

Why Your Doctor Never Heard of Functional Nutrition™

"Operations are what I do," Believe it or not, one recent new client was given the above quoted statement as an explanation for why the surgeon she was consulting did not offer any alternative treatments for her complaints.

Unfortunately, as the present case illustrates, many physicians just "do what they do" and never research any of the alternatives that are available to the patients.

Clients often ask me why their doctors are not familiar with our kind of Saliva, Urine, Blood and Stool testing, and especially why traditional doctors do not perform it.

Why has your doctor never heard of Functional Nutrition™?

1. The other doctor has not been exposed to Functional Nutrition™ because his/her specialty does not expose him/her to it. If a physician is a surgeon, he/she does surgery to eliminate complaints. If the physician is rheumatologist, he/she will look for rheumatologic causes for your condition. We at Better Health & Wellness Center took the time to explore alternative options for treating many common complaints other than the traditional NSAIDS, steroids, antibiotics, statins, synthetic hormones, physical therapy, and eventual surgery.

2. Another is this. Doctors do like helping people. But most doctors only use the tools they learned during their residencies, and will not stray beyond those standard tools for fear of being labeled an alternative healer. This reminds me of a meeting of cardiologists I read about a number of years back. Someone asked the group of doctors how many of them were taking vitamin E themselves. A large proportion of the group raised their hands. Then when asked how many of the doctors were recommending vitamin E for their patients, almost nobody raised their hands.

In reality, in today's disease care system, a specialist cannot incorporate non-standard therapies into his practice because indeed, his referrals from other doctors will in fact dry up sooner rather than later if he does. To be a "respected" member of today's medical establishment requires a mind numbing lack of imagination and intellect in the rote application of only standard therapies. Some doctors are unwilling or unable to take these risks.

3. Finally, it is generally true that if the only tool you have is a hammer, then every problem you see is going to start looking like a nail. Applying inappropriate or even dangerous therapies that don't work is accepted in our health care system. Physicians are judged by the "standard of care" rule. In essence, as long as a doctor is using the same therapies other doctors are using, then it doesn't matter that results are mediocre at best, or even that some patients are being damaged, because everyone else is getting those same results. This is not fair, it is not right, but it's just the way it is. At Better Health & Wellness Center, we try to find treatments that are best for our patients – ones that are the most effective with the least amount of potential side effects.

We discuss this topic with you, our readers, because we want you to understand how it is in medicine today. The moral to be gleaned from this article is that not all physicians practice by the Hippocratic oath; that it is not just scientific validity or documented results from an operative procedure that guide the surgeon's hands, and that it is always wise to get second opinions for serious conditions, especially if the recommendation is for surgery.

In our practice at Better Health & Wellness Center, we too are not free from all bias. We admittedly are inclined first to use the most natural, safest, and least invasive approach for the treatment of each person. However, we use a broad range of procedures and therapies, and we freely make referrals as needed.

In patients with hormonal, digestive and detoxification problems, Functional Nutrition™ is such an awesomely effective approach that we have no hesitation recommending it as a first line therapy.

The practice of medicine presents the bewildered patient with an amazing "marketplace of ideas" offering various approaches to their health problems. Seek out trustworthy guidance when you need to negotiate the high tech, highly dangerous health care maze. A good place to do it is right here! Please call 858-451-7774 or email reed@sdnhfc.com for a free consultation.

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