

Hi Functional Medicine Docs,

This email is going out to both Docs who attended the first meeting, to those who expressed interest but couldn't make it, and also to some integrative doctors on the west side of Los Angeles to see if you have interest in being part of a discussion group on Functional Medicine. The idea is for Integrative Doctors (MDs, DCs, DOs, NDs, LAcS, RDs, etc., to meet each other and discuss various topics in functional medicine, case studies, labs, etc so that we can learn and have some educational fun! If you are available, I would love if you could come. Our next meeting will be on Thursday August 27 at 6 pm at my office. Please email me or call if you can attend. Also email if you are not interested and would not like to receive any future emails from me. Metagenics will be sponsoring a healthy meal for us. Attached is a flyer. Feel free to spread the word.

We had an excellent first Functional Medicine Discussion group and among the topics discussed were neurotransmitters, how to use genetic testing, and how to manage neurotransmitter imbalances, with Dr. Ryan being so kind as to share her expertise on this subject. We also discussed GI issues, how to deal with certain conditions and how specific strains of probiotics can be helpful in particular cases. We also discussed the topic of using certain nutrients such as choline and inositol to modulate bile secretion, with Adam Banning sharing his expertise on this topic.

When the meeting was over I asked what we would like the topic of the next meeting would be and I was asked me to choose one. I would like the beginning topic to be whether eating an alkaline diet is helpful for clients with bone density issues (osteoporosis or osteopenia). I have believed in this concept and have used this approach with a number of patients where bone density was a concern with good success. But I was listening to Chris Kresser's Revolution Health podcast during which he argued that this approach makes no sense. I think that evidenced based doctors should always examine our beliefs in light of the latest scientific research and discard them if proven wrong. Please read the attached articles on this topic before the next meeting. If you have very limited time, at least read Chris Kresser's two blog posts, which should only take a few minutes. The paper by Joe Pizzorno takes the position that eating an alkaline diet is helpful for bone. See you on the 27th!