

## ***The Guiding Principles of Sparks Family Medicine***

Sparks Family Medicine (“SFM”) has been providing medical services in Las Vegas since 2002. In 2013, SFM implemented an integrative approach to healthcare with an emphasis in Functional Medicine. SFM’s support of Integrative and Functional Medicine (I&FM) promote the guiding principles of both the Academy of Integrative Health and Medicine, (formerly the American Board of Integrative Holistic Medicine) and the Institute of Functional Medicine (IFM).



### **Principles of ABIHM:**

1. Optimal health
2. The healing power of love
3. Wholeness
4. Prevention and therapy
5. Innate healing power
6. Integration of healing systems
7. Relationship-centered care
8. Individuality
9. Teaching by examples
10. Learning Opportunities

<https://aihm.org/page/vision/>



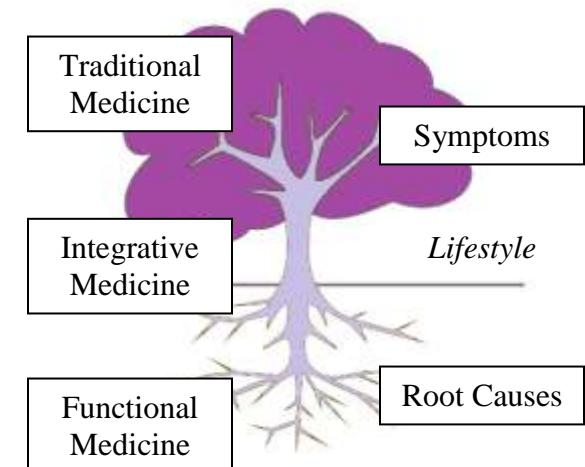
### **Principles of IFM:**

1. An understanding of the biochemical individuality of each human being, based on the concepts of genetic and environmental uniqueness.
2. Awareness of the evidence that supports a patient-centered rather than a disease-centered approach to treatment.
3. Search for a dynamic balance among the internal and external body, mind and spirit.
4. Familiarity with the web-like interconnections of the internal physiological factors.
5. Identification of health as a positive vitality and not merely the absence of disease emphasizing those factors that encourage the enhancement of a vigorous physiology.
6. Promotion of organ reserve as the means to enhance the health span, not just the life span of each patient.

[www.functionalmedicine.org](http://www.functionalmedicine.org)

## ***How does I&FM Medicine Compare to Traditional Medicine?***

Traditional Medicine and Functional Medicine are often shown as a tree, with the branches representing the symptoms addressed by Traditional Medicine and the roots representing the causes addressed by Functional Medicine. Integrative Medicine can be seen as addressing the Lifestyle issues that link the two approaches, (diet, activity, stress). SFM Providers emphasize the lifestyle choices available, (diet, exercise and stress reduction), as alternatives to some Traditional Medicine choices, such as pharmaceuticals and procedures.



## ***Collaborative Care at Sparks Family Medicine***

One of the benefits of the Integrative and Functional Medicine implemented by SFM is the ability to offer greater options for collaboration of care. While collaboration in Traditional Medicine usually involves the primary care provider referring to specialists, Integrative and Functional Medicine supports the additional care provided by Complementary and Alternative Medicine (CAMs). Some CAMs and lifestyle management options supported by SFM include:

- Cranial Sacral Therapy for Emotional Release, PTSD and TMJ
- Ondamed Biofeedback
- Sphere Therapeutix® Bodywork
- Massage Therapy
- Life Coaching
- Dietary Services

## ***Supplements***

Integrative and Functional Medicine incorporate physician-quality supplements. SFM provides patients access to supplements that can only be obtained from physicians and pharmacists. While patients are not obligated to purchase supplements at SFM, patients may not achieve the same outcomes when using supplements from other sources.

## **Sparks Family Medicine, Ltd.**

### ***An Integrative and Functional Medicine Primary Care Office***



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