

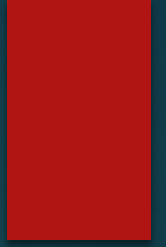


Functional Medicine Observations

-JOHN HOSKINS, MD

CHOCTAW NATION-IDABEL

Just
Lil Ole Me



Disclaimers

- ▶ I am not getting paid
- ▶ I am not writing a book or selling anything
- ▶ I do not accept money, food or any gifts from Drug Reps (or Home health companies for that matter)
- ▶ Contact:
- ▶ Dr John Hoskins (jbhoskins@cnhsa.com)

OBJECTIVES (Subjectives)

- ▶ Have Fun
- ▶ Review a few of these Observations(10)
- ▶ One Man's Take away
- ▶ Make your own judgment

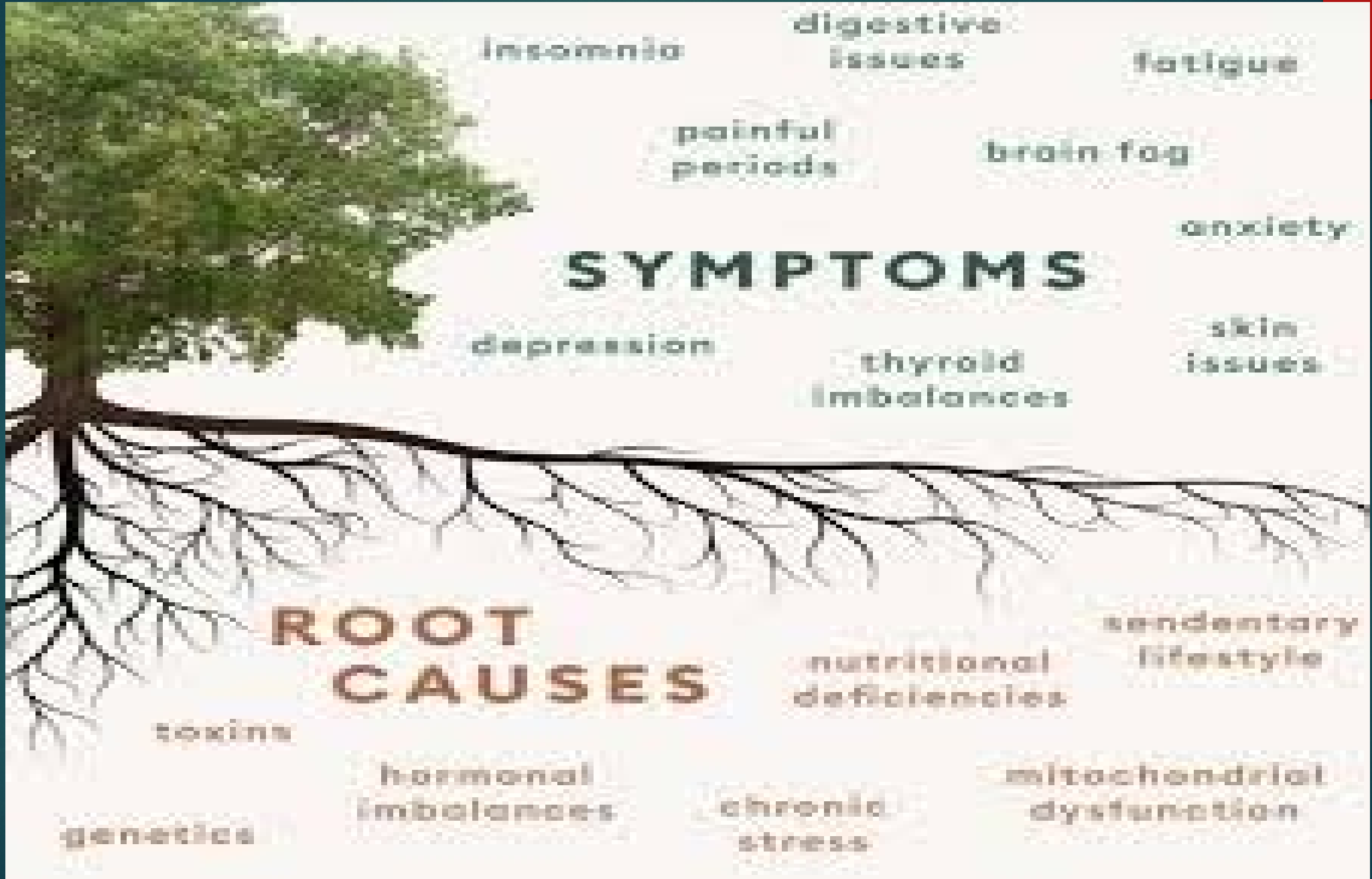
Let's Begin



Adela Stock | #BIOVENTURA

Functional Medicine-Defined?

- ▶ “Medical practice or treatments that focus on optimal functioning of the body and its organs, usually involving systems of holistic or alternative medicine.” -Google
- ▶ “Functional medicine is a systems biology–based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual’s illness.” -Institute of Functional Medicine





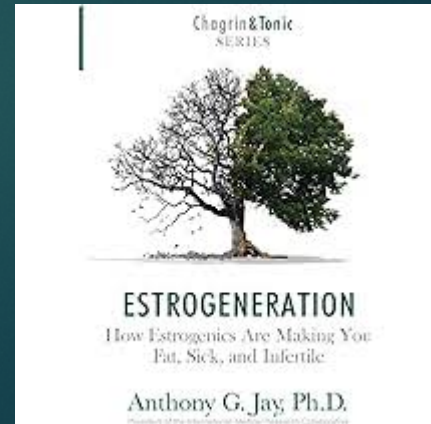
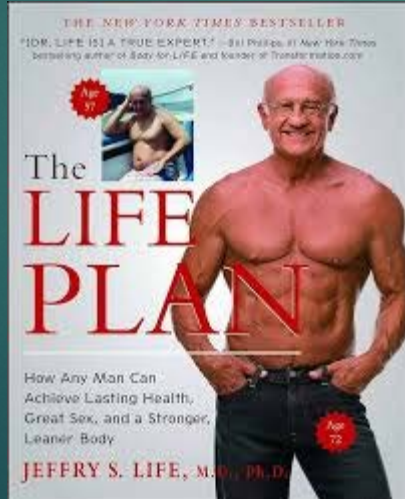
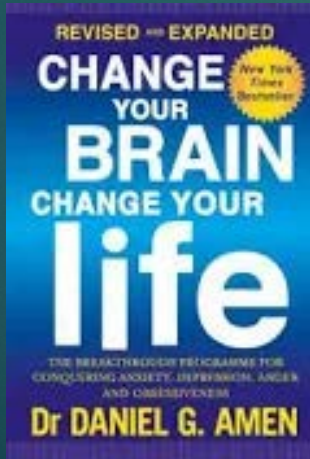
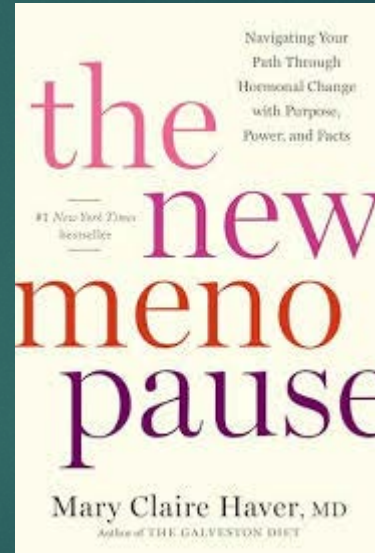
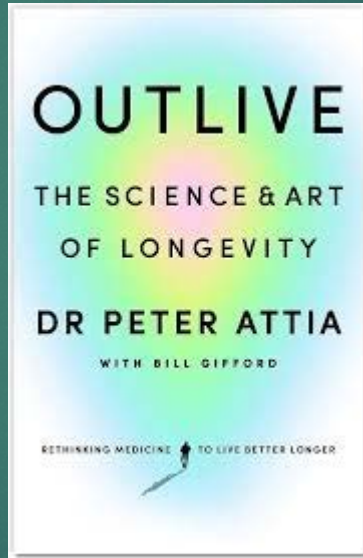
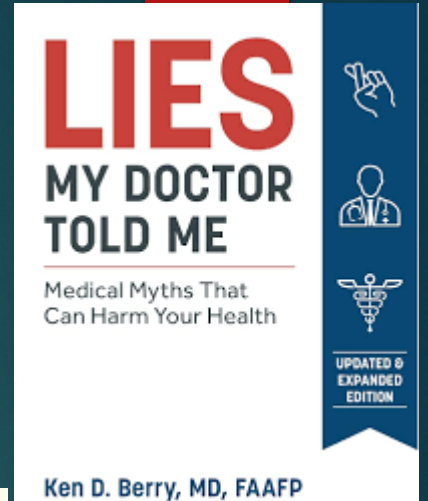
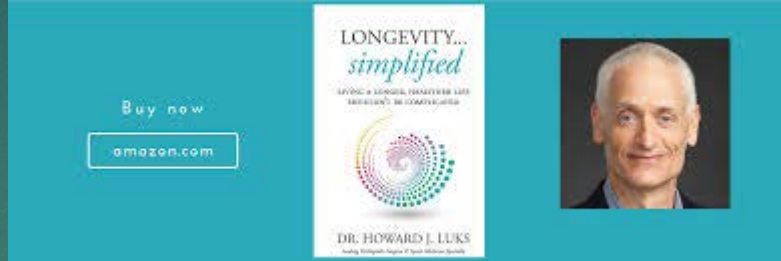
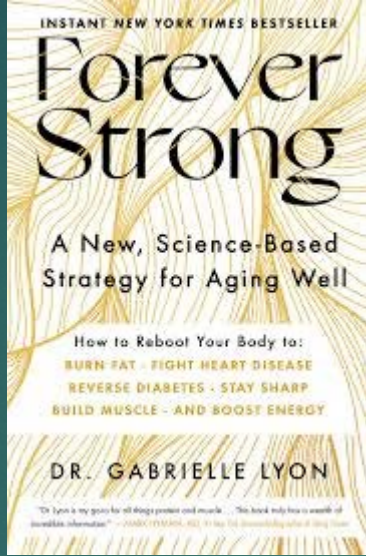
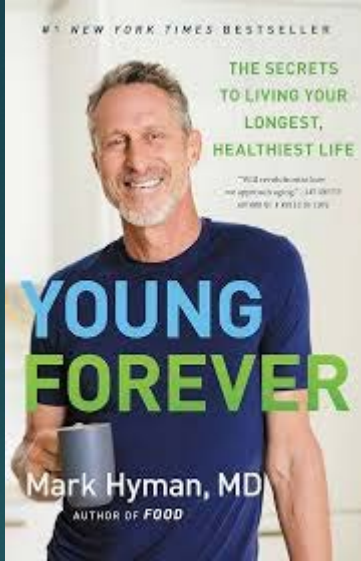
Cleveland Clinic



Cleveland Clinic

1st dedicated Functional Medicine Program–Est 2014

- ▶ The functional medicine model of care offers a patient-centered approach to chronic disease management.
- ▶ It seeks to answer the question, “Why are you ill?” so you can receive personalized, effective care for your needs.
- ▶ Functional medicine providers spend time listening to you and gathering your medical history.
- ▶ We use this information to identify the root cause(s) of the illness, including triggers such as poor nutrition, stress, toxins, allergens, genetics and your microbiome (the bacteria living in and on your body).
- ▶ Once we identify the triggers, we can customize a healthy living plan for you.
- ▶ Your plan will address many aspects of your life, from physical needs, including nutrition, exercise and sleep, to mental and emotional stressors related to social, work and community life.



Influencers/Practitioners-Some of The Titles

- ▶ Young Forever-Dr. Mark Hyman
- ▶ Forever Strong-Dr. Gabrielle Lyon
- ▶ The Life Plan-Dr. Jeffery Life
- ▶ Longevity Simplified-Dr. Howard Luks
- ▶ Outlive-The Science and Art of Longevity-Dr. Peter Attia
- ▶ Lies My Doctor Told Me-Dr. Ken Berry
- ▶ The New Menopause-Dr. Mary Haver

Some General Pros and Cons

- ▶ Pros:

- ▶ -comprehensive care
- ▶ -care based on prevention rather than reaction
- ▶ -care that empowers patients

- ▶ Cons

- ▶ -requires time and commitment
- ▶ -training is not standardized
- ▶ -not all functional medicine providers can prescribe medications

PART 2: 10 Observations



Observation #1: OWNERSHIP

YOU take charge of YOUR health

- ▶ The right nutrition
- ▶ The right lifestyle interventions
- ▶ The right behavioral interventions

- ▶ 4 Pillars of Health (a personal favorite)

The 4 Pillars

- ▶ 1. Nutrition
- ▶ 2. Stress management
- ▶ 3. Exercise
- ▶ 4. Sleep

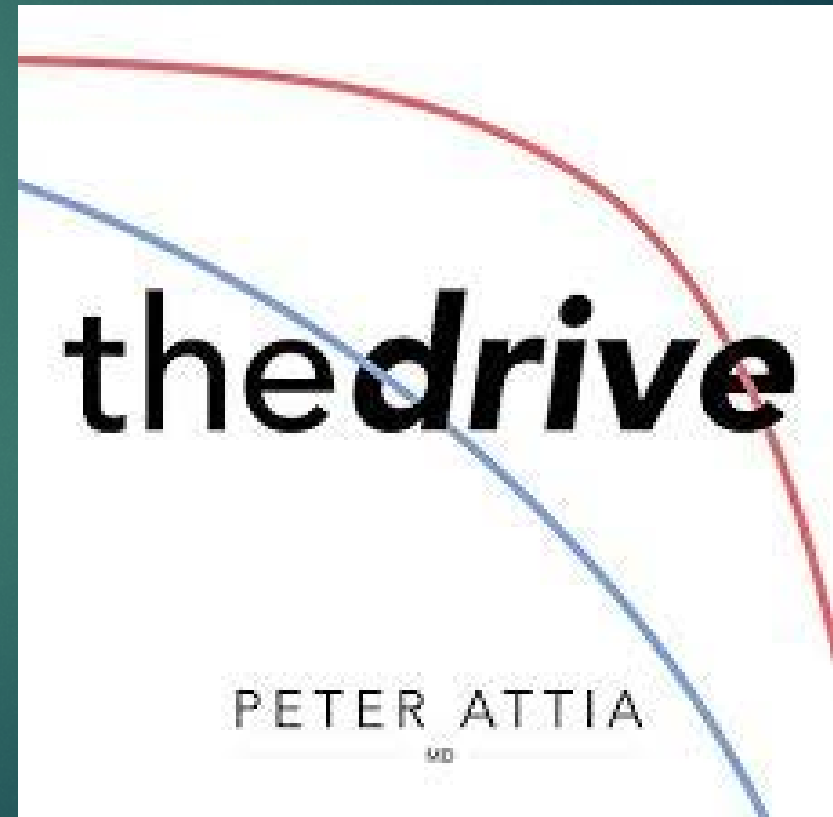
Observation #2: Optimization

Good, Better, and Best

- ▶ Mainting Health Span (quality of life) vs Life Span (years)
- ▶ Toned or ripped!

Observation #3: Prevention (Not Reaction)

- ▶ Peter Attia: Medicine 3.0



Observation #4: Supplements!

SOME OF MY DAILY SUPPLEMENTS:

High-quality, high-potency,
complete multivitamin

Vitamin D3

Omega-3 fatty acids (EPA and DHA)

CoQ10

NAC (N-Acetyl Cysteine)

Curcumin

Nicotinamide adenine dinucleotide (NAD+)

Observation #5: Self-Metrics

Real-time Biomarkers

- ▶ CGM
- ▶ Lactate monitor
- ▶ My Fitness Pal
- ▶ I-watch
- ▶ Oura ring
- ▶ Heart rate, Temp, ECG, exercise, food, REM sleep, O2 sat
- ▶ Implantable devices (CGMs)

Observation #6: Tests, Tests, Tests!

\$\$\$

- ▶ “The Forever Young Function Health Panel” \$15,000 worth (\$499.00 Cash)
- ▶ Gene testing
- ▶ CTs
- ▶ CTAs
- ▶ PET scans
- ▶ Stress tests
- ▶ DXAs
- ▶ MRIs

Sneak peak of what is on the \$499 panel

How Functional Medicine looks at the problem

By identifying the root cause with comprehensive lab testing which includes:

- Full thyroid panel
 - anti-TPO
 - TgAb
 - TSH
 - Free T3 & Free T4
- Liver enzymes
- Sex hormones
- Cortisol (stress hormone)
- Metabolic labs
- Inflammation
- Heavy metals
- Essential minerals
- Autoimmune
- Food sensitivity test
- Stool test

Observation#7:Protein & Muscles

“Get Ripped!”

THE TRUTH ABOUT PROTEIN,
MUSCLE, & LONGEVITY

- With Guest Dr. Gabrielle Lyon

THE MODEL
HEALTH
SHOW



Observation #8: Anti-Aging

The Fountain of Youth

- ▶ “Forever Strong, Young Forever, Longevity”
- ▶ Menopause
- ▶ Manopause

- ▶ The 4 Horsemen (Attia)
- ▶ Obesity (Metabolic Dysfunction)
- ▶ Heart Disease
- ▶ Cancer
- ▶ Dementia

Observation #9: Medical Studies

Let's Revisit Them

- ▶ Evidence-Based Medicine vs Evidence-Informed Medicine
- ▶ NO patient is average
- ▶ Currently we apply EBM 'Guidelines' back to the individual
- ▶ The individual is always a little different from the "average subject"

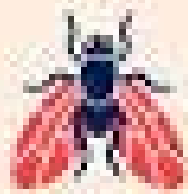
Observation #10: Toxins



Manganese



Fluoride



Chlorpyrifos



Arsenic



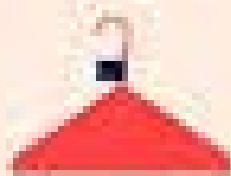
Lead



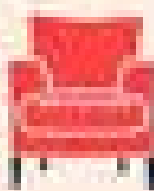
Mercury



DDT/DDE



Tetrachloroethylene (PERC)



Polybrominated Diphenyl Ethers (PBDEs)



Toluene



Ethanol



Polychlorinated Biphenyls (PCBs)

Meet the Toxins

More Toxins and More Toxins....

The infographic features a central word 'TOXINS' in large, bold, dark blue letters. Surrounding this central text are 14 different icons, each representing a specific toxin or source of toxins. The icons are arranged in a roughly circular pattern around the center. The toxins and their associated icons are: 'FOOD PESTICIDES AND CHEMICALS' (apple), 'TIN POISONING' (tin can), 'FLUORIDE' (toothbrush and toothpaste tube), 'DIESEL' (gas pump), 'BPA (BISPHENOL A)' (plastic bottles), 'LEAD' (bullet), 'MERCURY' (fish), 'OVER 4000 CHEMICALS' (cigarette), 'EXHAUST AND POLLUTION' (car), 'AMMONIA, MANGANESE' (wine glass), 'INSECT PESTICIDE' (fly), 'FLAME RETARDANTS' (couch), 'PERC (PERCHLOROETHYLENE)' (dry cleaning hanger), 'ALUMINUM, PARABENS' (aerosol can), and 'FOOD PESTICIDES AND CHEMICALS' (apple).

TOXINS

- FOOD PESTICIDES AND CHEMICALS
- TIN POISONING
- FLUORIDE
- DIESEL
- BPA (BISPHENOL A)
- LEAD
- MERCURY
- OVER 4000 CHEMICALS
- EXHAUST AND POLLUTION
- AMMONIA, MANGANESE
- INSECT PESTICIDE
- FLAME RETARDANTS
- PERC (PERCHLOROETHYLENE)
- ALUMINUM, PARABENS
- FOOD PESTICIDES AND CHEMICALS

Part 3: Back to Lil Ole Me



One Man's Take-Away

- ▶ All in all I like it: Some inherent truths, appears logical (4 Pillars are my favorite)
- ▶ Seems to be for the healthy, wealthy.....and worried
- ▶ Marketplace for '*The Realm*' of the mysterious symptoms/syndromes
- ▶ Govt messed up big time w COVID (Trust in our current guidelines)
- ▶ Big Pharma REMAINS the Dragon in the Room (drug-funded studies, drug reps)
- ▶ Corporate Medicine: 'More patients, less time', Nobody likes it (except Admin)
- ▶ Here to stay-It's not going away (Cleveland clinic)
- ▶ Concierge/Boutique Medicine, 'The new private practice'
- ▶ In a brave new world will everybody be on HRT/Supplements/wear biometrics
- ▶ Time will tell.....

Part 4: What do YOU Think?

