

*What is Functional Medicine and Can It Keep You Healthier?*

## Ever Heard of a Functional Medicine Doctor?

**Millions of Patients are Turning to This Form of Therapy  
and Healing, Wonder Why?**

Once you reach your mid-thirties and beyond, you begin to have questions about your health.

If you suffer from chronic illness, chances are you've been to a doctor who immediately prescribed one or more synthetic medications to help ease your symptoms.

Hopefully, the pills, injections or creams improved your symptoms. But, modern medicine is expensive. How long will you have to take them and what happens once you stop? What about long-term side effects?

Did you know that [60% of older Americans](#) may be taking drugs they don't need? Adverse drug reactions account for one-third of adverse events at hospitals.

Prescription medications continue to increase in volume with [4.45 billion prescriptions](#) in 2016, a steady increase every year. That's not to say all prescriptions are bad. A lot of science and testing goes into each new drug. There are over 6,600 drugs on the market to cover only 12 organ systems in the body.

But are all these pills and potions curing people? The concern people have for taking strong medications has led to alternative treatments for healing the body that we refer to as alternative or functional medicine.

### **What is Functional Medicine?**

This kind of treatment combines modern technology with alternative therapies to identify and treat the underlying cause of an illness. It concentrates on the entire person, instead of an isolated set of symptoms.

*According to [The Institute for Functional Medicine](#), "Functional Medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease."*

Functional medicine doctors study the individual patient's internal and external factors such as lifestyle, diet, genetic makeup, biochemical and other factors. The patient and practitioner work in harmony to determine the cause and best course of action for personalized treatment.

The first step in treatment is to find the right practitioner.

## **A Naturopathic Doctor Listens to You**

A functional medicine doctor has several names. People sometimes refer to them as a naturopath, alternative medicine doctor, natural medicine, holistic medicine doctor, naturopathy practitioner, naturopathic physician, natural healing or natural doctor.

Naturopathic doctors with an ND after their name have completed a rigorous four-year degree from a medical college. The ND degree requires graduate-level study in the same medical sciences as an MD and include cardiology, biochemistry, gynecology, immunology, pathology, pharmacology, pediatrics, and neurology.

A naturopathic or functional medicine doctor will study your medical history and give you a thorough examination before suggesting a course of treatment.

*Using a range of alternative methods of diagnosis, a Naturopath can often successfully pin-point a predisposition in the body, before the onset of acute disease, and treat the patient with specific therapies and changes in the patient's lifestyle.- [College of Naturopathic Medicine](#)*

For people who want a healthier alternative to months or a lifetime of prescriptions, a naturopathic doctor is the right choice.

## **It's Different from Conventional Medicine**

Western medicine, especially in the U.S., tends to attack the symptoms rather than using a holistic method to find the underlying causes of the disease. Conventional Medical practitioners tend to throw pills at the problem for immediate relief instead of a long-term solution.

Let's use the disease gout as an example. Conventional medicine will tell you to drink lots of water avoid alcohol and take nonsteroidal anti-inflammatory drugs (NAISDs) like Ibuprofen as a pain reliever and to reduce swelling. Unfortunately, NAISDs can cause serious long-term side effects such as gastrointestinal damage, ulcers, kidney failure, and internal bleeding. Should it happen, the doctor will have more pills to fight those symptoms and round and round you go.

A functional medicine approach would be to look at all the ways you adversely affect your body from the outside in. Start by eliminating all the foods containing purines that cause gout such as red meat, oily fish, mussels, alcohol, especially beer, and other foods. Avoid taking extra niacin and vitamin A. To help the body heal, a naturopathic doctor will suggest eating cherries, blueberries, and other dark red berries that contain anthocyanidins. Then they would recommend supplements such as Vitamin C, folic acid, Bromelain, and Quercetin, a bioflavonoid. The naturopathic doctor will help you choose the right dietary and lifestyle path toward healing, avoiding harmful and expensive drugs.

Not treating the underlying disease can create more chronic conditions. As a result, "Of total healthcare costs in the United States, more than [86%](#) is due to chronic conditions."

## **Treating Your Whole Body, Not Just the Symptom**

Your body is a highly complex organism with all systems interconnected. If one organ becomes ill, all systems suffer.

Functional medicine is more health and patient-oriented while conventional medicine is doctor and disease-oriented. It's not uncommon to find NDs spending an hour or more with each patient uncovering every issue they are experiencing. Time with a patient is a luxury conventional doctors can't afford. When was the last time you spent longer than 15 minutes with a doctor?

## **What to Expect During Your First Visit**

Your first visit is the most critical. Like most medical visits, you'll be asked to fill out a comprehensive questionnaire about your health history. If possible, bring your medical records, list of supplements, any medications, and lab test results with you.

The doctor will take as much time as necessary to listen to you and understand your health issues and make a comprehensive assessment. During this time, you'll have a complete physical examination to determine any particular tests required for your specific health issue.

Some of the health factors we look for include:

- Environmental Influences
- Diet
- Physical activity
- Exposure to Toxins
- Traumas
- Biological & Genetic Influences
- Hormones
- Digestion and Nutrient Absorption
- Environmental
- Food Allergies
- Immune System Function
- Inflammatory Responses

They will also investigate your mind-body connection, the psychological, spiritual, and social factors that can make a difference to your health.

Once they have the test results, you'll work with the doctor to create an individualized treatment plan. They'll show you what you need to know to prevent disease and improve your health.

## **Can This Type of Medicine Improve Your Health?**

Functional medicine can help everyone, young or old. It allows athletes to keep in peak shape and performance. It helps others suffering from chronic illnesses to stop it and turn the tide in recovery.

Each person is unique in health, mind, and body. Practitioners treat each person as an individual, creating unique treatment methods instead of universal drug-based treatments. It

combines the best of laboratory testing and technology with a focus on prevention through diet, exercise, and nutrition.

## **Many Ailments Respond to Naturopathic Treatment**

Some of the treatments include stress-management, detoxification, therapeutic foods, and supplements to name a few. These treatments help reduce symptoms and suffering from many illnesses including:

- Stress, anxiety, and depression
- Inflammatory and auto-immune conditions like arthritis (rheumatoid and osteoarthritis), Sjögren's syndrome, lupus, Hashimoto's, Graves disease, Celiac, and others
- Digestive tract issues -IBS, colitis, Crohns, acid reflux, GERD, and celiac disease
- Blood sugar problems
- Thyroid and adrenal gland problems, insomnia, or fatigue
- Chronic or worsening symptoms of one or more vital organs
- Rapid weight gain or loss
- Child-related health problems like ADD, ADHD, autism, allergies and more

Even people with cancer-related issues or who are enduring chemotherapy sessions can reduce their suffering with naturopathic treatments.

## **Why is Robert Galarowicz ND the Best Naturopath for You?**

Robert Galarowicz ND has been practicing full time as a naturopathic doctor for over ten years helping people with chronic health issues from the N.Y. and N.J. region.

At the age of 24, Robert survived a life-saving kidney transplant. He knew it would take more than pills to keep him healthy for a long life. "It was by far the WORST and MOST HORRIBLE period of my life!" he admitted.

Doctors wanted to prescribe immunosuppressants for six months to a year. With side effects like:

- Acne.
- Bone thinning (osteoporosis) and bone damage (osteonecrosis)
- Diabetes.
- Excessive hair growth or hair loss.
- High blood pressure.
- High cholesterol.
- Increased risk of cancer, particularly skin cancer and lymphoma.
- Infection.

Robert's Picture  
Placeholder

...But, Robert felt there was a better way to improve and maintain his health.

That's when he discovered the safety and benefits of Functional Medicine. Knowing that transplanted kidneys only last 7 to 11 years on average, he changed his lifestyle, learned everything he could about nutrition, holistic and natural medicine. He became a certified naturopathic doctor to help himself and others discover how to regain their health without handfuls of pills.

And, he's helped hundreds of patients.

## **Success Stories from Some of Dr. Robert's Patients**

*[Insert Video Testimonial-* <https://www.youtube.com/watch?v=8MfkJQc5NgM>*]*

*Notes to Robert – Here're some of the testimonials that I selected from your other page.*

*"Since I started working with Dr. Robert I haven't had a flare up of my ulcerative colitis." - Samantha Bakers*

*"The migraines I have had during my PMS week are much improved. Your advice worked." - Patricia Glasser, Blauvelt, NY*

*"I met Robert at a health fair a year ago. We spoke for a while, and I knew I had to consult with him regarding my daughter's asthma. Since working with him, she has needed less of her medication, and her asthma is much more manageable." - Alexis Varner, NJ*

*"Thank you so much for your wonderful recommendations. Life has been a pleasure! You help me reduce my joint pain, and I look forward to exercising again. Before I didn't think this would have been possible. You were always available, quick to answer questions and always exceeded my expectations. You truly are gifted." – Michele Griths, Hackettstown, NJ*

*"When my sister spoke so highly of you I knew I had to come and make an appointment on my next visit to New Jersey. You have helped me solve health problems that I had for years." - Pauline Connors, Orlando, FL*

*"I am so glad I consulted with you. The chemotherapy I was receiving was causing me to lose weight. Through your diet, I was able to put the much-needed weight back on and keep my immune system strong. Even when I had trouble getting food down you were able to work out a way for me to get my much-needed calories. I still avoid those foods you told me would weaken my immune system, and I feel you really helped me during my treatments. - Mildred Harnack, Lyndhurst, NJ*

*"My blood sugar was out of control. I couldn't stop my cravings for bad foods. Robert gave me a realistic diet I could follow along with a few supplements to help my body. Now my blood sugar is perfect, and my food cravings are gone. I also lost some weight." - Sheila T, Nurse, NJ*

Dr. Robert Galarowicz ND has helped hundreds of patients with every kind of chronic illness imaginable, with great success.

If you have a severe or chronic health issue, you owe it to yourself to visit Dr. Robert for an initial consultation. You'll be amazed what a few changes in diet and environment can have on your long-term health and comfort.

He believes, *“Most Functional medicine practitioners tend to use too many overpriced and not needed testing to be done. A person who has studied this for their entire career can pinpoint only the important tests that are needed.”* And that's how he works.

Everything you reveal about your health history holds vital clues to your well-being.

50% of adults have at least one chronic health condition, and your body gives you plenty of warning that something is wrong. Let Dr. Robert and his team find out what your body is trying to tell you.

They don't shove you through the examination process like a typical doctor's office on a quota. They take the time to listen.

## **A Free 20-Minute Consultation**

Dr. Robert is one of the few practitioners who donates his valuable time and offers a free 20-minute “get to know you” consultation. It's your chance to talk with an ND without pressure or a sales pitch. You can explain all of your symptoms and problems on your journey toward healing.

Here are three ways you can book an appointment right now.

1. Call (201) 618-3534
2. Send an email to [rob@drrobertg.com](mailto:rob@drrobertg.com)
3. Use the form on the [CONTACT PAGE](#).

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