

What to Know About Functional Medicine



VitalityMDs has long been committed to using a more holistic approach whenever possible to maintain patient wellness and prevent and treat a variety of conditions. The functional medicine model of care is one of the tools used offering a patient-centered approach to identify and treat the root causes of illness instead of just treating symptoms.

“Functional medicine takes into account our patients’ lifestyles, genetics, mental health, and environment when creating a treatment plan,” said **Janis Rustad, RN, MN, FNP-C**, Certified Functional Medicine Practitioner. “I encourage patients to strive to achieve optimal function and health.”

Among the conditions and topics most commonly addressed with functional medicine at VitalityMDs are:

Food sensitivities – adverse delayed reactions that can affect overall health and mood with unwanted and unpleasant symptoms such as bloating, headaches, GI distress and stomach pain. **Food sensitivity** testing and journaling are ways to identify the culprits and eliminate symptoms.

Hormone imbalance – addressing severe menopausal symptoms such as headaches, sleep problems, memory loss and night sweats through bioidentical **hormone replacement** therapy calls for a personalized approach that takes a number of factors into account. Janis is certified as an Evidence-Based Bioidentical Hormone Therapy Practitioner.

Weight loss – your provider will work with you on a personalized nutrition program to help achieve your goals, boost metabolism, restore gut health, balance hormones, detoxify and **lose weight**.

Dietary supplements – an astounding **74% of Americans** take nutritional supplements but with all the options, patients need to work with someone who can optimize their choices.

Fatigue/lack of energy – while chronic **fatigue** is experienced by almost half of adults, it is often underreported to medical providers. Because there are many possible causes including, but not limited to, anemia, sleep disorders, medication side effects, depression and chronic pain, working with a trained provider is essential to diagnose and address the condition.

If you'd like a personalized functional medicine plan designed to get to the root cause of your fatigue or other issues, book a consultation by calling 480.425.8700.

April MedSpa Specials



Summer Bodies are Made in Spring

Weight Loss Program-

Achieve your body goals with weight loss and nutrition

Free 1 month skinny shots w/program purchase

New Patients Only

Coolsculpting-

This popular treatment aims to reduce stubborn fat

in certain areas of your body.

\$450 per cycle (min. 2 cycles)

Spring Skin Trio-

Dermaplane, Diamond Glow & Illuminize Peel

Exfoliation to uncover renewed skin, pro infused serums, overall skin improvement that provides vibrant

radiant looking skin. \$299



Specials good only through April 30th, 2024. Coolsculpting & Weight loss need to be started before expiration date.

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