

What is a Functional Medicine Life Coach?

FMCA(Functional Medicine Coaching Academy) Life Coaches are health professionals with a wide variety of back grounds (ie, health technologists, therapists, care takers etc.) who have all been taught the fundamentals of Functional Medicine and Positive Psychology .They have completed a year-long course and have been certified through the Functional Medicine Coaching Academy. Coaches work side-by-side with FM (Functional Medicine) practitioners in order to give you a deeper, more comprehensive level of health care.

#1 Why use Functional Medicine

- Uncovers the root causes of illness
- It is based on the study of body systems and their physiological interconnections
- It is dynamic – constantly changing with our body , leading to transformational health improvements

#2 Why use a Functional Medicine Coach

We will work with you to evaluate your strengths and weakness in order to focus on your unique issues.

The 5 pillars of *Lifestyle Well-being* are:

1. Nutrition and Hydration
2. Exercise and Movement
3. Sleep and Relaxation
4. Stress and Resilience
5. Relationships and Networks

The Mind and Body are One!

Let us help you to recognize your areas of disconnect – then together teach you how to be a Whole person again with:

- Nutritional plans designed for your specific disease or needs
- Personalized Exercise prescriptions
- Co-create a personalized change plan
- Mind-Body evidence based practice interventions
- Self-discovery and personal growth tools

Take advance of this unique opportunity to be the best you