



<http://drkatethomsen.com>

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Office Hours by Appointment M-Th 9am-5pm

Functional medicine is a highly *personalized* and integrative approach to healthcare. It involves investigation and engagement with a focus on prevention and management of whole health and wellness. The goal is to prevent disease and promote a healthy and vibrant lifespan.

Functional medicine focuses on *genetic predisposition, biochemical individuality, metabolic balance, environmental context, and lifestyle choices*. It is fair to say that functional medicine helps to determine why and how illness occurs and then restores health by treating the uncovered root causes.

While it can include diagnostics and therapeutics from the conventional medicine model, functional medicine has developed its own model of antecedents, mediators, triggers, and lifestyle factors that contribute to the body burden of imbalances that cause health challenges. It uses a comprehensive and holistic view of rebalancing the system relying heavily on lifestyle changes including nutrition, restoring biochemical inadequacies, movement and exercise, improved sleep/rest and recovery and lowering stress.

I spend countless hours staying abreast of current trends in medical science and healthcare, as well as the newest functional medicine diagnostics and treatments. Together, using the detailed clinical history and cutting-edge tests, we identify unique challenges, and discuss and employ comprehensive treatment plans to help you feel and be your best!

Please be aware that your appointment time will be longer than what you experience with other doctors. We do not practice cookie-cutter/recipe driven medicine. Time is devoted to finding answers and solutions for your unique needs. You will find that you will also need to invest extra time and finances to get the answers needed. My experienced staff is here to guide you and support you every step of the way.

I give a generous amount of time and focus to each patient visit and ask that you be relaxed and ready to receive a lot of new information. Being in a rush will not be helpful to you. Please allow a generous amount of time for your appointment – perhaps 2.5 hours for the full patient experience.

Ultimately, our role in this office is to provide you with guidance and direction. The time and effort to achieve wellness will reside with you, yet we will be cheering you on along the way. We are delighted to partner with you in your journey toward increased wellbeing and request your thorough reading and acknowledgement of the attached policies and procedures to ensure clarity and aligned expectations for our experience together.

Yours in Health


Dr Kathleen Thomsen