

IF YOU ARE CONCERNED WITH:

Diabetes	Neurodermatitis
Heart Disease	Asthma
Depression	Pain Disorders
Anxiety	Digestive Disorders
Migraines	Dental and Orthodontic problems
Fatigue	Attention Disorders
Rheumatoid Arthritis	Mood Disorders
Rashes	

**FUNCTIONAL MEDICINE
CAN OFFER YOU THERAPIES
THAT MAY BENEFIT
YOUR HEALTH.**

ABOUT DR. SHAIR PHD

Dr. Alan Shair has 30 years of experience in the field of healing, with specializations in Psychotherapy /Hypnotherapy, Clinical Hypo-anesthesiology, Pain Management, Neural Therapy, General and Advanced Naturopathy, Homoeopathy, Biofeedback /Bio-Resonance and numerous other modalities.

He is also a Master Herbalist. His many certificates have afforded him extensive knowledge of human physiology and disposition, as well as many approaches with which to alleviate problems. Over the years, Dr. Shair has assisted individuals with a wide range of ailments. He is passionate about his work, and learns from every one of his patients.

DR. ALAN SHAIR

91 EAST SOMERSET STREET SUITE F
RARITAN, NEW JERSEY 08869
908-448-2772

© 2014 Alternative Therapeutic & Nutritional Consultants LLC

No part of this document may be reproduced without the expressed permission of the copyright holder. These statements have not been evaluated by the Food and Drug Administration.

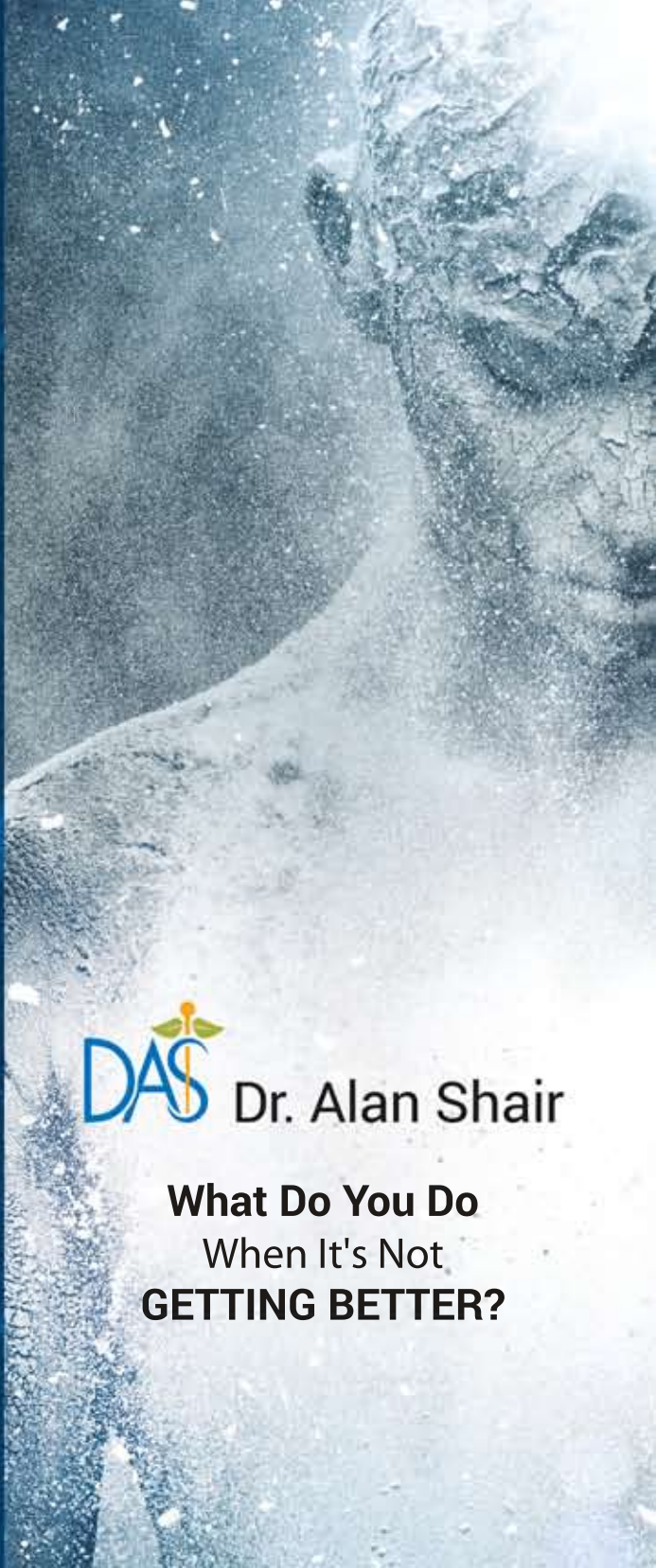
WHAT IS FUNCTIONAL MEDICINE?


HOLISTIC APPROACH

When someone is sick, the first thing they do is go to a doctor. If their practitioner is trained in Western medicine, chances are high that his or her focus will be on the patient's condition and how best to alleviate it (usually with a prescription). In cases when the problem is acute, such as an infectious disease, the focus on the condition itself is often beneficial. But in cases of chronic illness, that may not always be the best approach. People dealing with chronic ailments like hyper reactivity, rashes, neurodermatitis, asthma, migraines, pain and neurologic disorders, internal organ disorders, chronic inflammations, rheumatic illnesses, injuries, fields of interference due to scarring, dental and orthodontic problems and chronic fatigue are, at best, able to maintain a status quo, and at worst, left to live with ongoing pain and discomfort. In very few cases do they see their disease completely eradicated by standard medicine.

The reason for this is a matter of perspective. The focus of western medicine is almost entirely on symptoms instead of the underlying causes - the "what" of the disease, versus the "why" - which lead to illness in the first place. This explains why there are so many prescriptions...and so few real answers.

This is where Functional Medicine comes in. Much like Traditional Chinese Medicine, functional medicine therapy is a completely different paradigm from standard medical practice in the West. Holistic and person-centered, Functional Medicine takes into account the individual's history, genetics, lifestyle, as well as other causes of disease, such as toxins, allergens, nutrition, infections and stress, which can lead to imbalance in the biological network - the real cause of illness. Functional Medicine is not allopathic medical treatment as provided by medical doctors. The goal of Functional Medicine is not to identify the illness, but to determine the appropriate therapeutic approach (typically used along with other therapies) that will enable the body to stabilize, and ultimately, to heal itself.



 Dr. Alan Shair

**What Do You Do
When It's Not
GETTING BETTER?**

HOW DOES FUNCTIONAL MEDICINE WORK?

Practitioners of Functional Medicine are "Generalists" rather than "Specialists", focusing on the entire person instead of one specific problem. First and foremost, they look at your body's basic systems to find the imbalances that lead to illness. Based on your biochemistry, genetics, health history and lifestyle, they focus on equalizing your system using complex homeopathy (a personalized mixture of remedies) in conjunction with healthy eating and western medicine.

But how do they find these imbalances in the first place? Through the use of a bio feedback type of machine, imbalances can be identified then a course of treatment can be implemented.

BIORESONANCE THERAPY

Like any successful relationship, good communication between cells is the baseline for physical health. When there is interference, problems arise. Bioresonance Therapy looks for those communication breakdowns using a biofeedback test that reads frequency patterns between cells. It then inverts any unhealthy frequencies, encouraging the body to break down the toxins that are blocking off the cells and restoring its ability to heal itself. A very similar therapy is called electrodermal screening, a tool that finds instability in acupuncture points and helps practitioners create a homeopathic prescription to re-stabilize the body.

The approach of seeking imbalances through acupuncture points is based on Chinese medicine, which seeks to balance the chi, or life energy, in the body. By incorporating electronic measurement, Functional Medicine is able to fuse traditional wisdom with modern technology.

Bioresonance Scanning is very similar, based on the scientific proof that the body is held together at the subatomic level by light. Using the biophotonic light from the heart, bioresonance scanning "reads" information about how your genetic patterns are expressing themselves. Unhealthy patterns in DNA are the result of cell breakdown, which then lead to illness. Bioresonance scanning not only enables practitioners to identify what's really going on, but how best to alleviate it.

Once Functional Medicine has discovered some of the root causes of your illness, practitioners can then create a homeopathic therapy plan personalized to your individual needs.

HOW CAN FUNCTIONAL MEDICINE HELP ME?

If you are one of over 50 million Americans suffering from chronic disease, Functional Medicine has much to offer you. While it is a generalized, holistic approach to wellness, even specialists such as allergists, dermatologists, ENTs, gynecologists, urologists, orthopedists, ophthalmologists, accident and trauma surgeons, internists, sports medicine, dentists, and even veterinarians have started using it in their practices because of its proven effectiveness.

Functional Medicine offers a new paradigm in healthcare, based on the belief that diseases don't exist. What we know as diseases are really an expression of a breakdown in our interconnected biological systems. Functional Medicine looks at the big picture, focusing on the individual instead of the ailment. Practitioners build a partnership with their patients, empowering them to take control of their own health and make sustainable, positive lifestyle changes.

You deserve more than temporary relief. Functional Medicine offers long-term recovery, so that you can go on to live a healthy life.