

The background features a dynamic, abstract pattern of glowing, wavy lines in shades of orange, red, and pink, set against a dark gradient. A solid black horizontal bar spans the width of the image, containing the title and author information. To the right of this bar is a solid yellow rectangular area.

# Using Technology in Patient Care

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# Functional Medicine and the Future of Healthcare

Toxic Exposure: Detoxification, & Reduce Inflammation

Structural Imbalances: Structural Exercises and Posture Health

Hormonal Imbalances: Reproductive Health

Sleep Deprivation & Stress: Mitochondrial Function, Immune Support

## DISEASES

- Diabetes
- Cancer
- Heart Disease
- Obesity
- Autoimmune Diseases
- Fibromyalgia
- Arthritis

## ROOT CAUSES

- Immune Imbalances
- Structural Imbalances
- Inflammatory Imbalances
- Hormonal Imbalances
- Toxic Chemical Exposure
- Digestive Imbalances
- Mitochondrial Dysfunction



# Detoxification: Toxic Exposure in the Air

- Reducing Exposure is Key! Recommend an Air Filter.
- Air filters in your patients home can help in reducing toxic load. We all have toxins in our home. Toxins maybe in the form of mold spores. It could be the paint on the walls, the material in our mattresses and sofas, or the carpet on our floors.
- These things exist in the air and they can have a negative effect on our bodies. Air filters help to take the chemicals out of the air and ease the chemical burden.
- By easing toxicity, bodily inflammation can be reduced.

# My Air Filter: levoit HEPA

“High-efficiency whole house filtration, high-efficiency particulate air sleep zone air filtration, and high-efficiency particulate air room air cleaners all appear to provide various degrees of benefit.”

Sublett JL. Effectiveness of air filters and air cleaners in allergic respiratory diseases: a review of the recent literature. *Curr Allergy Asthma Rep*. 2011;11(5):395-402. doi:10.1007/s11882-011-0208-5



# Detoxification: Toxic Exposure in the Water

- Reducing Exposure is Key! Recommend A Water Filter.
- In 18 of the 59 households, arsenic concentrations exceeded 10 ppb (maximum permissible arsenic
- RO systems removed an average of 80.2% of arsenic from well water.
- Another study of drinking water in Arizona showed that RO effectively decreased concentrations of lead, antimony, and arsenic.
- RO also reduces vital nutrients (such as Magnesium).
- Make sure to have an additional filter (that adds Mg) or a supplement with multi-minerals.

# Detoxification: Toxic Exposure in the Water

Walker M, Seiler RL, Meinert M. Effectiveness of household reverse-osmosis systems in a Western U.S. region with high arsenic in groundwater. *Sci Total Environ.* 2008;389(2-3):245-252. doi:10.1016/j.scitotenv.2007.08.061

Lothrop, N., Wilkinson, S. T., Verhougstraete, M., Sugeng, A., Loh, M. M., Klimecki, W., & Beamer, P. I. (2015). Home Water Treatment Habits and Effectiveness in a Rural Arizona Community. *Water*, 7(3), 1217-1231. <https://doi.org/10.3390/w7031217>

# My Water Filter: ESP Water Products.

"When you stop to think about it, water touches our lives in so many ways. You drink it, cook with it, bathe in it and clean with it. We believe that clean water is essential for good health. But do we give much thought to *what is in our water?*

In the United States, most of us get our water from a public water supply. We trust that this water is clean and ready for drinking, showering, cleaning and cooking.

Although monitoring and regulations are in place, the quality of our drinking water can change daily.

Municipalities work hard to provide clean water for their customers, but contaminants can infiltrate rivers, aquifers and springs, and corroded pipes can introduce impurities to water lines even after the water has been processed at a municipal treatment plant."

- ESP Water Products.



## Structural Imbalance: The Importance of Healthy Posture

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Poor posture can increase stress on joints and might increase pain and inflammation.

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Patients who were less aware of their posture suffered from more back and shoulder pain.

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Patients who improved their awareness to healthy posture reported reduction in pain.





# Structural Imbalance: The Importance of Healthy Posture

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Poor posture might also effect the function of the internal organs.

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In 2016, a study reported a reduction in the functional capacity of the lung with poor posture.

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People who were using smartphone (looking down) had reduced lung function

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In 2007, researchers reviewed the posture of over 3,600 children and reported that close to 40% of them had poor posture.

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Children with poor posture reported that they suffered from headaches and neck and back pain more often.



UPRIGHT GO 2 device, providing real-time biofeedback. Track your posture throughout the day and see your posture stats.

- You have the power to improve your health and wellness. Developing a daily practice of posture awareness and correction can improve so many areas of your life.
- With UPRIGHT GO 2™, you can create a daily training session that lasts anywhere from 10 to 15 minutes. Then, just put your device into tracking mode and monitor your posture throughout the day.
- Log in to your Statistics page in the UPRIGHT App to see all of your posture statistics, goals, improvement and more. Most of our users notice significant improvements within just 2 weeks of using the UPRIGHT GO 2™. Discover what good posture feels like.

-Taken Directly from Website-



Click to read **Healthy posture is important for good health. The challenge is awareness.**



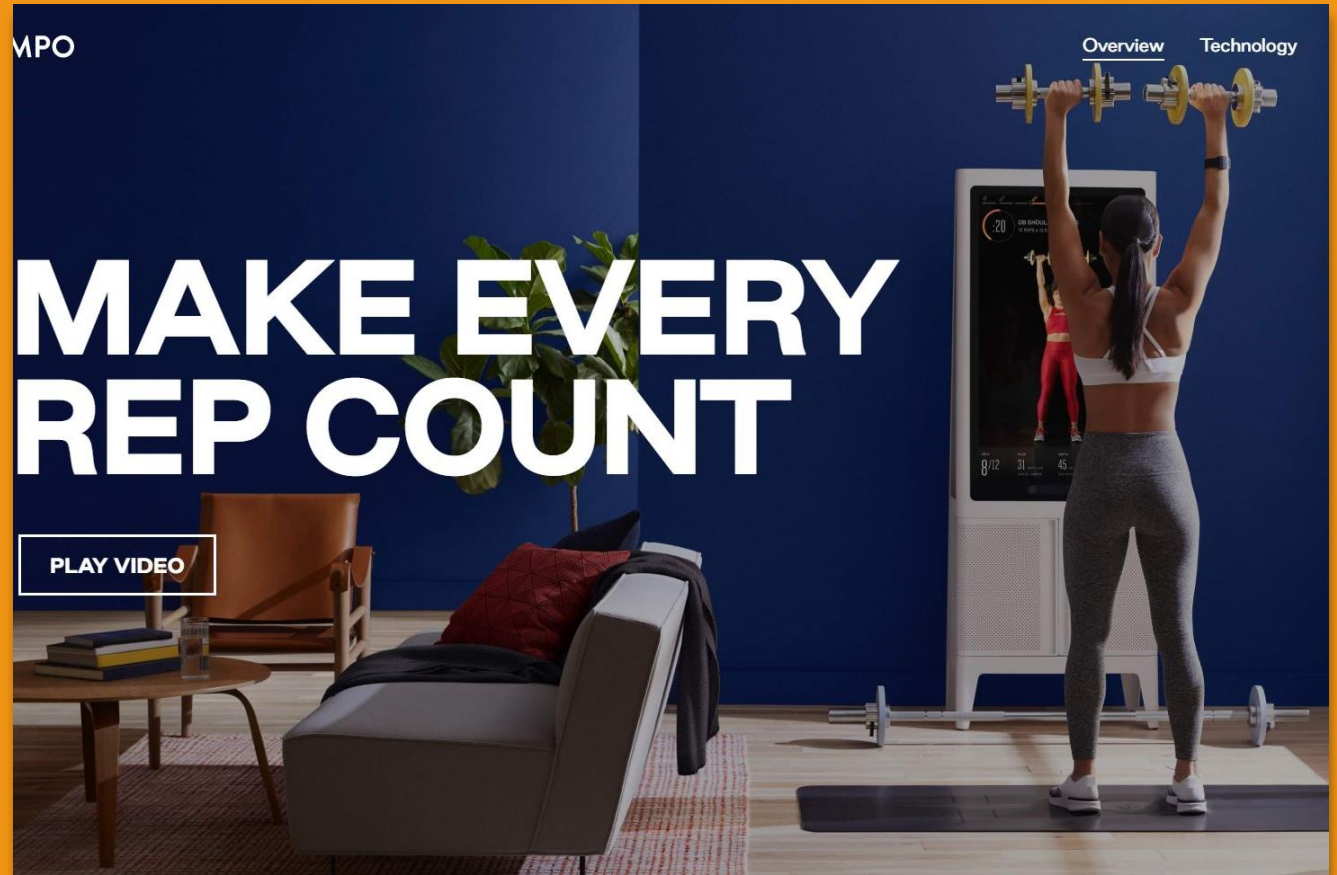


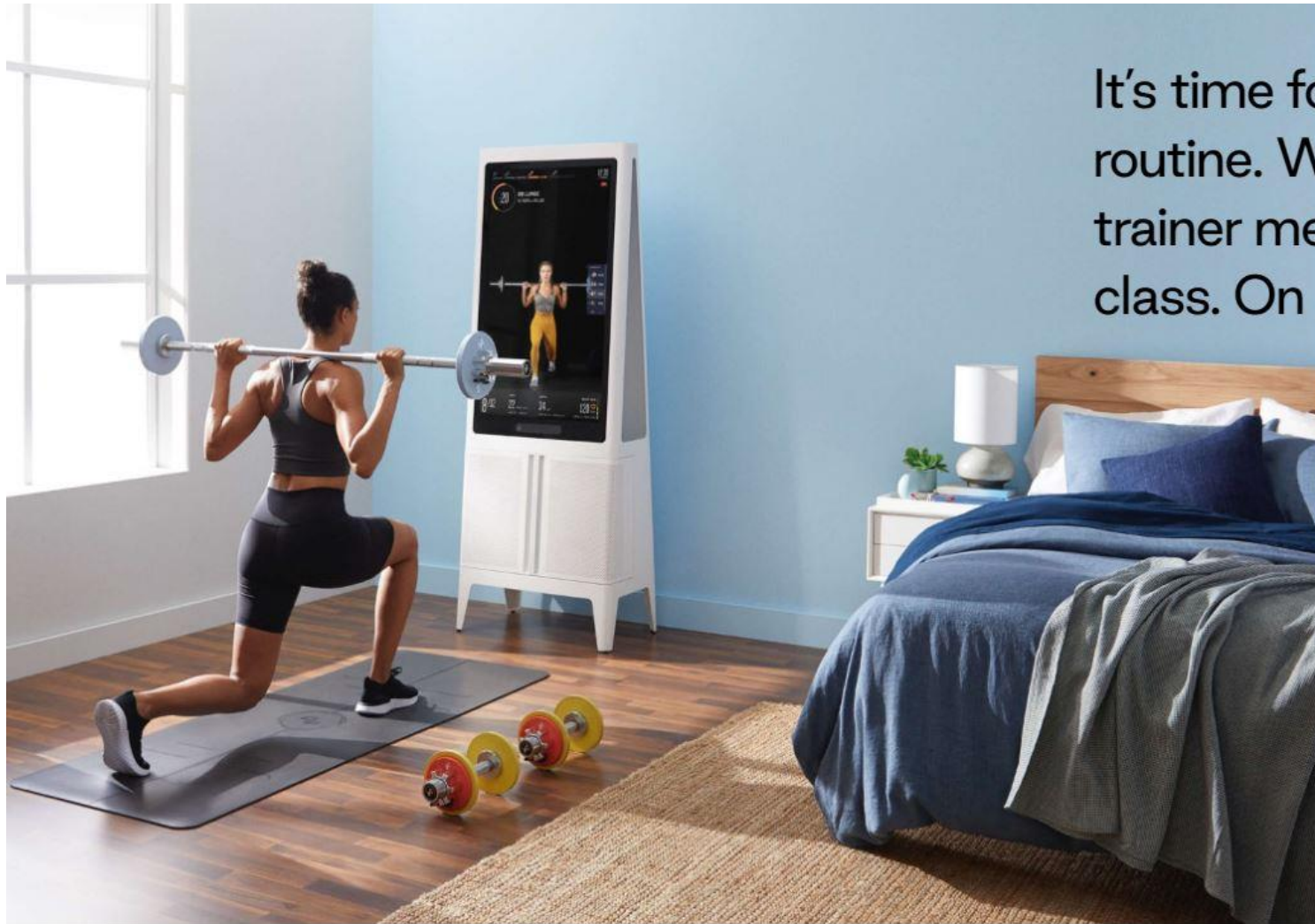
# Posture Technology Device: UPRIGHT GO



# Structural Imbalances: Fitness Technology

- How does Fitness tie into Functional Medicine?
- Functional Medicine Providers look at metabolic, hormonal, environmental, and other factors. If a patient came in with a goal of trying to lose weight, there are many factors that need to be addressed, and diet and exercise are two of the most common discussions.
- Patients who find a workout plan that works for them lose weight and maintain that loss more easily than those who don't exercise. Technology like this can help a patient figure out a routine that works for them and they maybe more committed to their program.
- A lot of the advanced hom gyms include: weight resistance, high-intensity interval training (HIIT), brisk walking, or vigorously paced yoga class.





It's time for a workout that's anything but routine. Where the guidance of a personal trainer meets the energy of a group fitness class. On your terms, on your turf.

# HUMAN GUIDANCE

These meticulous measurements are then displayed as personalized, easy-to-grasp coaching notes and form cues specific to each exercise, just when you need them.

## FEEDBACK

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Good  
Depth



Knees  
Over Toes





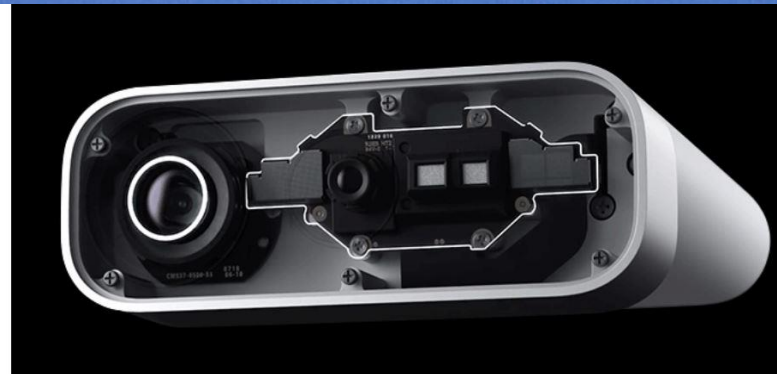
## NO MESS, NO STRESS

Everything you need to transform your workout—barbell, dumbbells, change plates, workout mat, and more—has a home inside the Tempo Studio. So your living room doesn't need to look like a gym to be one.

## COACHES WITH SUPERPOWERS

## MOTION, CAPTURED

Tempo Vision captures motion by emitting pulses of infrared light 30 times a second, generating a 3D model of your body made up of 80,000 individual points.



28 CM  
RANGE  
OF MOTION

35°  
ANGLE  
OF BACK



Hormonal Concerns: infertility, birth control, fertility. Technology that takes a different approach.

THE SLOGAN IS: "TAKE CONTROL OF YOUR" .....

Sex Life

Body

Birth Control

Fertility

Infertility

Cycle

## Take control of your **Body**

The only FDA cleared birth control app puts the power in the palm of your hand. Skip the pharmacy, no prescription needed.

START TODAY

FIND OUT HOW IT WORKS

★★★★★ 4.8

16k ratings in the App Store



This product Empowers Patients to utilize non-hormone altering birth control options.

Non-hormone altering BC Option

Basal Body Temperature Charting

Ovulation Tracking

Period Tracking

Phase Tracking

Breast Exam Reminder & Instructions

## Take control of your Fertility

The only FDA cleared birth control app puts the power in the palm of your hand. Skip the pharmacy, no prescription needed.

START TODAY

FIND OUT HOW IT WORKS

★★★★★ 4.8

16k ratings in the App Store





# Is Natural Cycles Right for me?

- ✅ 100% Hormone-free
- 💪 No unwanted side effects
- 🏆 FDA Cleared & CE Marked
- 💜 Take control of your fertility

# Sleep & Stress: Mitochondrial Dysfunction, sleep disorders, Immune System Stress, etc.

Sleep is essential for mental, physical, and emotional well-being.

Adequate sleep promotes healthy immune function by bolstering the body's response to stress

Adequate sleep helps support the immune system to fight off possible infection, and potentially minimizing the risk of illness.

Even with the demonstrated value of sleep, nearly one-third of adults in the United States report short sleep, or sleeping less than seven hours per night.<sup>1</sup>

An increasing trend of self-reported short sleep notably started in 2013, and this trend was more pronounced among African-American and Hispanic adults.<sup>1</sup>

In 2018, however, the National Sleep Foundation's survey suggested a potentially positive trend. While sleep duration reporting was consistent with previous results, sleep *quality* showed some improvement, with an increased number of people feeling well-rested.<sup>2</sup>

**What Technology can we, as providers, recommend to help people improve their sleep habits?**




# HARNESS YOUR POTENTIAL

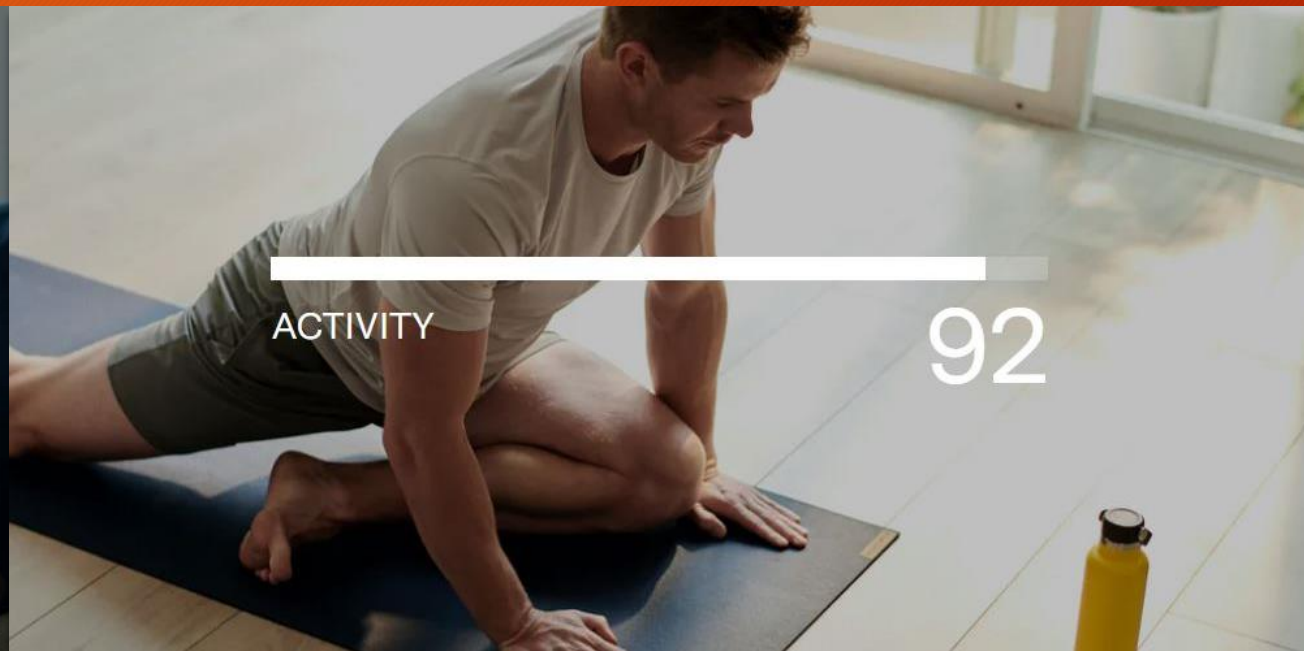
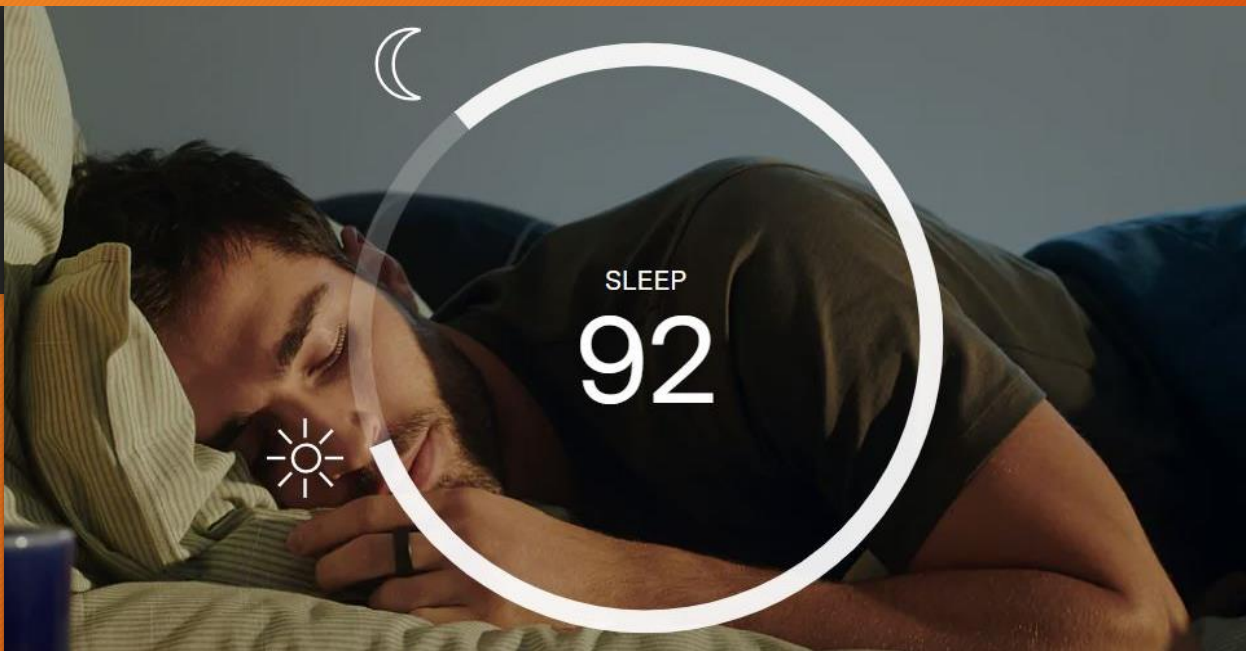
This device is called Oura Ring

Oura Summarizes a persons 'health data' into meaningful scores.

A growing body of evidence has emerged suggesting that energy metabolism and cellular antioxidant mechanisms defending against oxidative damage are coordinated by the circadian clock, the mechanism that keeps bodies attuned to the day/night cycle.<sup>8</sup>



Advanced technology monitors your body's pulse, movement, and temperature, delivering a holistic picture of your health.



## Get more out of your sleep.

These signals are tracked - heart rate, body temperature and more - communicate your body's progress as it prepares you for the next day.

## Connect to your body.

Understand your sleep quality from insights about your deep, REM, and light sleep, how quickly you fell asleep, and how your heart rate behaved during the night.

## Tracking your health trends.

Focusing on long-term insights and patterns so you can build healthy practices

# OURA RING HEALTH SCORING

## Sleep Score

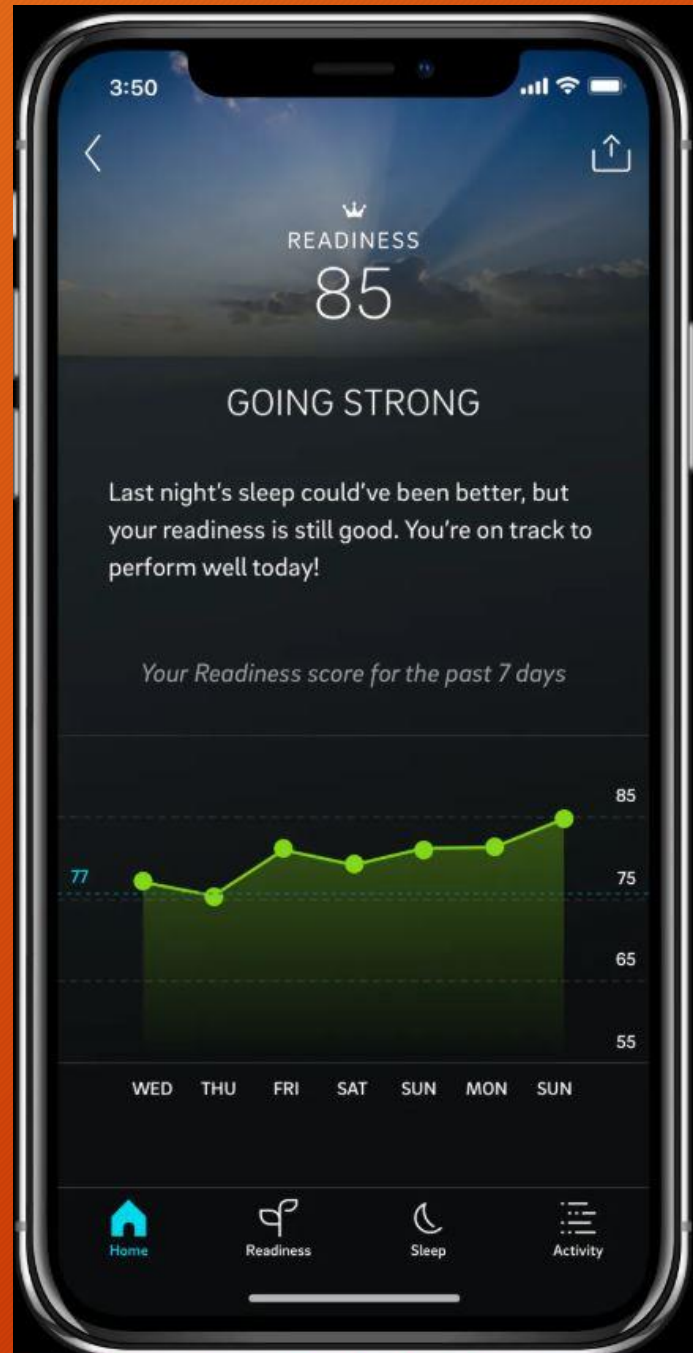
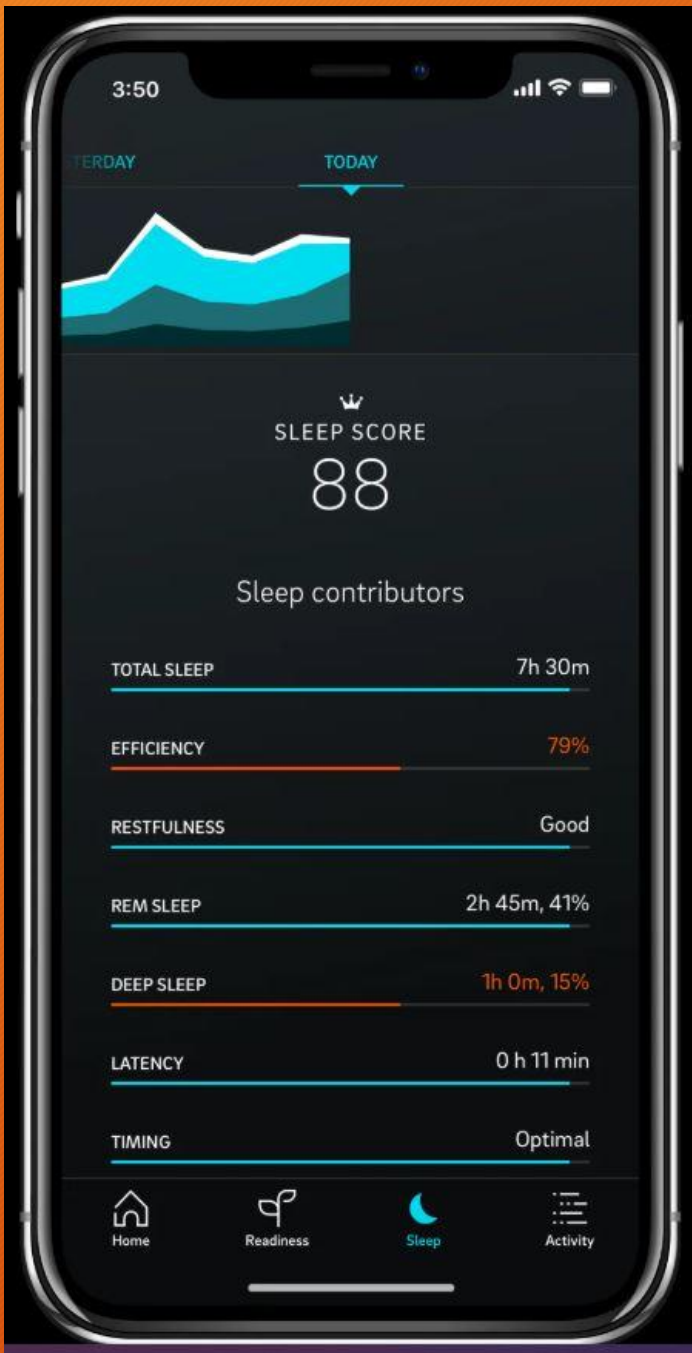
Understand your sleep quality from insights about your deep, REM, and light sleep, how quickly you fell asleep, and how your heart rate behaved during the night.

## Readiness Score

Understand exactly what your body is ready for each day by learning how you've been balancing sleep, activity, and recovery.

## Activity Score

Understand what an active today looks like for you by focusing on the big picture, pulling short and long-term trends from a variety of inputs including third parties like Google Fit and Apple.

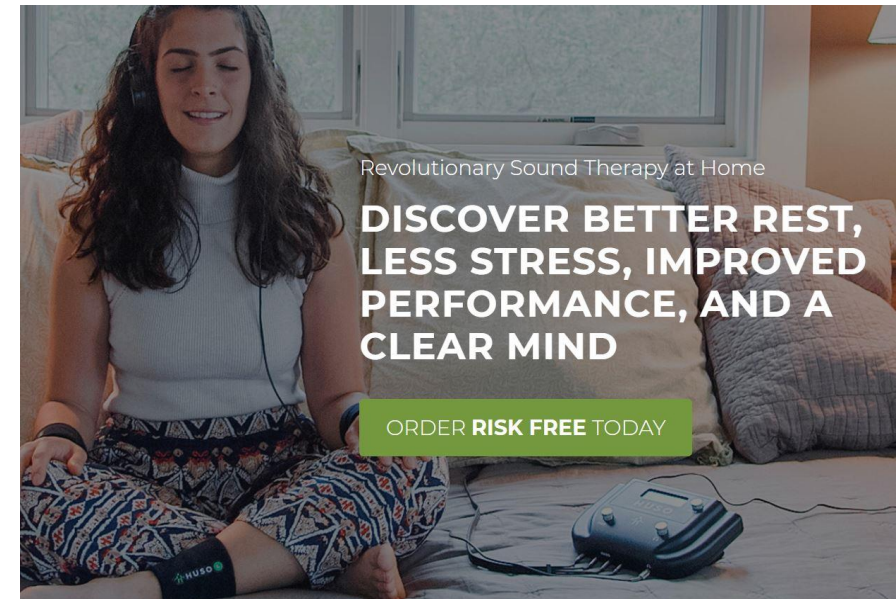




# STRESS REDUCTION TECHNOLOGY: HUSO

" HUSO can directly counter the effects of harmful EMF'S by recalibrating the biofield of the body to its healthy resonant frequency. We introduce a healthy frequency that entrains with the scrambled frequencies caused by exposure to these damaging electromagnetic fields. This creates a resonant response in the body and brain to reestablish a state of harmony.

here are over five thousand scientific papers and peer-reviewed studies on the health dangers of electromagnetic (EMF) fields such as Wi-Fi and cell phone transmissions. "



# HUSO: HOW DOES IT WORK?

By delivering uniquely enhanced human toning sounds through headphones as well as through pads placed on major acupuncture meridians, HUSO introduces specific modulated frequencies that are balancing and harmonizing throughout the body.

These powerful tones create a natural resonance in your body that counteracts the (harmful) EMFs, toxins and stress you are exposed to during the day while rebalancing the body leaving you with a clear head, improved health, better sleep, and a feeling of calmness and well being.

## Your HUSO System Includes:

- > HUSO Home Unit
- > 2 Pads w/ Slip on Wrist Bands
- > 2 Pads w/ Slip-on Ankle Bands
- > HUSO Travel Case
- > On-Ear Headphones (with HUSO Home+ only)
- > 5 Deep Calm / Sleep / Stress Programs
- > 5 Mental Clarity / Balance Programs





Thank You!