Functional Health Solutions

Q&A Medical Definitions

1. Microbiome

- The community of microorganisms, including bacteria, fungi, viruses, and their genetic material, that reside in and on our bodies, especially the gut. It plays a vital role in digestion, immunity, and overall health.

2. Dysbiosis

- An imbalance in the gut microbiome, often characterized by the overgrowth of harmful bacteria and a decrease in beneficial bacteria. This can lead to inflammation, digestive problems, and other health issues.

3. Firmicutes

- A group of bacteria commonly found in the gut. A high ratio of Firmicutes to Bacteroidetes has been associated with obesity, though these bacteria are important for breaking down dietary fiber and producing short-chain fatty acids.

4. Bacteroidetes

- A phylum of bacteria that play an essential role in digesting carbohydrates and are typically associated with lean body mass. A lower ratio of Bacteroidetes to Firmicutes has been linked to weight gain.

5. Gut-Brain Axis (GBA)

- The bidirectional communication network between the gut and the brain, involving the central nervous system, the gut microbiota, and the immune and endocrine systems. It's critical in regulating mood, stress responses, and cognitive function.

6. Prebiotics

- Non-digestible fibers that promote the growth of beneficial bacteria in the gut. Foods rich in prebiotics include garlic, onions, and bananas.

7. Short-Chain Fatty Acids (SCFA)

- Metabolic byproducts produced when gut bacteria ferment dietary fiber. SCFAs, like butyrate, acetate, and propionate, support gut health by maintaining the intestinal lining, reducing inflammation, and influencing the immune system.

8. Gut Zoomer Test

- A comprehensive stool test that analyzes the gut microbiome for imbalances, inflammatory markers, and potential pathogens, providing insight into digestive health and systemic conditions.

9. Organic Acid Test (OAT)

- A urine test that measures metabolic byproducts, offering insights into gut health, nutrient deficiencies, detoxification, and mitochondrial function.

10. Functional Medicine

- A patient-centered approach to healthcare focused on identifying and addressing the root causes of disease, considering the whole body's interconnected systems.

11. Root Cause Medicine

- A healthcare approach that seeks to uncover the underlying causes of symptoms or diseases, rather than simply treating the symptoms themselves.

12. Systems Approach

- A method used in functional medicine that views the body as an interconnected system, looking at how different organ systems interact rather than treating each symptom or disease in isolation.

13. Gupta Program

- A brain retraining program designed to reduce chronic illness symptoms such as anxiety, chronic fatigue syndrome, and fibromyalgia by targeting maladaptive stress responses.

14. DNRS (Dynamic Neural Retraining System)

- A neuroplasticity-based therapy aimed at rewiring the brain's stress responses to reduce symptoms of chronic illness, especially those related to an overactive limbic system.

15. Low FODMAP Diet

- A dietary plan that limits fermentable carbohydrates (FODMAPs) to alleviate symptoms of irritable bowel syndrome (IBS) and other digestive disorders.

16. Autoimmune Diet (AIP)

- A diet that eliminates foods that can trigger immune responses, like grains, dairy, and nightshades, to reduce inflammation and support recovery in people with autoimmune conditions.

17. Mediterranean Diet

- A diet rich in fruits, vegetables, whole grains, fish, and olive oil, known for its cardiovascular and anti-inflammatory benefits.

18. Cytokines

- Small proteins released by immune cells that play a key role in regulating inflammation and immune responses.

19. Leaky Gut

- A condition where the intestinal barrier becomes compromised, allowing harmful substances to leak into the bloodstream and trigger inflammation or immune responses.

20. SIBO (Small Intestinal Bacterial Overgrowth)

- A condition where excessive bacteria grow in the small intestine, leading to symptoms like bloating, gas, diarrhea, and malabsorption of nutrients. It can be caused by conditions like IBS, poor motility, or surgeries.