

Functional Medicine Patient Information

What Is Functional Medicine?

Functional Medicine is a personalized, science-based approach to healthcare that focuses on identifying and addressing the root causes of illness, rather than simply managing symptoms.

Every person's health story is unique. Functional medicine considers the full picture of your health—including nutrition and digestion, hormones, stress, sleep, immune health, metabolism, lifestyle, and environment—to better understand what may be contributing to your current health concerns.

At Thompson Chiropractic Clinic, Dr. Jessica has a special focus on gut health, hormone balance, and preconception wellness, while taking a whole-person approach to each patient's individual health concerns and goals.

Through careful evaluation and objective testing when appropriate, functional medicine aims to restore balance within the body and support its natural ability to heal. The goal is to answer an important question: **"Why is this happening?"**

Common Concerns We Work With

Some of the most common concerns we work with include:

- Digestive concerns such as bloating, constipation, diarrhea, reflux, or IBS
- Hormone imbalances, irregular or painful cycles, PMS, or perimenopause
- Thyroid concerns
- Fatigue, low energy, or brain fog
- Food sensitivities
- Skin concerns such as acne or eczema
- Autoimmune and chronic inflammatory conditions
- Preconception and reproductive wellness
- Ongoing symptoms despite being told your labs are "normal"

Our Philosophy

At the heart of functional medicine is the belief that the body was designed with an incredible ability to heal and adapt. Sometimes ongoing symptoms can make it difficult to know where to begin.

Functional medicine focuses on building a strong foundation for health, helping you better understand your body and what it needs to function optimally. This process can help create meaningful, sustainable changes that support long-term wellness.

The Functional Medicine Process

Initial Interest

Your journey begins with a conversation about your health concerns and goals and whether functional medicine is the right fit for you. This helps ensure that the process aligns with your needs and expectations.

Intake Appointment

Your first appointment is a comprehensive visit where your provider will review your health history, symptoms, and goals in detail. This may include:

- A review of your medical history
- Discussion of current symptoms and concerns
- Evaluation of lifestyle factors that influence health
- A physical exam when appropriate
- Recommendations for additional testing if needed

Comprehensive Testing

If further insight is needed, specialized lab testing may be recommended to better understand underlying factors contributing to your symptoms. Testing recommendations are individualized based on your health history, symptoms, and goals. **Testing may evaluate areas such as:**

- Hormones
- Gut health and digestion
- Nutrient status
- Stress response
- Inflammation and metabolic health

Review of Results & Personalized Plan

Once your results are available, your provider will walk you through the findings and explain what they mean. Together, you will develop a customized plan designed to support your health and help you work toward your individual goals.

Your plan may include recommendations such as:

- Nutrition and dietary changes
- Lifestyle adjustments
- Stress management strategies
- Targeted supplementation
- Exercise and movement guidance
- Additional supportive therapies when appropriate

Please note: Recommended laboratory testing, supplements, and additional therapies are separate from your functional medicine appointment package.

Ongoing Support

Functional medicine is a collaborative process. Follow-up visits help monitor progress, adjust your plan as needed, and support you as your health evolves. Our goal is to guide you toward lasting improvements in how you **feel, function, and live.**

Is Functional Medicine Right for You?

Functional medicine may be a good fit if you're looking for a deeper understanding of your health and want to address the underlying factors contributing to your symptoms—not just manage them. It's designed for individuals who are ready to take an active role in their health and make meaningful changes that support long-term wellness.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

Text or Call to Schedule: 763-972-3447

Book Online: www.thompsonchiroclinic.com