

## **What Kind of Healthcare Would You Prefer – Functional or Dysfunctional? The Choice Should Be Yours**

There are currently two types of healthcare to choose from. The one being the least utilized today is referred to as “Functional Medicine”, which is currently not covered by your medical insurance, (an obvious deterrent). Unfortunately, at this time it’s an option that only the wealthy can afford, (if they happen to be aware of its potential). In the long term, it’s “much less expensive” – just don’t expect your insurance company to be of any help. The objective of Functional Medicine is to devote considerably more time evaluating the patient initially, from several different perspectives. The patient’s diet, lifestyle, exercise habits, mental attitude, chronic conditions, energy level, and all medications, or supplements that the patient might be taking, etc., are normally evaluated. If you consider the time devoted to the initial visit, and even on all follow-up visits, it’s not nearly as profitable for the practitioner, as the alternative would be. It just provides far more gratification for the practitioners, knowing they are truly helping their patients. There is a great deal of satisfaction helping patients restore their health and energy levels, something drugs are incapable of.

Then regarding traditional medicine, (covered by insurance), most patients normally receive a typical ten-minute office visit, with “What’s your problem?”, and told that “We have two options to consider – one or more drugs to treat the symptoms, or possibly surgery.” If the alternative to traditional medicine is referred to as “Functional Medicine”, then it seems logical that our traditional healthcare system should be rightfully labeled “Dysfunctional Medicine”! It helps explain why millions in the nation are suffering with a lifetime of chronic conditions, such as diabetes or heart disease, (or both). It’s also the reason why there are so many unnecessary emergency hospitalizations, which are not only very expensive, but they also expose you to additional risks.