

# Dr. Brimhall's One More Piece of the Puzzle For Wellness



## What is Functional Medicine?

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This is an article submitted by Dr China, one of our own Practitioners

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The term "functional medicine" was coined in 1993 to describe the medicine of the future.<sup>1</sup> In fact, today; many complementary and alternative medicine, or CAM, practitioners use a functional medicine approach that includes the following:

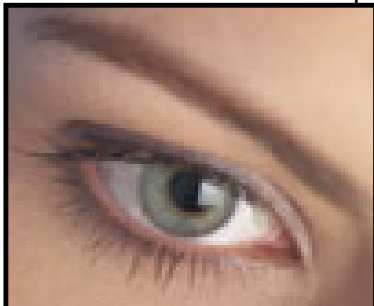
1. **Patient uniqueness:** Each individual is unique. This uniqueness encompasses voluntary activities, such as decision-making, personality development, and emotional response, and involuntary activities like metabolism of nutrients, cellular processing of information, and communication among the body's organ systems. Functional medicine professionals realize that all individuals have unique metabolic patterns that affect their health needs and thus, the concept of individuality is central to every aspect of functional medicine, from clinical assessment and diagnosis to the broad spectrum of treatment modalities.



2. **Patient-centered approach:** Functional medicine practitioners use a patient-centered approach to support wellness. This means that in addition to considering the overall health of the patient, functional medicine practitioners consider the beliefs, attitudes, and motivations, as well as the physical, mental, and emotional aspects, of the patient.



3. **Preventive care:** Optimal health is not just the absence of disease. Even the most minor symptoms can foreshadow more serious conditions later in life. This often happens via the "snowball effect," in which a "minor" imbalance within the body produces a cascade of biological triggers that can eventually lead to poor health and chronic illness. For this reason, functional medicine focuses on the prevention, instead of just the treatment of, even the most minor imbalances.<sup>2</sup>



Through changes in lifestyle, environment, and nutrition, functional medicine professionals rely on their knowledge of key physiological, genetic, and biochemical processes for establishing an innovative form of total patient wellness amidst the diversity of

interests in health care today.<sup>1</sup>

## References

<sup>1</sup> The Institute for Functional Medicine. (n.d.). Retrieved March 25, 2002, from <http://www.fxmed.com/aboutus/about-frame.html>

<sup>2</sup> GSDL Functional Medicine. (n.d.). Retrieved March 25, 2002, from [http://www.gsdl.com/gsdl/functional\\_med.html](http://www.gsdl.com/gsdl/functional_med.html)

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## A NOTE FROM DR. BRIMHALL

Each week I get many questions on what is the treatment for any number of symptoms and named and blamed DISEASES. The real question and answer is what are the causes and what are the solutions to the causes. **The answer is test for the 6 Interferences and correct with the 6 Steps To Wellness.** This encompasses and is all inclusive of the "Functional Medicine" concept and puts you first in line to be the Doctor of the present and the future.



The literature and my personal experience of 35 years of practice shows almost every patient has most if not all 6 of the interferences. We have not found a patient that does not need the Nutri-West nutrition or that does not need spinal, fascial, visceral and/or craniosacral balance in combination with the Erchonia laser to rewrite the energetic script for health and wellness. Please give the appropriate nutrition support for organ function, detoxification and infection fighting to support the innate intelligence of our body. Use The EBR Footbaths to aid the body's ability to balance its energies and detoxify from the many external and internal insults. We give Total Veggie after every footbath to add alkalinity, enzymes and trace minerals. Please do not forget to add back nutritional support, including trace minerals, as detoxification is nutrition dependent at every level. Detoxification is necessary in every patient in this day and age.

God Bless You In Your Journey to HEALTH and WELLNESS,  
**The Brimhall Wellness Team and Family**

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Questions are frequently sent in about the various laser frequencies for various treatments.

There has been quite a bit of research on the positive effects of laser and nutrition for many different conditions.

Look in the [Ultimate frequency book](#). If you do not have one, they can be ordered from our [web site](#).



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