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Functional medicine seminar organized in Bangalore

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Heal Wellness, the health care company based on functional medicine protocols, organised an introductory seminar on Functional Medicine for nutritionist, dieticians, doctors, academia and students. About 35 professionals from various medical streams participated in the one-day seminar held on June 29 in Bangalore.

Dr Kara Fitzgerald, a leading functional medicine practitioner and educator from USA, led the seminar which focussed on case studies using the IFM Matrix of the Institute for Functional Medicine, USA. The IFM Matrix is a tool that assists the clinician in organising and prioritising any patient's health issues as elicited by a thorough personal, family, social and medical history.

Dr Kara gave an overview of functional medicine and its specific areas of focus in the Indian health context such as chronic diseases and nutrient deficiencies. Treatment of type II diabetes, hyperlipidemia, obesity, hypertension, rheumatoid arthritis and osteoporosis were covered in her talk on "functional medicine in action – the metabolic continuum and autoimmunity". Dr Kara also expounded on a functional approach to allergic diseases. "Although they are often treated separately most human diseases are not independent of each other. Many diseases are associated with the breakdown of functional modules which calls for a holistic approach," she said.

Inaugurating the seminar, S Jayaprakash Mady, Managing Director of Wintac, lauded Heal Wellness for bringing about awareness on wellness and functional medicine. He emphasised that the country, becoming a capital for chronic ailments, has mandated for a holistic treatment approach and importance of wellness.

According to Institute of Functional Medicine, functional medicine is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st Century. It addresses the underlying causes of disease using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. By shifting the traditional disease-centered focus of

medical practice to a more patient-centered approach, functional medicine addresses the whole person and not just an isolated set of symptoms.

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