

medicine, showcasing the potential for comprehensive healing. The application of functional medicine in disease management, optimal aging, and mental health are discussed, showcasing its benefits. Overall, functional medicine represents a paradigm shift in healthcare, empowering patients to take control of their health and promoting long-lasting well-being. In functional medicine, a holistic approach is used, and detailed information is obtained thus providing in-depth knowledge of the patient's health and lifestyle. This approach to healing that considers the whole person body, mind, spirit, and emotion in the

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Introduction

In the realm of healthcare, a growing number of individuals are seeking a more comprehensive approach to their well-being. Functional medicine, a discipline gaining significant attention, offers a holistic framework that goes beyond merely treating symptoms. It focuses on uncovering the root causes of illness and aims to restore balance in the body's systems. This article explores functional medicine as a transformative approach to achieving optimal health and addresses its core principles, benefits, and potential applications [1]. Functional medicine views the human body as an interconnected web of biological systems that work together to maintain health. Rather than isolating symptoms or diseases, this approach recognizes the intricate relationships between genetics, lifestyle, environment, and individual health. It embraces the concept of personalized medicine, recognizing that each person's unique biological makeup requires tailored treatment plans [2].

A major premise of Functional Medicine is that, using science, clinical wisdom, and innovative tools, we can identify many of the underlying causes of chronic disease and intervene to remediate the dysfunctions, both before and after frank disease is present [3]. People may wonder why preventing and treating chronic disease effectively requires something different than is usually available in our very expensive healthcare system. Perhaps the most urgent reason is that a rapidly spreading epidemic of chronic disease has compromised the effectiveness of our healthcare system and threatens to bankrupt both national and global economies. Alarming projections suggest future generations may have shorter, less healthy lives if current trends continue unchecked. Our current healthcare model fails to confront both the causes of and solutions for chronic disease and must be replaced with a model of comprehensive, personalized care geared to effectively treating and reversing this escalating crisis [4].

Methodology

Core principles of functional medicine

Patient-centered care: Functional medicine emphasizes a

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