due to the downright dishonest design of many "studies" on the effects of food and food supplements by drug companies and conventional medicine. All this leads to confusion about what foods are healthy and what foods are not. Saturated fat, for instance, has been vilified by mainstream medicine for years, even though it is necessary for good health. Only recently has the truth about the value and importance of consuming quality saturated fats begun to gain mainstream attention.

Then there are all the FDA-approved food additives in the form of trans-fatty acids and man-made chemicals that plague the nation's over-processed food supply. Hydrogenated oils, processed sugars, food colorings, humectants, and other harmful ingredients are the very causes of most disease in the country. But rather than tell people the truth about them, the government actually subsidizes the industries that make these cheap, unhealthy food ingredients available.

Even fruits and vegetables are tainted, as most conventional varieties are doused in pesticides and herbicides that are linked to all sorts of diseases. Unless families make a concerted effort to buy only organic or otherwise clean produce, they are regularly consuming unknown levels of dangerous chemical pesticides that could be making them sick.

Expanding the scope of the healthcare system as it currently exists will only make a bad problem worse. Reforming the nation's entire approach to health, on the other hand, will help millions to avoid developing serious illness in the first place. But it starts with informed citizens making conscious health choices, telling others the truth about how to achieve and maintain good health, and working constantly to promote health freedom both locally and nationally.

One of the ways our office is helping that effort is through providing a healthy alternative to conventional medicine through products and services that promote health at the most fundamental levels, rather than just treating symptoms. We offer pharmaceutical-grade supplements of very sophisticated design, as well as a revolutionary and cutting-edge diagnostic tool called, *Functional Medicine Assessment (FMA)*, that can help us spot signs of dysfunction at the cellular level even before obvious signs and symptoms occur. With FMA, we can help you to prevent dysfunction from developing into a full-blown disease. And if you are already at a place of experiencing chronic disease, FMA can help us to identify the specific areas of dysfunction that are causing the disease.

Do your part in helping to revolutionize our healthcare system. Make your voice heard, and schedule an appointment today for an FMA test to assess your current state of health.

Upcoming Events

Talk Tuesday-February 15th @ 6:30

Free seminar with our health care providers.

Seminar Topics: Importance of hormone balance, hormones and aging, differences between synthetic & bio-equivalent hormones, symptoms of hormone deficiency or excess, functions of hormones, and options for testing your hormone levels



Just for Fun

Kids On Love and Marriage

How do you decide who to marry?

"You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10

How can a stranger tell if two people are married?

"Married people usually look happy to talk to other people." Eddie, age 6

"You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, age 8

What do most people do on a date?

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." Martin, age 10

What would you do on a first date that was turning sour?

"I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns." Craig, age 9

When is it ok to kiss someone?

"When they're rich." Pam, age 7

"The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do." Howard, age 8

Recipes

Low Fat Fudge Chocolate Chip Muffins

Ingredients:

- 1 c. unsweetened apple-sauce
- 1/2 c. raw sugar
- 1 tsp. vanilla
- 1/4 tsp. almond extract
- 3/4 c. oat flour
- 1/3 c. cocoa powder
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 c. semisweet vegan chocolate chips
- 1 dash cinnamon



Preparation:

1. Preheat oven to 375 degrees. Use cooking spray on nonstick muffin tin.
2. Combine all ingredients.
3. Using 3 oz ice cream scoop, evenly scoop into muffin tin.
4. Bake for 20 minutes to one hour, rotating half way through
5. Place toothpick in center, when toothpick come out clean,

Honey Balsamic Lamb Chops

Ingredients:

- 1/3 c. balsamic vinegar
- 1 garlic clove
- 2 tbsp honey
- 3/4 c vegetable or canola oil
- Kosher salt and ground black pepper
- 8 small lamb chops
- 2 tbsp olive oil
- 1/2 tbsp chopped fresh rosemary leaves



Directions:

1. Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
2. Combine balsamic vinegar, garlic, and honey in a food processor and pulse until blended. With machine running, slowly pour in the vegetable oil until the mixture is smooth and forms a thick sauce. Season with salt and pepper, to taste.
3. Season lamb chops with salt and pepper. Drizzle with olive oil and sprinkle with rosemary.
4. Grill the lamb chops for two to three minutes each side until medium-rare.
5. Arrange the lamb chops on a platter. Spoon the sauce over the top or serve the sauce on the side.