***Busting Myths About Functional Medicine***

***1) Functional Medicine Is Expensive***

***Let’s start with a cost analysis. Conditions such as multiple sclerosis, diabetes, or autoimmune disorders treated through conventional medicine often cost $13,700 to $60,000+ PER YEAR. Compare that to the average annual investment for functional medicine, which ranges from $2,000 to $10,000. The difference is staggering—both in costs and outcomes. While insurance typically covers conventional care, we often forget the hidden costs that burden the system: higher premiums, taxpayer dollars, and inefficiencies that drive up expenses.***

***Functional medicine focuses on health creation rather than disease management, offering a far better return on investment. Many patients tell me, “I have to use my insurance; that’s all I can afford.” I understand that perspective. But let’s think critically: it doesn’t matter how affordable something is if it’s not solving the problem. Buying a cheap plane ticket to the wrong destination doesn’t save money—it wastes it. Many people spend more on their cars, home decor, or even pet care than on their own health. Ultimately, you must decide what you value most because shortcuts now can cost you dearly later.***

***2) If Functional Medicine Worked, My Doctor Would Be Doing It***

***This belief is rooted in the slow pace of change within the healthcare system. On average, it takes 17 years for new research to make its way into mainstream medicine. The system’s bureaucracy and inertia make it difficult to adopt new methods quickly—even when the evidence is clear.***

***Functional medicine isn’t fringe; it’s gaining traction. We regularly receive referrals from medical doctors, cardiologists, neurologists, and other specialists. Change is happening, but systemic overhauls take time and resources. Imagine trying to shift the course of a massive ship—it’s not an overnight process. Our goal is to collaborate across disciplines, creating a network of intercommunicating providers focused on patient-centered care.***

***3) I’ve Tried Everything***

***I hear this often, and I get it—it’s exhausting to feel like nothing works. But let’s be honest: you probably haven’t tried everything. Functional medicine is different because it starts with a deep dive into your unique health history, current symptoms, medications, surgeries, and even family background. We then use advanced functional testing to uncover root causes.***

***Unlike conventional approaches, which often focus on managing symptoms, functional medicine offers personalized, high-touch care tailored to your needs. It’s not about treating diseases—it’s about treating you.***

***4) I Can Figure This Out On My Own; All I Need Is the Testing***

***Functional medicine isn’t just about tests—it’s about interpretation, expertise, and action. Doctors spend thousands of hours learning to read labs and connect dots that aren’t obvious. Even with training, getting it right can be challenging.***

***Expecting to figure this out on your own is like expecting to ace a calculus exam after watching a few YouTube videos. Functional medicine provides guidance and partnership. Yes, you’ll need to put in the effort, but we’re here to show you the way and help you succeed. Having an experienced partner makes all the difference.***

***5) All Functional Medicine Doctors Are the Same***

***Not all doctors are created equal—in functional medicine or any field. Just as every teacher, lawyer, or coach brings a unique style and perspective, so does every doctor. If you didn’t connect with one practitioner or didn’t see results, it doesn’t mean functional medicine isn’t for you. It means you haven’t found the right fit yet. Don’t give up on your health journey because of one experience.***

***6) I’m Too Busy to Do This***

***Life is busy, but if you’re too busy to prioritize your health now, you may find yourself forced to later—with far fewer options. Chronic illness, missed work, and reduced quality of life aren’t worth the short-term convenience of putting health on the back burner.***

***Taking care of yourself doesn’t have to be overwhelming. Functional medicine helps you create sustainable habits and incremental changes that lead to big results. Investing time in your health now ensures you have the energy and vitality to do everything else you care about later.***