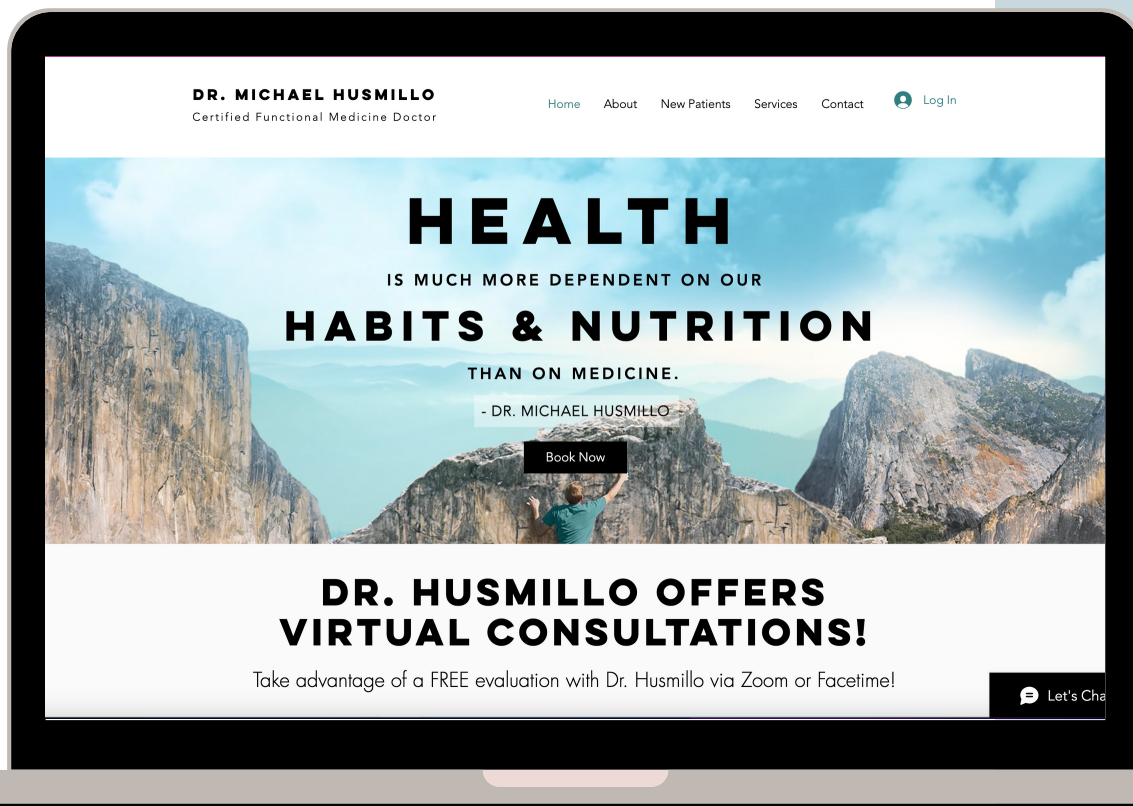


FUNCTIONAL HEALTH SOLUTIONS

WHAT IS FUNCTIONAL MEDICINE?

DR. MICHAEL HUSMILLO
D.C. | F.A.C.F.N. | C.F.M.P.



WWW.DRMICHAELHUSMILLO.COM

Table of Contents

ABOUT DR. HUSMILLO	01
WHAT IS FUNCTIONAL MEDICINE?	02
HEALTH EVALUATION	03
BRAIN - GUT CONNECTION	05
GETTING STARTED + NEXT STEPS	09
TEST KITS	10
SUPPLEMENTS + EXERCISES	11
HEALTH QUESTIONNAIRE	13

HELLO

SO HAPPY YOU'RE HERE

"I am first and foremost committed to providing each patient with an individualized diagnostic and therapeutic approach to assist them in their journey to live a healthy and fulfilled life."

I started my journey with functional medicine over 10 years ago, before the term was even coined. I had been looking for a true natural approach to treating disease and disorders of the human body.

I look forward to helping you get started on your functional health journey!

Dr. Michael Husmillo



WHAT IS FUNCTIONAL MEDICINE?

Functional medicine is a form of healthcare that utilizes a holistic approach to an individual's health. This approach will include functional health testing as well as natural supplements from vitamins, minerals, herbs and essential nutrients.

Traditional western medicine looks at pathology only, and if an individual's lab test falls within an acceptable range, they may be considered normal. Functional medicine will look at a person's overall functional health which is a true indication of an individual's well being.

Functional medicine looks to find the true cause of the problem and provides an individualized approach to improving one's health naturally.



HEALTH EVALUATION

IT'S IMPORTANT TO UNDERSTAND WHERE YOU'RE STARTING
AND YOUR GOALS WHEN IT COMES TO YOUR HEALTH.

YOUR QUESTIONS OR CONCERNS

CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TOP 3 PRIORITIES



It is more important to
understand the imbalances in
your body's basic systems and
restore balance, rather than
name the disease and match
the pill to the ill.

MARK HYMAN, M.D.

Brain - Gut Connection

HOW IT WORKS & WHAT IS INVOLVED

1 THE BRAIN



3 THE VAGUS NERVE

SENDS SIGNALS FROM
THE BRAIN TO GUT +
GUT TO BRAIN

2 THE GUT

IMMUNE SYSTEM

CELLS IN THE GUT
LINING SECRETE
ANTIBODIES

DIGESTION ABSORPTION

BREAKSDOWN AND
ABSORBS VITAL
NUTRIENTS

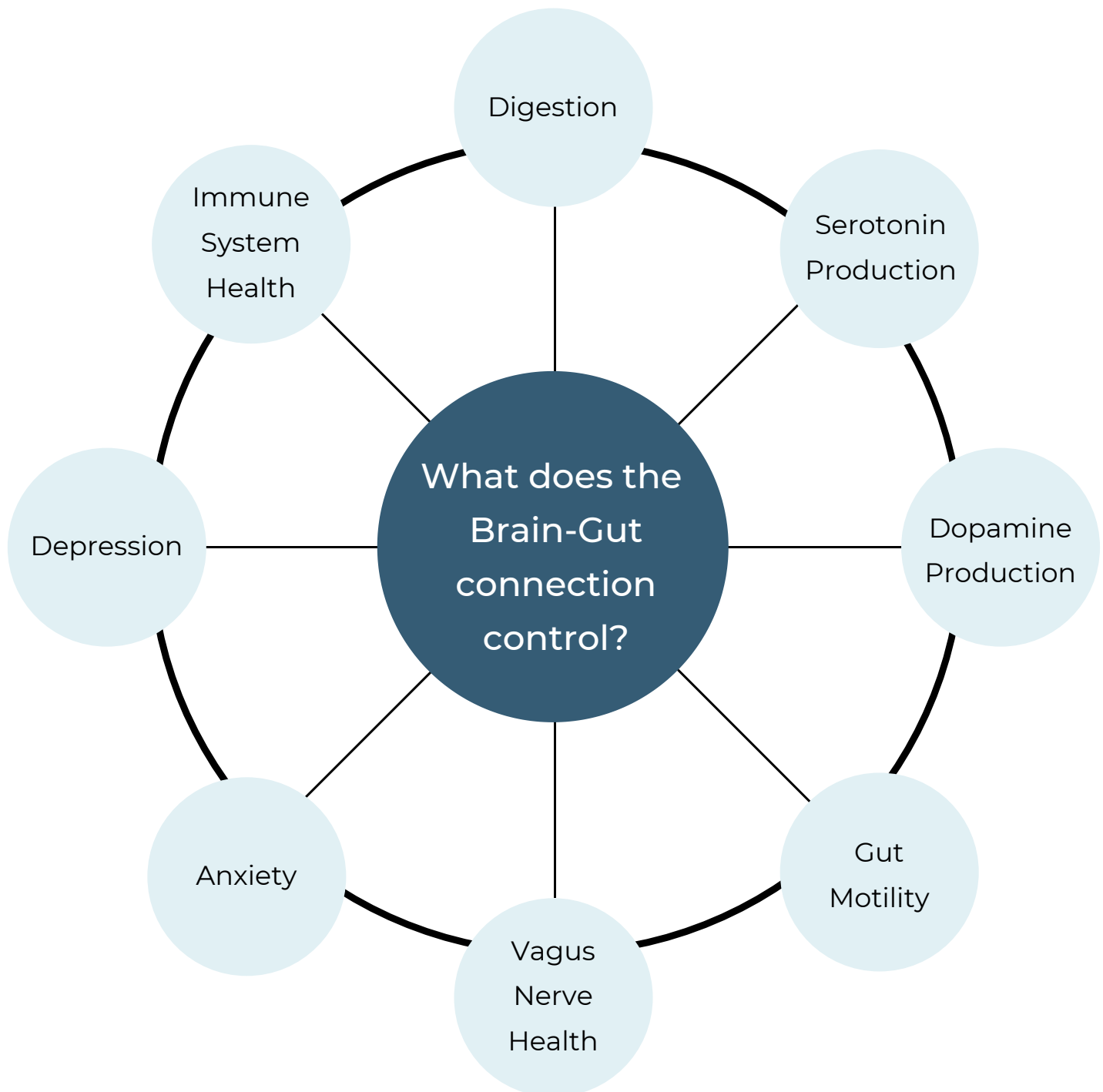
NEURO- TRANSMITTERS

DOPAMINE AND
SEROTONIN ARE ALSO
PRODUCED IN THE GUT

BRAIN - GUT CONNECTION

One of the most important connections that affects one's health is the connection between the **brain and the gut**. Recent studies indicate this connection plays a role in *anxiety, depression, autoimmune diseases, Alzheimer's, Parkinsons, ADHD and autism spectrum disorder*.

My belief is that understanding this connection in every patient or client is vital to their treatment approach.



The Vagus Nerve

Links your brain and gut

The **vagus nerve** extends from the **brain stem** all the way down into the **abdomen** and branches out into your heart, lungs, stomach, and intestines.

A good functioning vagus nerve will help to improve brain health as well as gut health!

1

SIGNS OF VAGUS NERVE DYSFUNCTION

- Poor digestion
- Infrequent bowel movements
- High blood pressure
- Abnormal heart rate
- Anxiety

2

VAGUS NERVE EXERCISES

- Splash cold water on your face
- Gargle water for 30 seconds
- Humming
- Singing
- Meditation



True healing comes
from connecting the
brain and gut. They
work together. Treating
them separately is only
50% healing.

DR. MICHAEL HUSMILLO

SO WHAT NOW?

Are you ready to get started on your functional health journey?

1

INITIAL CONSULTATION

Start with a consultation with Dr. Husmillo to see how a functional medicine approach could help you!

2

HEALTH EVALUATION

We'll go over all of your symptoms and concerns, as well as family history, to get a full health picture.

3

TREATMENT PLAN

Through a mix of brain exercises, supplements, diet recommendations, and physical exercises, Dr. Husmillo will tailor a treatment plan specifically to you!

4

CHECK-IN'S

You'll have a follow up visit to check in and re-evaluate your symptoms and possible adapt it to any new concerns you may have

Test Kits

My philosophy is don't guess, but test.

Functional medicine testing can provide valuable insight into what a person may need in terms of *vitamins, essential nutrients, and probiotics*, just to name a few.

1

STOOL ANALYSIS

Gives us information on gut dysbiosis.

2

ORGANIC ACID TEST

Provides us with a comprehensive metabolic and nutritional profile.

3

NEUROTRANSMITTER TEST

Provides information on brain neurochemistry.

4

ADRENAL TESTING

Gives us insight into cortisol (the stress hormone) levels.

5

FOOD SENSITIVITY TEST

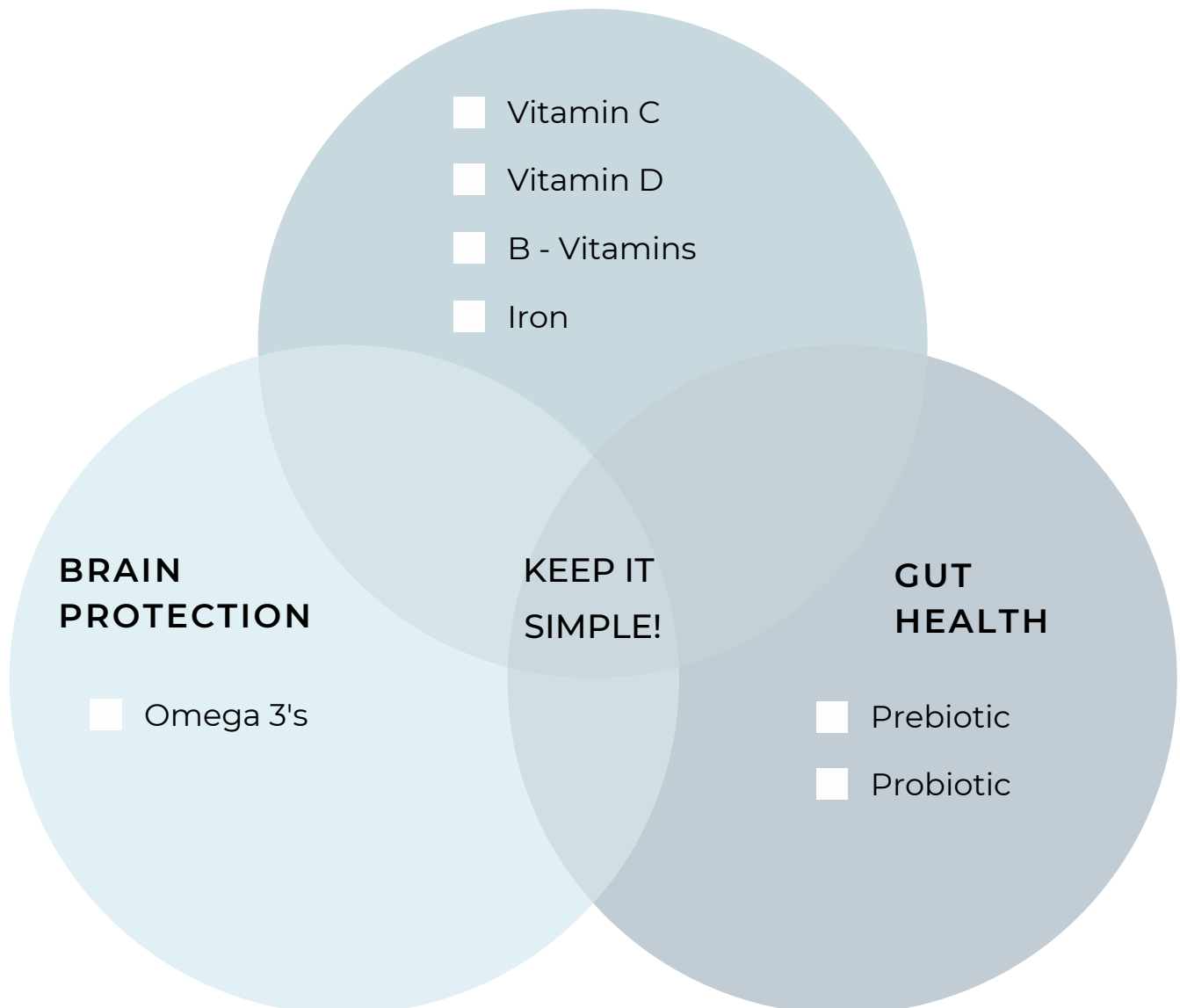
Provides insight into foods you're sensitive to that may be causing reactions or leaky gut.

Supplements

People ask me all the time what they can take to get their recommended amount of vitamins and nutrients. My approach: **Keep it simple.**

Here are some recommendations that I use to improve brain neurochemistry, while protecting the brain & improving gut health.

NERVOUS SYSTEM HEALTH



Exercises

PRE-FRONTAL CORTEX

THESE EXERCISES HELP WITH LEARNING, MEMORY & EMOTIONS

DUAL TASKING

- Walk 10 steps
- Continue to walk, then start reciting every other month of the year out loud
ex: January, March...etc.

Scale :

- 1 : No changes in gait while reciting
- 2 : Able to recite every other month correctly but gait is slowed
- 3 : Unable to recite & gait was altered

CEREBELLUM

THESE EXERCISES HELP WITH BALANCE & COORDINATION

TANDEM GAIT

- Stare at a fixated point
- Walk 10 steps forward & 10 steps backwards making sure to walk **heel-to-toe** both directions
- Repeat until your balance feels steady

How many steps can you take without losing your balance?

RHOMBERG'S

With your **feet together**, stand without falling or losing your balance.

- Try once with **eyes open** and once with **eyes closed**

How long can you stand still?

Scale :

- 1 : < 5 secs
- 2 : 5 to 10 secs
- 3 : 11 to 20 secs
- 4 : 21 to 30 secs
- 5 : > 30 secs

HEALTH QUESTIONNAIRE

If you experience 5 or more of the following symptoms, you may be a good candidate for functional medicine.

SYMPTOMS

- | | |
|---|---|
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Get bloated immediately after eating |
| <input type="checkbox"/> Difficulty staying asleep | <input type="checkbox"/> Headaches after eating certain foods |
| <input type="checkbox"/> Wake up with low energy | <input type="checkbox"/> Experience 'brain fog' |
| <input type="checkbox"/> Low energy after eating lunch | <input type="checkbox"/> Difficulty with short term memory |
| <input type="checkbox"/> Feel anxious for seemingly no reason | <input type="checkbox"/> Difficulty regulating your emotions |
| <input type="checkbox"/> Get depressed for no reason | <input type="checkbox"/> Difficulty getting motivated |
| <input type="checkbox"/> Frequent constipation | <input type="checkbox"/> Frequent loose stools |

YOUR GOALS

- 1.
- 2.
- 3.

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.