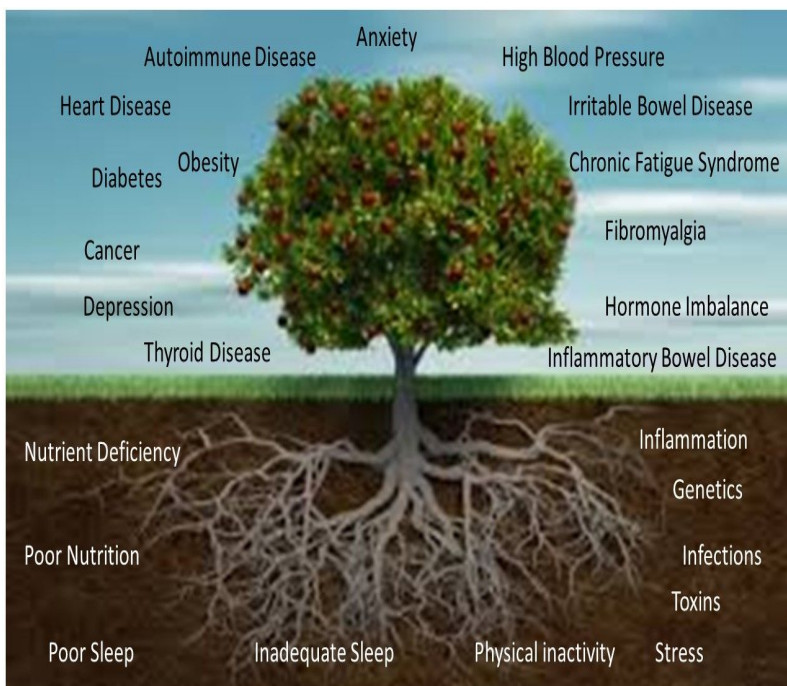


## Functional Integrative Program

### Are you

- Trying to stop the progression of your disease or reverse your disease?
- Tired of taking medications and want to take charge of your health?
- Unable to control your symptoms or diseases despite taking medicines?
- Serious about improving the quality of your life and health by making concrete lifestyle changes?

**If your answer is yes, then you need to look into Functional Integrative Medicine**



### What does Functional Integrative Medicine do?

In order to keep a tree healthy and allow it to flourish, you need to support the most basic and essential elements first; the foundation: the roots and soil. Similarly, if a tree is not healthy, the first place you should look for answers is those same foundational elements. In Functional Medicine, the same approach applies to patients. The most

important factors, and the ones we examine first when gathering information about the patient, are the foundational lifestyle factors; sleep, exercise, nutrition, stress levels, relationships, and genetics. These can eventually result in the signs and symptoms that are grouped into a diagnosable constellation that we call disease, represented by the branches and leaves.

If you are tired of spending your time in the leaves and watching your chronic symptoms go through the cycle of diagnosis and drugs without getting any better, Functional Medicine can help you get to the root cause of the problem.

### What does Functional Medicine Offer?

- Identify the root cause of a health problem or symptoms.

We engage, empower and transform Symptoms, Suffering and Disease to Healing, Wellness and Prevention.

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## Functional Holistic Healing

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## Functional Integrative Program

- Stop the progression of the disease or reverse the disease.
- Minimize the use of Medications.
- Understand the unique genetic make-up, environmental factors, psychological and social triggers of each individual to personalize the diagnosis and treatment.
- Use of natural, evidence based herbal and nutritional supplements to heal disease and symptoms.
- Treating the whole person including mind, body and spirit.
- Providing tools to patients to help make personalized lifestyle changes.
- Focus on prevention and health promotion to improve both longevity and quality of life
- Educating and empowering patients to take control of their health.

## What are the program components?

- Functional lab tests to address the ongoing symptoms
- Assessment of nutritional status
- Access to high quality supplements requiring physician supervision
- Individualized Nutrition
- Customized Physical Activity
- Lifestyle counseling
- Salivary Hormone testing and balancing.
- Mind Body Techniques to improves stress, depression and anxiety.
- Herbal prescriptions
- Relevant genetic testing to assess the risk of chronic diseases

## Program Description

- Initial session will be for evaluation of symptoms, diseases and setting of health goals-60 minutes. Cost: \$375
- Follow-up sessions cost:\$180

## About Dr. Nadia Ali, M.D., MPH, ABIHM, FACP

She is board certified in Internal Medicine and Integrative Medicine. She is a diplomate of the American Board of Integrative Holistic Medicine and member of the Institute of Functional Medicine. She completed her Masters in Public Health from Johns Hopkins and her Mind Body Certification from Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. She is a certified Maharishi Ayurveda Health Professional. She completed her Mini-fellowship in Geriatric Medical Education from Mount Sinai School of Medicine. She is a Fellow of American College of Physicians.

Reference: Institute of Functional Medicine