

Functional medicine resources:

Thank you to everyone who took the time to listen to this morning's learning circle about functional medicine. I'm excited by the possibility that this model can help bring more health to ourselves, our loved ones and our communities. I'm also excited at the prospect of having your help to promote this model! Here are some of my favorite authors and mentors in the functional medicine field to support your learning if you are interested:

Institute for Functional Medicine

"Functional Medicine determines **how** and **why** illness occurs and restores health by addressing the root causes of disease for each individual."

www.ifm.org

Dr. Mark Hyman

"Your fork, the most powerful tool to transform your health and change the world."

<https://drhyman.com>

Sarah Ballantyne

An expert in treating autoimmune conditions with diet.

<https://www.thepaleomom.com/start-here/>

Amy Myers MD

"Get to the root. Learn the tools. Live the solution."

<https://www.amymyersmd.com/about/my-story/>

Dr. Rangan Chatterjee

"Everyone has the ability to feel better. I want to help you achieve that"

<https://drchatterjee.com>

The Whole 30

"Since April 2009, millions of people have successfully completed the Whole30 program with life-changing results. Learn more about our philosophy, program, and benefits, and discover how the Whole30 could change your life."

<https://whole30.com>

There are SO many other amazing practitioners out there with diverse blogs, podcasts and books. Please don't feel limited by this list ☺

All my relations,
Danièle