

## FAQ SHEET

What is Functional Medicine?

Functional Medicine is a shift from the traditional disease centered focus of medical practice to a more patient centered approach. Functional Medicine addresses the whole person, not just an isolated set of symptoms. It looks at each person individually and goes deep to look for root causes to symptoms.

How is a functional Medicine doctors different?

Functional Medicine practitioners spend time with their patients, listening to their story and looking for interactions among genetic, environmental and lifestyle factors that influence long term health and complex chronic disease.

Do you think you can help me?

At Shine Health and Wellness, we use a unique team based approach which begins with you as the main player telling us your story through comprehensive questionnaires. We then do different labs which take a deeper look than the traditional labs done. You may have experienced feeling bad and being told your labs are all normal when you know something is wrong.

Most physicians are trained to look at diseases processes utilizing familiar labs and diagnostic studies. The problem is often the root cause of the problem is not discovered.

Dr Shine is able to use unique labs analysis which can look for genetic issues, nutritional deficiencies, food sensitivities, gut health imbalance, and hormonal imbalance.

Our lifestyle is educator Brenda will partner with you to walk with you on this journey to optimal health.

Do you take insurance?

We take ppo insurance, cash, and credit cards. We ask that you keep a card on file in the office for supplement purchases and specialty labs. We do not take American Express

Can Dr Shine be my primary care doctor?

Dr Shine is a board-certified Family Medicine physician and can handle your primary care needs, however she requests that you maintain a primary care doctor and allow Dr Shine to focus on your functional Medicine needs. If you need a primary care doctor we offer the primary care plus services which is a monthly membership program. For more information on this [click here](#).

How do I get started with shine health and wellness?

Go to the patient portal and complete the questionnaires and intake forms, then schedule your appointment.