Functional medicine. 1.5 hr /90 mins

The rise of chronic diseases is astronomically high. Many doctors practice conventional medicine and they often treat only signs and symptoms of the disease. However, this kind of approach to treatments is often unsuccessful because patients continue to feel bad, or secondary symptoms will occur over time. Conventional medicine is good and often can be treated quickly by prescribing various medications without looking at the roots of the disease. In contrast to this, functional medicine takes a different approach to treating chronic diseases. According to The Institute for Functional Medicine," Functional medicine a systems biology-based approach that focuses on identifying and addressing the root cause of disease"

Functional medicine asks questions like why, when, and what is causing the disease or condition. Doctors using functional medicine try to figure out which specific treatment would be appropriate for each individual.

Functional medicine is health-oriented rather than disease, it can be achieved by preventing chronic disease using holistic approaches. In functional medicine, diagnosis involves a person's genomics, epigenetics, birth, stress in chronological order, diet, lifestyle, socioeconomic status, education, marital status or relationship quality, current medications, major life events such as the death of family members, and past medical history. Functional medicine uses three tools such as functional medicine Matrix, Timeline, and GOTOIT frameworks. In functional medicine, Matrix helps clinicians to organize and prioritize each patient's health problems. The Timeline framework assists clinicians in finding factors that predispose, provoke, and contribute to pathological changes. GOTOIT tool helps clinicians to discover the root cause of dysfunction.

 Limitations of functional medicine are not covered by major health insurance, and patients are not always ready to pay out of pocket. Nevertheless, functional medicine and conventional

medicine both play an important role in patient care. Using functional medicine with traditional

medicine can result in improved health outcomes by reducing the cost over time.