

Functional Medicine

a revolutionary approach that
honours Indigenous perspectives
on health and wellness

UBC Learning Circle
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I have seen functional medicine transform peoples' health, including my own.

Functional medicine has the potential to restore wellness for Indigenous peoples because it:

1. Aligns with Indigenous perspectives of health and wellness
2. Promotes cultural safety and humility in practice and
3. Addresses the root causes of illness which leads to improved and lasting health

“Functional medicine is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.”



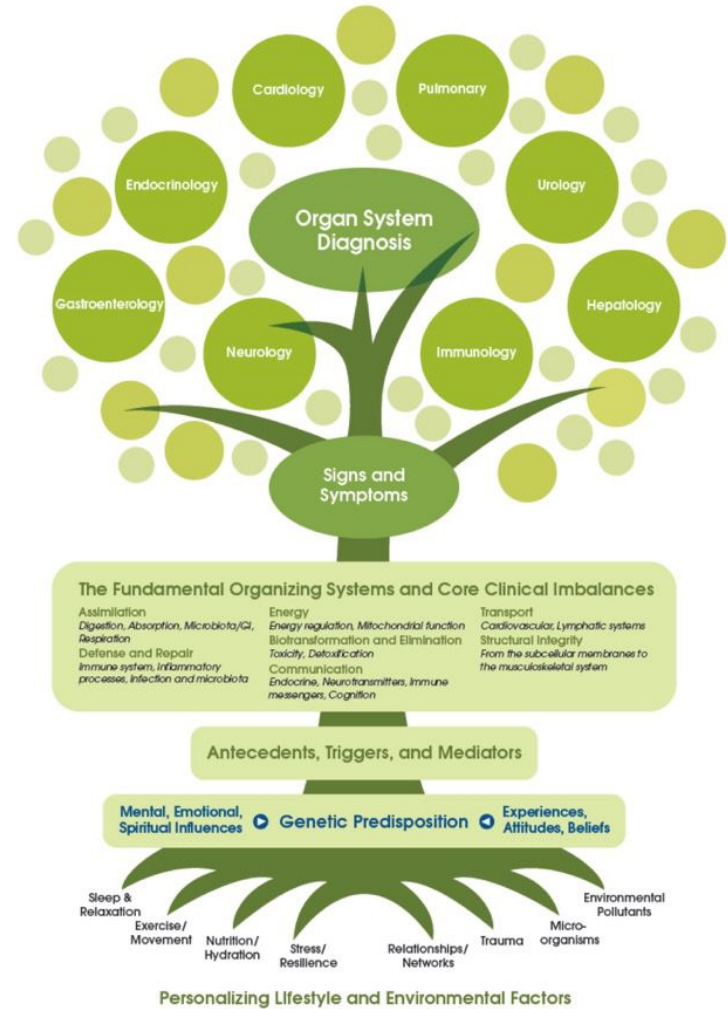
Functional medicine aligns with First Nations perspectives on health and wellness.

First Nations Perspective on Health and Wellness



First Nations Health Authority
Health through wellness

www.fnha.ca



Functional medicine promotes cultural safety and humility in practice.

GATHER

Purpose

GATHER ONESELF: Mindfulness; optimizing the therapeutic relationship

GATHER INFORMATION through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed Functional Medicine history taken appropriate to age, gender, and nature of presenting problems.

ORGANIZE

ORGANIZE the subjective and objective details from the patient's story within the Functional Medicine paradigm. Position the patient's presenting signs, symptoms, and ATMs, along with the details of the case history on the timeline and Functional Medicine Matrix.

TELL

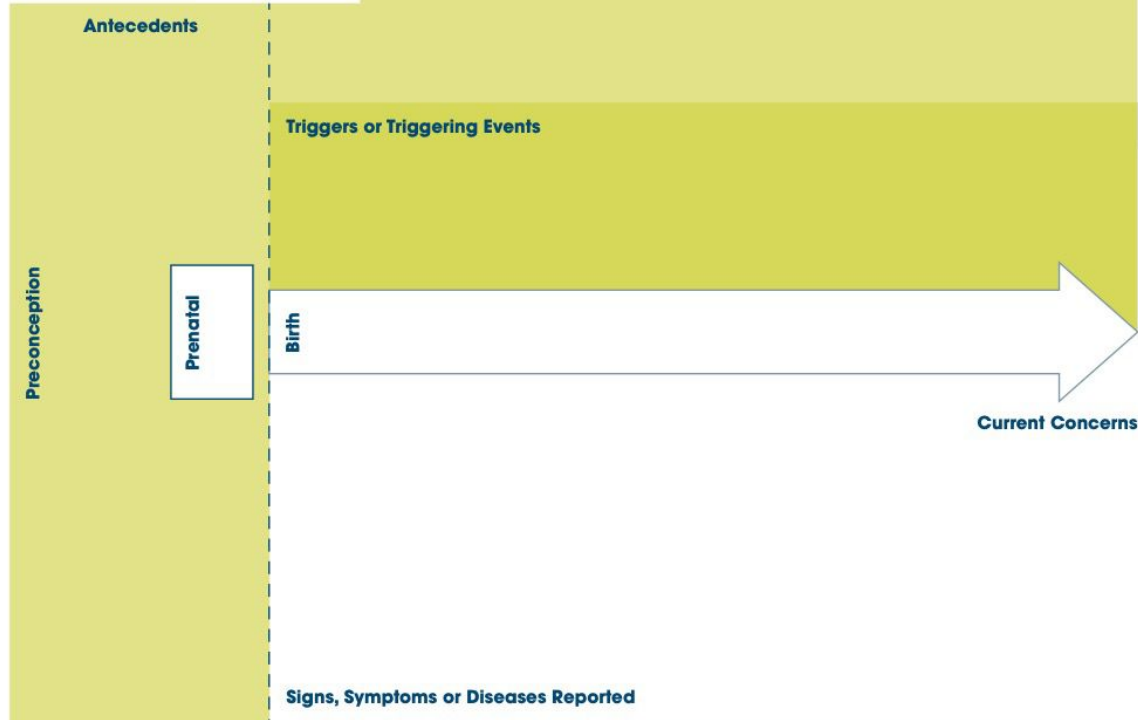
TELL the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.

- Acknowledge patient's goals.
- Identify the predisposing factors (antecedents).
- Identify the triggers or triggering events.
- Identify the perpetuating factors (mediators).
- Explore the effects of lifestyle factors.
- Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix.

Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.

FUNCTIONAL MEDICINE TIMELINE

Mediators/Perpetuators



Name: _____ Date: _____ CC: _____ © 2014 Institute for Functional Medicine 

Functional medicine addresses the root causes of illness which leads to improved and lasting health

FUNCTIONAL MEDICINE MATRIX

Retelling the Patient's Story

Antecedents

Triggering Events

Mediators/Perpetuators

Physiology and Function: Organizing the Patient's Clinical Imbalances

Assimilation

Defense & Repair

Structural Integrity

Mental

Emotional

Energy

Spiritual

Communication

Biotransformation & Elimination

Transport

Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

Nutrition

Stress

Relationships

Name: _____

Date: _____

CC: _____

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The functional medicine model can help restore wellness for Indigenous peoples because it:

1. Aligns with Indigenous perspectives on health and wellness
2. Promotes cultural safety and humility in practice
3. Addresses the root causes of illness which leads to improved and lasting health

In the next 6-12 months you can implement functional medicine in your own life by:

1. Honoring the teaching of food as medicine.
2. Learning more at www.ifm.org, and reading books and blogs by functional medicine practitioners.
3. Invite myself or other FM practitioners to give more detailed sessions on specific functional medicine nodes (gut, immune, detox, energy, hormones)😊



mussi cho
huy ch q'ù
merci
thank you