

# **A Functional Medicine Approach to GERD & Sleep Disorders**

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THE INSTITUTE FOR  
FUNCTIONAL  
MEDICINE®

# Fundamentals of Functional Medicine

In 2008 the US spent 16.2% of its GDP (\$2.3 trillion) on Healthcare.

More than national defense, homeland security,  
education, and welfare...combined.



133 million Americans live with at least one  
chronic disease...

Heart Disease: 81 million people

Cancer: 11 million people

Depression: 1 in 20 Americans >12 years of age

Diabetes: “One in every 3 children born today will  
develop diabetes during his/her lifetime”



IF YOU WANT  
TO TRANSFORM  
THE WAY YOU  
PRACTICE, YOU  
NEED A PLAN

## FUNCTIONAL MEDICINE

is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.





IF YOU WANT  
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## FUNCTIONAL MEDICINE

addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

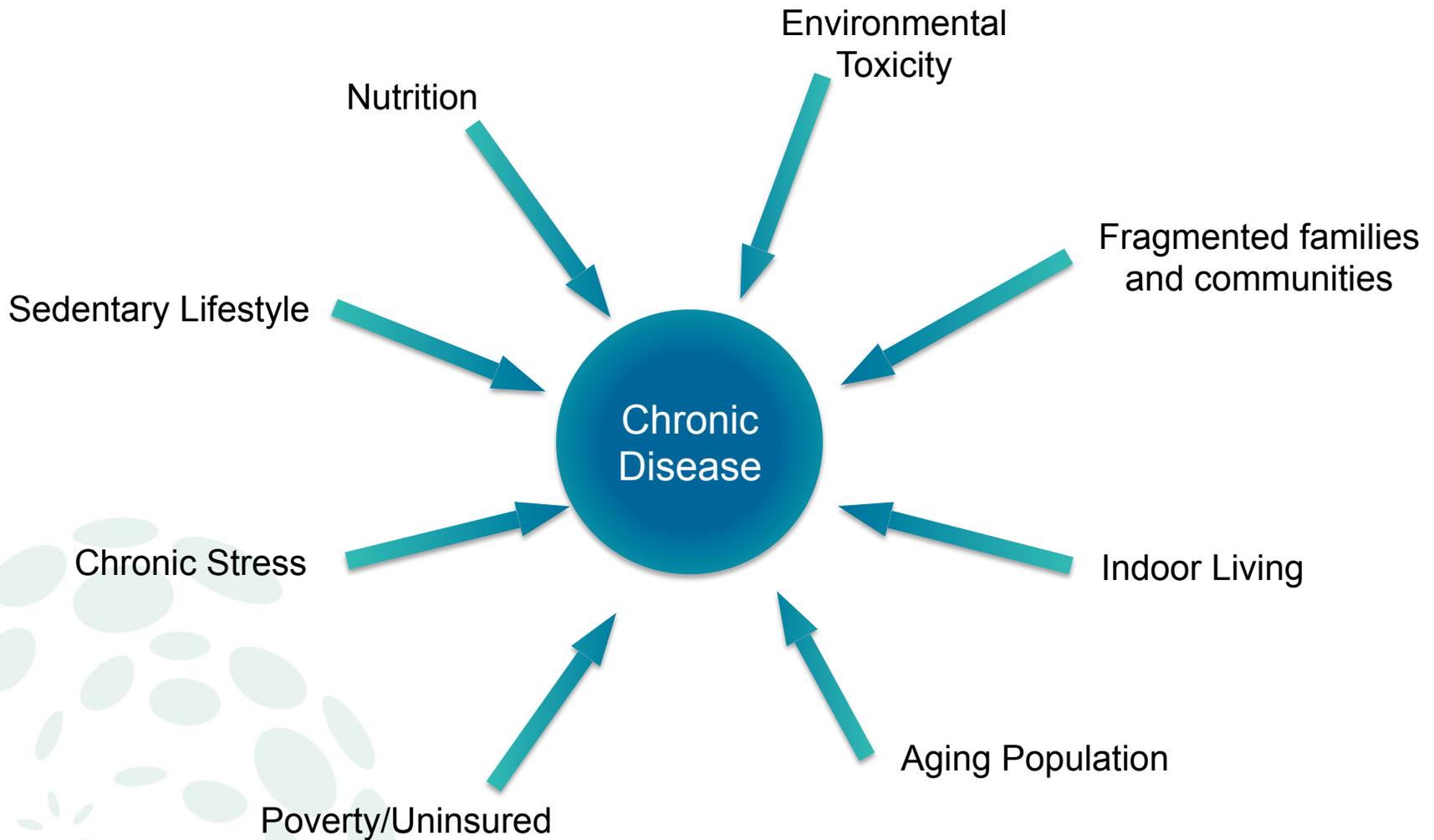


# Listen to the **STORY**:

## Antecedents, Triggers, and Mediators

- *Antecedents*
- *Triggers*
- *Mediators/mediation*

# Antecedents, Triggers, and Mediators

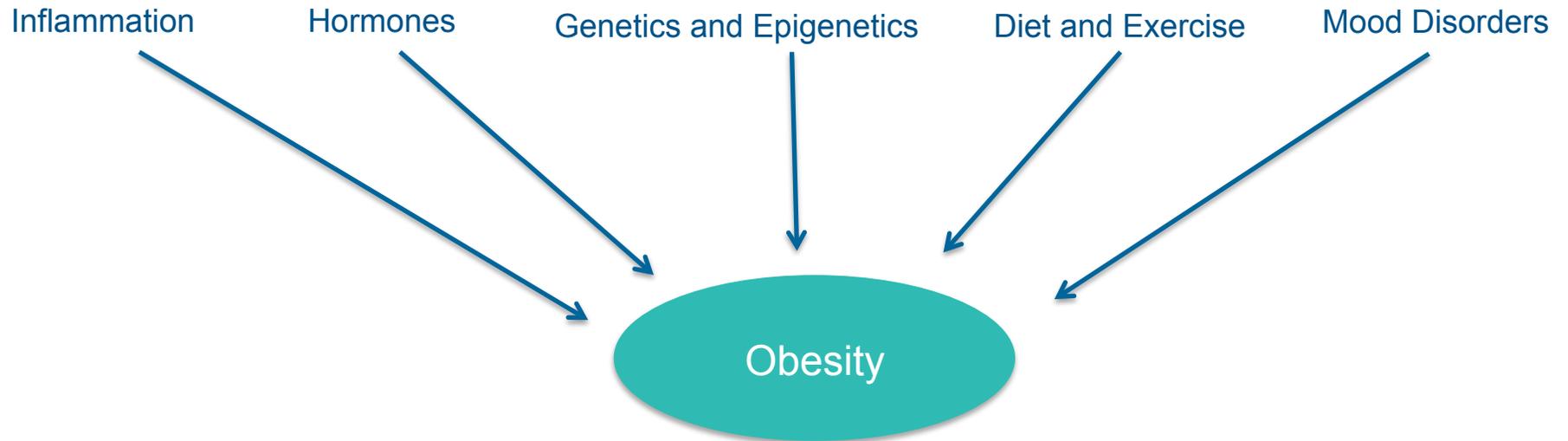


# GOTOIT Steps: Practicing Functional Medicine

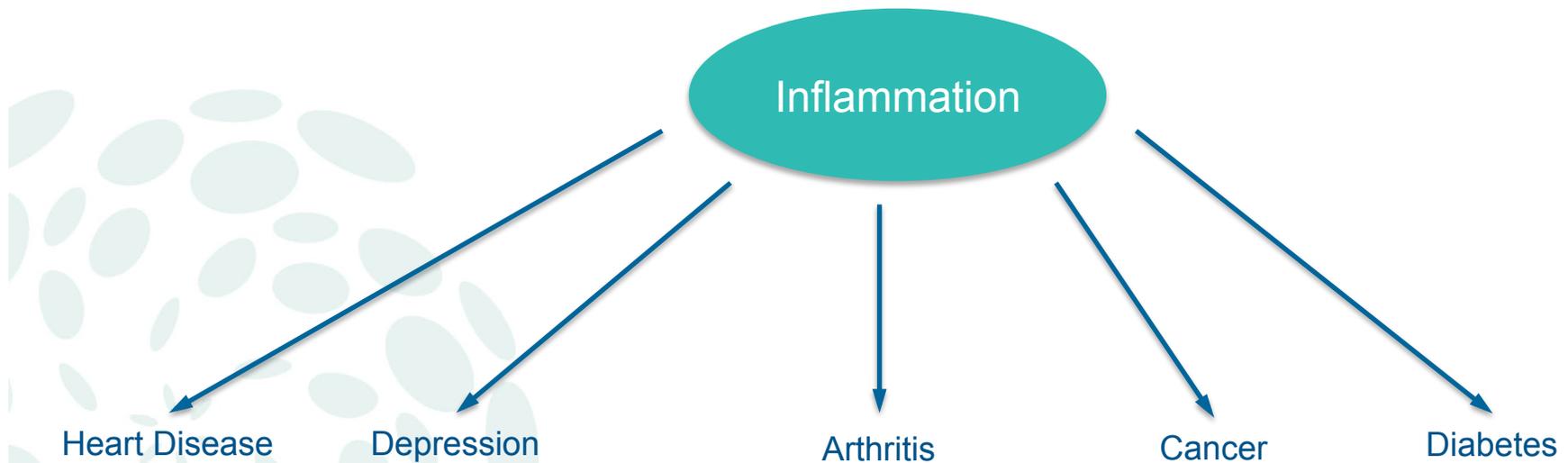
Gather  
Organize  
Tell  
Order  
Initiate  
Track

 GO TO IT Steps: Practicing Functional Medicine		
	Purpose	IFM Tools (examples)
GATHER	<p><b>GATHER ONESELF.</b> Mindfulness; optimizing the therapeutic relationship.</p> <p><b>GATHER INFORMATION</b> through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed functional medicine history taken appropriate to age, gender, and nature of presenting problems.</p>	<ul style="list-style-type: none"> <li>Mindful Meditation</li> <li>Health History and Intake Forms</li> <li>Medical Symptoms Questionnaire</li> <li>Timeline                             <ul style="list-style-type: none"> <li>Chronological Story</li> <li>ATMs and the Patient's Story</li> </ul> </li> <li>ABCDs of Nutritional Evaluation</li> <li>Request and Report</li> <li>Nutrition Physical Exam Forms</li> </ul>
ORGANIZE	<p><b>ORGANIZE</b> the subjective and objective details from the patient's story within the functional medicine paradigm. Position the patient's presenting signs and symptoms, along with the details of the case history on the timeline and functional medicine matrix.</p>	<ul style="list-style-type: none"> <li>Functional Medicine Matrix                             <ul style="list-style-type: none"> <li>Antecedents, Triggers, Mediators</li> <li>Modifiable Lifestyle Factors</li> <li>Clinical Imbalances</li> </ul> </li> </ul>
TELL	<p><b>TELL</b> the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.</p> <ul style="list-style-type: none"> <li>Acknowledge patient's goals.</li> <li>Identify the predisposing factors (antecedents).</li> <li>Identify the triggers or triggering events.</li> <li>Identify the perpetuating factors (mediators).</li> <li>Explore the effects of lifestyle factors.</li> <li>Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix.</li> </ul> <p>Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.</p>	<ul style="list-style-type: none"> <li>The Patient's Story Reviewed &amp; Shared with integration of the Functional Medicine perspective (i.e. ATMs, Timeline, and Matrix)</li> <li>Personal Development Exercises to Create and Strengthen the Therapeutic Relationship                             <ul style="list-style-type: none"> <li>Reflective Listening</li> <li>Motivational Interviewing</li> <li>Coaching &amp; Behavioral Modifications</li> </ul> </li> </ul>
ORDER	<p><b>ORDER</b> and prioritization emerges from the dialogue of professional and patient. The patient's mental, emotional, and spiritual perspective is of primary importance for prioritizing the 'next steps.'</p>	<ul style="list-style-type: none"> <li>Matrix</li> </ul>
INITIATE	<p><b>INITIATE</b> further functional assessment and intervention based upon the above work:</p> <ul style="list-style-type: none"> <li>Perform further assessment</li> <li>Initiate patient education and therapeutic intervention</li> <li>Referral to adjunctive care if needed                             <ul style="list-style-type: none"> <li>Nutrition Professional</li> <li>Lifestyle Educator</li> <li>Healthcare Provider</li> <li>Specialist</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Prescription for Lifestyle Medicine</li> <li>Referral to Functional Nutritionist for                             <ul style="list-style-type: none"> <li>Additional Nutrition Evaluation</li> <li>Biomarkers Laboratory Form</li> <li>Dietary Interventions</li> </ul> </li> <li>Patient Education Handouts (examples)                             <ul style="list-style-type: none"> <li>Mindful Eating</li> <li>Relaxation Response</li> <li>Functional Nutrition Fundamentals</li> <li>Core Food Plan and Therapeutic Sates</li> </ul> </li> </ul>
TRACK	<p><b>TRACK</b> further assessments, note the effectiveness of the therapeutic approach, and identify clinical outcomes at each visit—in partnership with the patient.</p>	<ul style="list-style-type: none"> <li>Medical Symptoms Questionnaire</li> <li>Body Composition Tracking</li> </ul>

## One Condition: Many Imbalances



## One Imbalance: Many Conditions



# FUNCTIONAL MEDICINE MATRIX

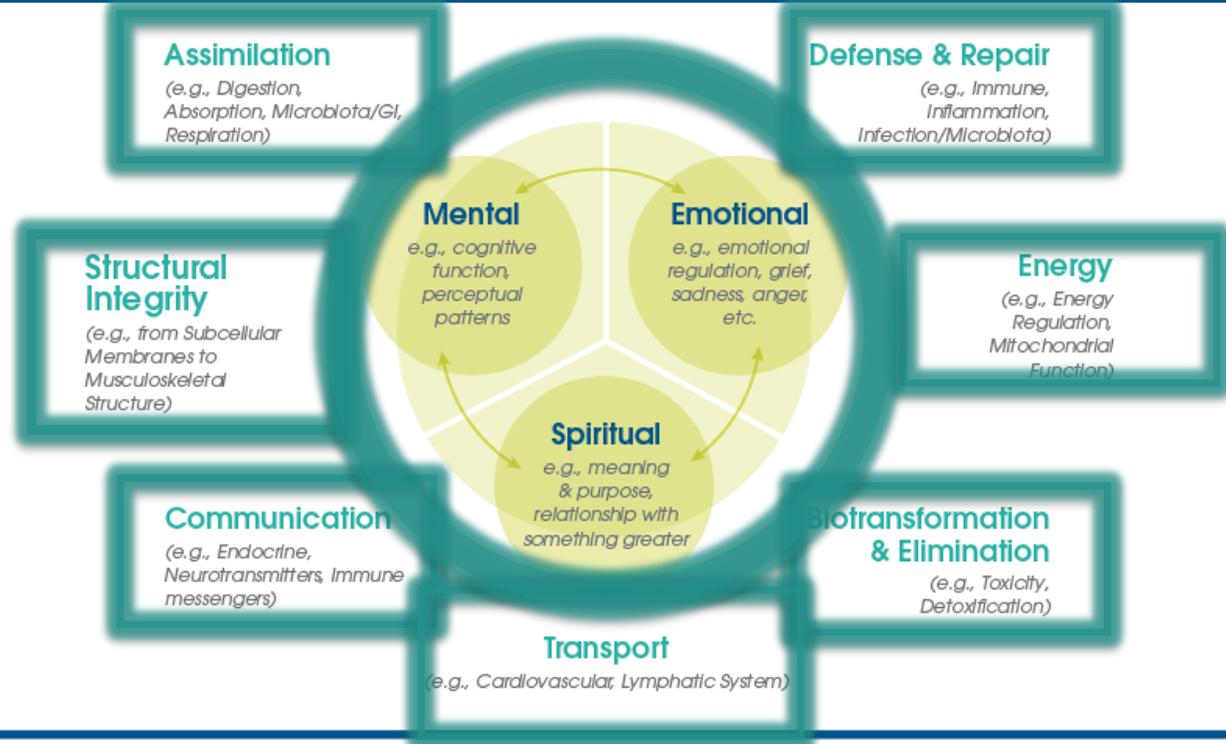
## Retelling the Patient's Story

**Antecedents**  
(Predisposing Factors—  
Genetic/Environmental)

**Triggering Events**  
(Activators)

**Mediators/Perpetuators**  
(Contributors)

## Physiology and Function: Organizing the Patient's Clinical Imbalances



## Modifiable Personal Lifestyle Factors

Sleep & Relaxation

Exercise & Movement

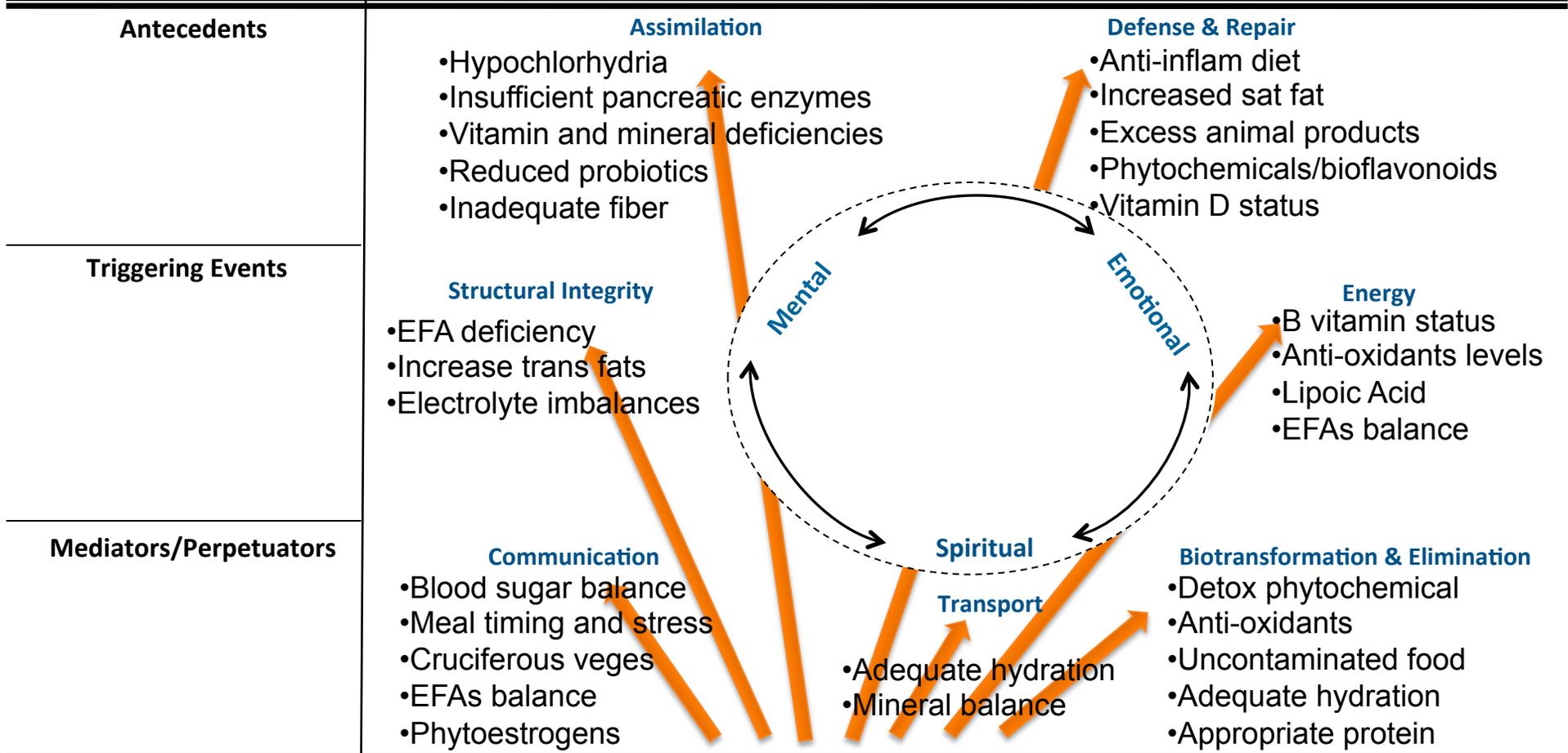
Nutrition

Stress

Relationships

**The Patient's Story Retold**

**Physiology and Function: Organizing the Patient's Clinical Imbalances**



**Personalized Lifestyle Factors**

<p>Sleep &amp; Relaxation</p>	<p>Exercise &amp; Movement</p>	<p><b>Nutrition &amp; Hydration</b></p>	<p>Stress &amp; Resilience</p>	<p>Relationships &amp; Networks</p>
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Name: \_\_\_\_\_ Date: \_\_\_\_\_ CC: \_\_\_\_\_

# The Physiologic Systems: Core Clinical Imbalances

**Assimilation** (Digestive, absorptive, and microbiological imbalances)

**Defense & Repair** (Immune and inflammatory imbalances)

**Energy** (Oxidation-reduction imbalances and mitochondriopathy)

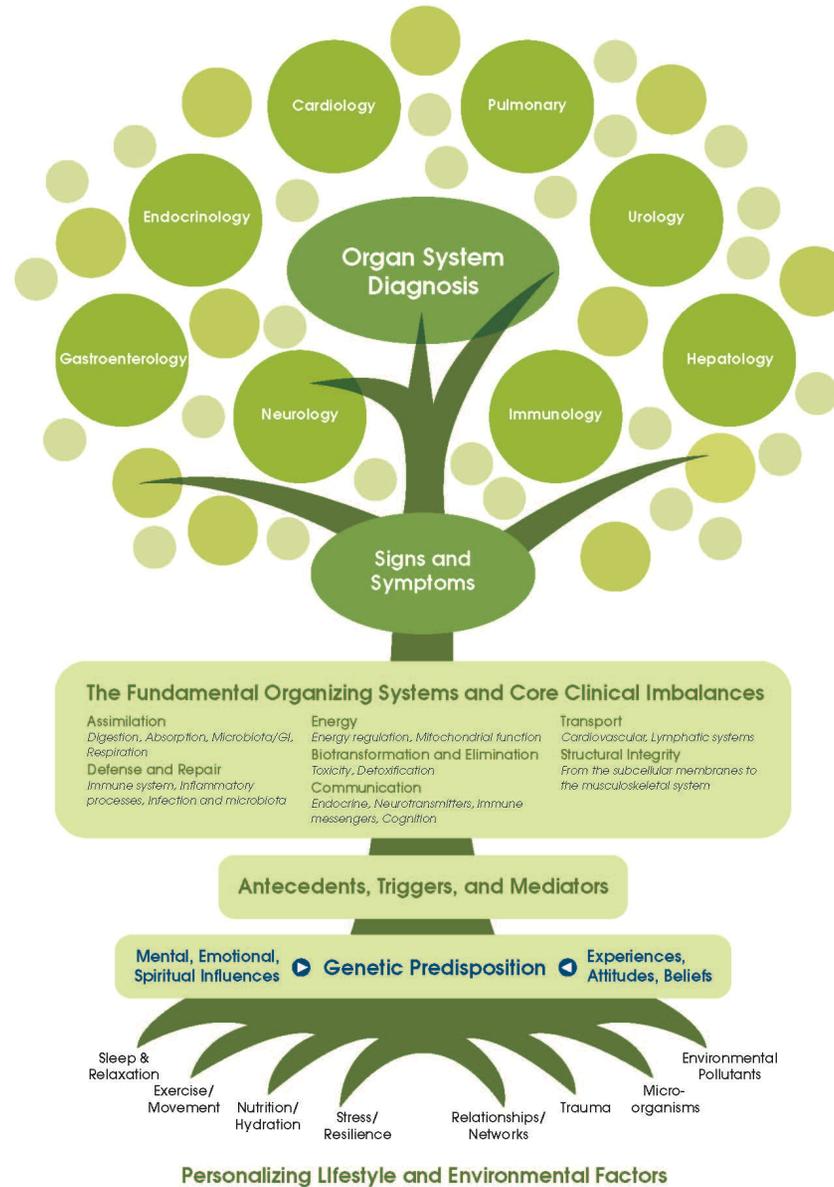
**Biotransformation and Elimination** (Detoxification)

**Communication & Circulation** (Hormonal and neurotransmitter imbalances)

**Transportation** (Cardiovascular, Lymphatic System)

**Structural Integrity** (imbalances from cellular membrane function to the musculoskeletal system)





# The Three Legged Stool Model

- The **Patient's Story and Dialogue** taking place during the functional medicine intake allowing for a therapeutic partnership
- Identifying and addressing the challenges a patient has with their **Personal Lifestyle Behaviors**
- Organizing the patient's clinical imbalances by underlying causes of disease in a **Systems Biology Matrix** framework



## **Three Legs of the Stool**



# **Retelling the Patient's Story Integrating the Antecedents, Triggers, and Mediators**

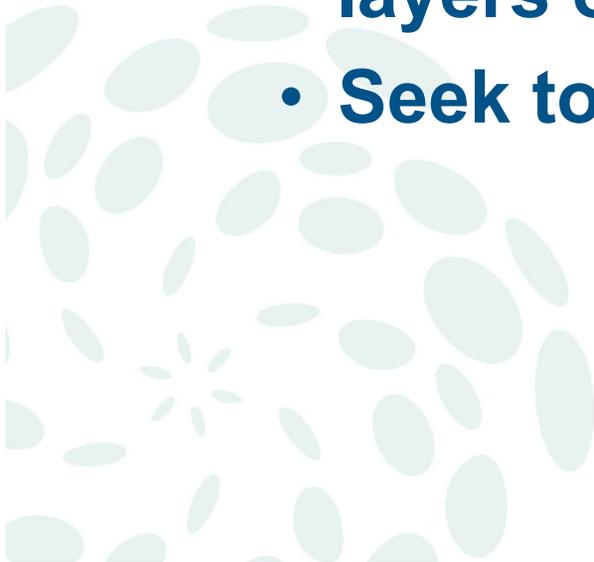
**Three Legs of the Stool**

# The Map: The Journey

- **Functional medicine is NOT a test or treatment or supplement**
- **It is a NEW WAY OF THINKING**
- **Focus on the map – the Matrix**
- **Focus on patterns and connections**
- **Focus on finding the causes that lead to the clinical imbalances**
- **Focus on learning how to create balance**

# The Right Order of Things

- **Learn how to restore function IN THE RIGHT ORDER**
  - **Doing the right thing in the wrong order can have adverse effects**
  - **Navigate from the outer layers to inner layers of imbalance and dysfunction**
  - **Seek to reset homeo-dynamic balance**



# But What is the Right Order?

- 1. Start with food: whole, real foods and lifestyle medicine first**
- 2. Fix the gut – almost always**
- 3. Remove food sensitivities**
- 4. Optimize nutrient status**
- 5. Balance hormones (thyroid, adrenal, sex)**
- 6. Detoxification is the last step!**

# The Science of Individuality

- **Emergence:** How genes are translated into patterns of health and disease
- **Exposome:** How internal metabolic factors and the environment influence gene expression
- **Epigenetics:** The study of heritable changes in gene expression or cellular phenotype caused by mechanisms other than change in the underlying DNA sequence
- **Nutritional Genomics or Nutrigenomics:** How different foods may interact with specific genes to increase the risk of common chronic diseases such as type 2 Diabetes, obesity, heart disease, and certain cancers
- **Pharmacogenomics:** Prediction of drug response and clinical outcomes, reduction in adverse events, and selection and dosing of drugs based on genotype

# Two Simple Questions: Causes and Function

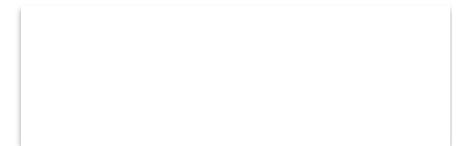
- **Does this person need to be rid of something (toxic, allergic, infectious, poor diet, stress)?**
- **Does this person have some unmet individual need required for optimal function?**

# Old Paradigm

- A team of health care professionals
  - Psychiatrist, pulmonologist, allergist, neurologist, and gastroenterologist
- No one asked: How is everything connected?
- Their job: match the pill to the ill!
- We are asking the wrong questions

# Emerging Fields Within Medicine

- ✓ Behavioral Modification
- ✓ Health Coach
- ✓ Changes in Food Choices
- ✓ Increase Activity Level
- ✓ Stress Adaptation



# Tips for getting a good night's sleep!

1. Maintain a regular sleep schedule.
2. Establish a regular, relaxing bedtime routine.
3. Create a sleep-conducive environment.
4. Sleep on a comfortable mattress and pillows.
5. Finish eating at least 2-3 hours before bedtime.
6. Exercise regularly.
7. Avoid caffeine, nicotine and alcohol close to bedtime.
8. Keep a sleep diary!

# Before You Begin, Remember:

- Always seek the cause FIRST – again and again
- Focus on 5: Learn how to diagnose and treat the 5 causes of illness
  - Become an expert in toxins, allergens, infections, nutrition, and stress
- Ingredients for optimal function
  - Food, nutrients, hormones, environment (air, light, water), movement, rhythm, love, meaning



# THE FUTURE OF HEALTH



# Next Steps...

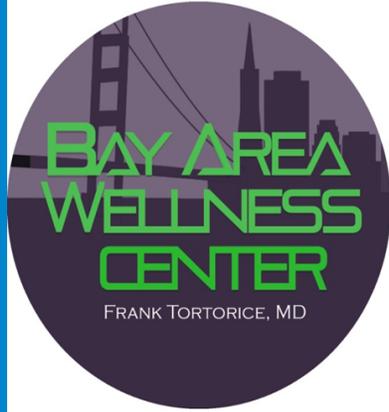
eLEARNING

Functional Medicine:  
A Systems Approach to  
Reversing the Epidemic  
of Chronic Disease

**FREE**  
*Limited Time Only!*

[functionalmedicine.org/FreeCourse](http://functionalmedicine.org/FreeCourse)

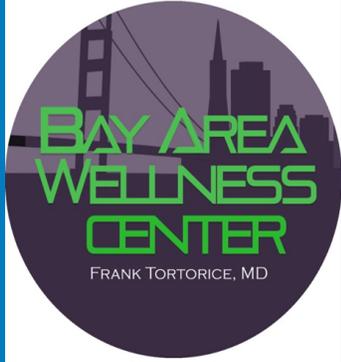




## Inability to sleep

Poor sleep leads to Diabesity and insulin resistance. This lack of poor & inadequate sleep causes hunger, cravings and blood sugar imbalances.





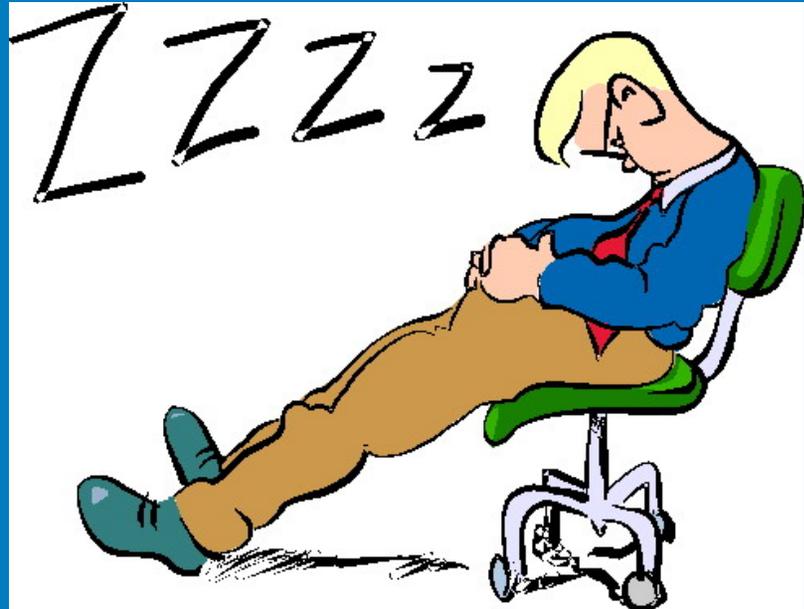
## Work up for GERD or Sleep Apnea

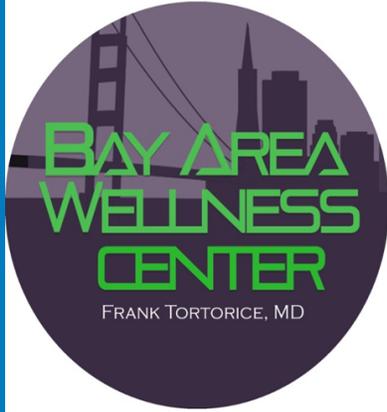
### Extensive intake – Timeline

- Living Matrix

### Obtain comprehensive labs in

- Food Sensitivity
- Advanced thyroid testing
- Heavy metal toxicity
- Depression testing
- OAT testing





## FOR BETTER SLEEP

- Get on a regular schedule
- Get natural sunlight
- Get grounded
- Clear your mind
- Perform light stretching or yoga before bed
- Use herbal therapies

