

How to Customize Diet/Lifestyle for Common Health Conditions: Introduction

Hi everyone,

In this next series of videos, we're going to talk about how to customize nutritional and lifestyle recommendations for particular health conditions.

Remember, there's no one-size-fits-all approach, even for patients with the same health condition. In functional medicine, we treat patients, not conditions—and this is one of the defining differences between our approach and the conventional paradigm.

For example, consider two patients with anxiety and depression. In one case, a very-low-carb diet may be beneficial, but in the other, that might exacerbate the problem. Or take two patients with inflammatory bowel disease. One may thrive on fermented dairy, while the other may be completely intolerant of it.

That said, there are certainly general guidelines and things to consider for each condition, and that's what we're going to cover in this unit. You may need to guide your patient through some experimentation to determine what works best for him or her; that kind of experimentation is part of your role as a clinician, and their role as a patient.

In the context of a busy practice, especially if you're also focusing on lab testing and more advanced treatment protocols, it can be challenging to find time to discuss diet and lifestyle customization for your patients' particular conditions.

To make that easier, we're going to provide patient handouts with a summary of the recommendations and considerations for each condition we'll discuss.

You may also find it helpful to team up with a registered dietitian or nutritionist that can spend more focused time going over these suggestions with your patients, if you're not doing that already.

Okay, that's it for now. Let's dive in!