

FUNCTIONAL MEDICINE

with Dr. Mathew Wilding



TO SCHEDULE CONTACT US AT:

- PHONE: (919) 759-9177
- INFO@CHIROPRACTIC.COM

FUNCTIONAL MEDICINE

Functional Medicine is the practice of finding the root of the problem and facilitating the body's ability to recover without the use of drugs or surgery. Very often, however, drugs and/or surgery is absolutely necessary and when this is the case, Dr. Wilding may function in a complementary role to the physician.

MOST COMMON CONDITIONS

- DIGESTIVE PROBLEMS & FOOD INTOLERANCES
- REDUCED IMMUNE SYSTEM FUNCTION, ALLERGIES, ASTHMA
- AUTOIMMUNE DISEASES
- METABOLIC DYSFUNCTION (WEIGHT GAIN, BLOOD SUGAR ISSUES, BLOOD PRESSURE, CHOLESTEROL)
- FATIGUE (BRAIN & MUSCLE), SLEEP DISORDER, COGNITIVE ISSUES

DR. WILDING'S APPROACH

Dr. Wilding helps people with a wide range of chronic health issues such as digestive disorders (Irritable bowel syndrome, Crohn's disease, Ulcerative Colitis, etc), chronic infections, autoimmune diseases, thyroid disorders, and chronic fatigue. The patients that do best under his care tend to have the following in common:

- They prefer not to rely on medications as a singular intervention to their health concern, and if possible would prefer to eliminate the need for drugs when possible.
- They are interested in discovering the underlying cause of their problems instead of simply suppressing symptoms.
- They are motivated to play an active role in their own recovery process.

● They are willing and able to make the necessary dietary and lifestyle changes to support health and well-being. In order to figure out the root cause of each patient's health concern, Dr. Wilding uses detailed questionnaires, medical history and previous medical examinations, comprehensive laboratory tests (blood, urine, stool, and saliva testing), and physical examination.

He will then use nutritional therapy, detoxification, stress management tools, lifestyle changes, and when necessary, referral to a specific physician for medical assistance. Maximized healing and ongoing wellness are only possible when the root causes of illness are addressed. By understanding the relationship of core systems of the body (nervous system, endocrine system, immune system) and how they relate to one another, very often their function can be restored and many chronic illnesses can be prevented and even reversed.