



FUNCTIONAL MEDICINE

Discover the Healing Power Within

You possess the power to heal.

Four foundational pillars of health
allow you to harness this innate power.

The Healing Power Within

Heal. It's what our bodies are designed to do - what they *want* to do. Sometimes, they just don't have the right environment for it. That's where functional medicine (FM) comes in.

Modern foods and stressful lives suppress our innate healing capacity. When our body is busy dealing with toxins, stress, and depleted nutrients, all of our energy is sent to manage imbalances instead of facilitating healing.

FM addresses health imbalances at its core by fixing the root cause. Each patient's intervention in FM is personalized to their unique needs, with 4 foundational pillars woven throughout. You can experience remarkable healing by emphasizing these 4 pillars within your own health journey.

FOUNDATIONAL PILLARS OF HEALING

1. Nourishment

3. Hydration

2. Recovery

4. Movement



NOURISHMENT

THE FIRST FOUNDATION

The building blocks of life.

Your body needs a variety of essential nutrients in order to thrive.

Functional medicine implements nutrition plans that focus on healing foods specific to your root cause imbalances.

A great phase-1 approach that anyone can start now is emphasizing adequate protein intake. This provides your body with the essential building blocks it needs to heal.

Understanding the Calorie

Calories are a measurement that tells us how much energy is in our food. What matters more than the calorie itself is its source.

1g Protein = 4kcal

Carbs, fats, and protein are sources of calories - the macronutrients. We need a balanced ratio of each.

1g Carb = 4kcal

Protein is the only macronutrient that provides building blocks for tissue. The rest are fuel sources. We store extra fuel in tissues. Counting calories and balancing macros prevents the storage of excess fuel.

1g Fat = 4kcal

A resting metabolic rate test is the most precise way to balance overall calorie intake once you reach this phase. [Click here to learn more.](#)



Step 1. Focus on Protein, not Calories

Aim for **1 gram of protein per pound of *ideal* body weight** ([Click here to calculate](#)).

Protein is also the most filling macronutrient. So, while you're providing the building blocks to heal, you'll also naturally eat fewer carbs and fats.

Step 2. Whole Food Vitamins and Minerals

An FM meal plan will support proper micronutrients (vitamins and minerals) via a food-first approach.

**If proteins are the building blocks,
minerals are the construction crew**

It's impossible to know exactly what your body needs to support healing prior to reviewing blood work, but some key nutrition sources are a good idea for ensuring the foundations are met.

Organ meats are a staple for whole food micronutrient balance, but you don't have to eat these. Take them as supplements instead:

- Recuperate IQ
- Cod Liver IQ
- Whole C IQ
- Mag IQ

[Order them here](#)

RECOVERY

THE SECOND FOUNDATION

You must rest to heal.

Not getting quality and quantity sleep will impact every facet of your day, from your nutrition choices to how efficiently you metabolize nutrients.

You detox, reset all organ systems, and heal when you sleep.

We've all experienced the impact of poor sleep on our mood and motivation the next day. It's essential to prioritize sleep in order to heal our bodies and mind.

Get Good Sleep

Establishing a routine bedtime is a great practice to begin to restore circadian rhythm balance.

A.M.

Get 10-15 min of direct sunlight when you first wake up.

P.M.

Get 10-15 min of sunlight as the sun sets. Keep lights dim after dark.

The number one thing you can do to improve sleep quality is anchor your circadian rhythm to the day and night cycle.

Light is the "on switch" for our metabolism. If we aren't getting natural light exposure at the right times, our sleep will suffer

HYDRATION

THE THIRD FOUNDATION

Water makes life possible.

Every cell of your body depends on water to function. When we're under-hydrated, a myriad of issues can ensue.

When our cells are not properly hydrated, they do not produce energy efficiently, and cell-to-cell communication is disrupted.

This means your body cannot properly use the nutrients you'll receive through your diet plan, and your nightly recovery will be impaired.

How to Hydrate

- Aim for at least 8 glasses per day.
- Space them out throughout the day to maintain a steady flow of water.
- Electrolytes - Proper hydration is more than just water. You also need minerals to get it inside the cells. Add a pinch of sea salt to each glass. *Celtic sea salt has the most minerals.
- Caffeine increases water loss. Offset this by having 1 extra glass of water for every cup of caffeinated beverage.

This will set your internal environment up to better integrate the nourishment you'll be providing.

Add a little sea salt to your water for even more benefits!

MOVEMENT

THE FOURTH FOUNDATION

Movement Conducts Healing.

You have to move to be well. Imagine a river with flowing water, sweeping away debris, clearing build-up, and delivering nutrients to support a beautiful, thriving ecosystem.

Compare that to a stagnant retention pond and the murky, smelly, slimy mess that it is. Which one would you rather take a swim in?

Your body is no different. When you move, you stimulate blood flow to deliver healing nutrients to your tissues, while a hydrated lymphatic system carries away waste.

Get Moving

Anything that gets you moving is the best form of movement. It doesn't have to be a structured routine. Just getting outside in nature and getting your heart rate up is a great start.

Go for a walk, hike, paddleboard, bike, or play tag with your kids. These are all excellent ways to get your body moving.

If structured routines are more your thing, that's great! Do a HIIT session, resistance training, yoga, or join a group fitness class. Any movement is better than none.

We physically begin to deteriorate when we don't move. It strengthens muscles, bones, and cardiovascular and respiratory systems, enhances detoxification, and improves longevity.

However you choose to move is the right choice!



The Path to Wellness



A personalized and functional approach to health can benefit everyone. From prevention to healing.

While this program is more of a generalized approach, you will still experience tremendous healing by establishing the proper foundations for healing.

In fact, having these core pillars in place before beginning a more personalized approach will further enhance and support healing. These steps are easy to implement, and more can be done without additional costs or resources.

You have much to gain in health by emphasizing these four foundations. Once you're ready to dive into a fully personalized approach, I would love to help.

We will take an in-depth look at your blood work, symptoms, health, and lifestyle history to build out a fully personalized intervention tailored to your body's unique needs.

Reach out at jordan@experiencewellnessiq.com or through my website for a free consultation call.