

Sick and tired of feeling sick and tired?

The Immune Balancing program at Orchards Family Medicine may be able to help. Many people who feel **achy, tired, have chronic stomach problems, and feel down, mentally foggy, or just plain “old”** are actually suffering from a combination of different factors that drag down the immune system. These factors include:

- **Food Sensitivities**
- **Disturbance in the normal bacteria living in the GI tract**
- **Overgrowth of yeast in the GI tract**
- **Vitamin deficiencies due to poor absorption in the irritated GI tract**
- **Stressful life events in the past or ongoing stress in the present**
- **Reactivation of viral infections like the one that causes Mono**
- **Overload of the body’s natural ability to expel chemicals and metals it doesn’t use**

We use the principles of **Functional Medicine** to individualize a plan to help you get back to feeling energetic and healthy. Functional Medicine is a relatively new branch of medicine focused on finding the causes of illness for any given individual, and **addressing these root causes rather than just treating the symptoms** like pain, nausea, or high blood sugars or blood pressures.

We combine all kinds of techniques and tools from prescriptions to herbal supplements, from meditation to massage to come up with the plan that will help you reclaim your life and your health. **This approach requires work and change, but the results are worth it.**

If you’re interested in finding out if this approach could help you, sign up for an individual screening or to come to a seminar regarding the roots and symptoms of our modern illnesses.