

Functional Medicine is NOT Integrative Medicine

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Functional Medicine is not synonymous with Integrative Medicine. It is a *component* of Integrative Medicine. For practitioners who want to become true Integrative Medicine Health Care Providers, it is essential to adopt an understanding of integrative medicine in its truest sense - a healing-oriented medicine that addresses the body, mind, and spirit. CIM is committed to creating a transformation in health care by creating a community of practitioners that embrace integrative medicine in this truest sense. The classifications of Integrative Medicine are:

- **Systems of Medicine** - Traditional Chinese Medicine, Ayurveda, Homeopathy, Naturopathic
- **Biologically Based** - Botanical Medicine, Natural Medicine, **Functional Medicine***
- **Manipulative Medicine** - Chiropractic, Osteopathic, Massage Therapy, Movement Therapy
- **Mind-Body Therapy** - Counseling, Patient Support Groups, Meditation, Prayer, Spiritual Healing, Hypnosis, Guided Imagery, Creative Outlets (e.g. art, music, dance)
- **Energy Therapy** - Biofield Therapy (e.g. qigong), Bioenergetic Therapy (e.g. magnetic fields, alternating current, direct current)
- **Allopathic Medicine** - Practiced by MD's, According to MedTerms dictionary, medicine is defined as "The system of medical practice which treats disease by the use of remedies which produce different effects from those produced by the disease under treatment. MDs practice allopathic medicine.

* **Functional Medicine** - The term 'functional medicine' has been defined as the field of health care, which employs assessment and early intervention into improvement of physiological, cognitive/emotional, and physical functioning. A central concept of functional medicine is that nutritional pharmacology can be used as an effective biologic response modifier for restoration of homeodynamic/homeostasis in individuals with complex chronic illness.