



# CALIFORNIA CENTER *for* FUNCTIONAL MEDICINE

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## New Year, New Mindset.

Happy New Year! We are grateful for another year of serving YOU and helping you achieve your greatest level of health.

A new year often comes with setting lofty goals, but what if instead of making dramatic resolutions, we focused on small yet mindful actions? The cumulative impact of little changes can create long-term success and be powerful for our health.

This year, I am committing to more moments of gratitude. Creating a mindset of appreciation helps me live more mindfully in the present, and allows me to be a better husband, father, doctor, and business leader. What will you commit to in 2023?

Sunjya Schweig, MD

INTRODUCING

# The Functional Medicine Checkup



**Struggling With Health Issues? Not Happy With the Results You're Getting From Your Doctor? Want to Optimize Your Health and Lifespan?**

**Get REAL answers about what's happening in your body - and new options for treatment - with our Functional Medicine Checkup.**

## **What does the Functional Medicine Checkup include?**

- One 30-minute initial consultation with our expert functional medicine Nurse Practitioner
- A comprehensive panel of 75 different blood tests (not included in the price)
- One 60-minute appointment with our Nurse Practitioner to review your results
- Personalized health recommendations and next steps

## **The Functional Medicine Checkup is for you if...**

- You want more insight into your health
- Are new to functional medicine
- You want to optimize your health
- You have been searching for answers about your health
- You struggle with a chronic illness and need a starting place
- You are not already a member of CCFM

*If you know someone who may benefit from this offering, please share this information with them.*

LEARN MORE AND  
**SCHEDULE YOUR CHECKUP**

# Patient Programs

Check out the newest additions to our patient programs:

## **Women's Health: Understanding and Supporting Hormones**

Join Megan Anderson, APN, and Allie Nowak, PA-C, as they discuss the most common female hormone questions and imbalances seen in perimenopausal and menopausal women. Our goal is to normalize and destigmatize this transition and equip you with education and tools to navigate this time period with vitality and grace. eBook and Q&A included.



## **Men's Health: Understanding and Supporting Hormones**

Women's hormones are commonly discussed as they age, but men's hormones also change with age and may contribute to weight gain, fatigue, and erectile dysfunction, and affect your risk for other medical conditions. In this in-depth presentation, Sunjya Schweig, MD, and Tracey O'Shea, FNP-C, discuss the foundations of men's hormones, how to address imbalances, and simple strategies to support hormone health. eBook and Q&A included.

## **Don't forget our other programs:**

- Sleep Mastery
- Introduction to Breathwork
- Qigong
- Love Your Gut
- Understanding and Mastering Metabolic Health
- Stressful Times Toolkit

It's never too late to join our **Peer Support Group!** Meet with our Health Coach and other CCFM patients every other Tuesday morning.

Next meeting:

**January 31st, 10 am PST**

Join [here!](#)

*\*All patient programs are free to our current Recover and Rebuild CCFM members.*

**For more information and to register, [click here.](#)**

**New Blog Post!**



## **Understanding Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)**

If you or someone you know suffers from regular, extreme fatigue, it may be more than normal life busyness, poor sleep, or a busy work schedule – it could represent Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). Learn more about signs, symptoms, condition management and more, [here.](#)

# Supplement of the Month

## Adaptogens

By Sunjya Schweig, MD

The holidays may be over, but the ongoing demands of daily life remain. Whether you're suffering from a post-holiday stress hangover or simply looking to improve your health in 2023, developing habits that reduce stress can be life-changing. Start the year by giving your nervous system a boost with adaptogens.

Adaptogenic herbs build energy reserves and provide a restorative action through modulation of the HPA (hypothalamic-pituitary-adrenal) axis. In other words, they can help our bodies to maintain balance during times of increased stress and encourage a healthy stress response. We frequently recommend two comprehensive adaptogenic products in our office: Vital Adapt and Power Adapt from Natura Health Products.

Power Adapt® is an extra-strength herbal adaptogen energy tonic designed to enhance physical and mental performance while optimizing recovery time. It is very beneficial in conditions of adrenal depletion due to prolonged stress or physical overexertion. The unique combination of herbal adaptogens improves energy, stamina, and endurance while maximizing the benefits of physical exercise. We often recommend this for people who tend to run cold and are experiencing notable fatigue.

Vital Adapt® is a nourishing herbal tonic designed to improve energy reserves and performance capacity while optimizing the body's natural resilience to stressful influences. It contains a combination of potent adaptogenic botanicals to promote health, longevity, and well-being. We frequently recommend this blend to those who run warm or often feel "revved up" or overstimulated.

[This video](#) explains the difference between these two blends so you can decide which formula might be best for you!



# Product of the month

## Blue Light Blocking Glasses

By Megan Anderson, APN

If you're reading this newsletter right now you are almost certainly looking at a computer, phone, or tablet that emits blue light.

Staring at any screen for an extended period of time can lead to computer vision syndrome (CVS), a unique type of eye strain that causes symptoms like dry eyes, redness, headaches, and blurry vision.

One solution that eyeglass manufacturers have proposed is blue-light-blocking glasses, which claim to block the potentially harmful blue light that electronics emit, but you might hear mixed reviews about whether or not they actually reduce eyestrain. Too much blue light exposure is thought to affect your circadian rhythm, making it harder to fall asleep at night. This is probably what blue light-blocking glasses are best known for, and we generally recommend using them if you must be working in the evening on electronic devices. They can also be used during the day while working, and they are available in several different options - as part of your prescription lenses, in OTC reading glasses, and finally, as glasses that are only used for the purpose of blocking blue light at night.

Over-the-counter blue-light-blocking glasses can range in price from \$13 to \$60. Prescription blue-light-blocking glasses are more expensive. The price will depend on the type of frames you choose and may range from \$120 to over \$200. Here are a few brands that members of our team use and recommend:



Sunjya Schweig, MD

[Swanwick](#)



Megan Anderson, APN

[Caddis](#)



Tracey O'Shea, FNP-C

[Swanwick](#) (Night)



Lindsey Christensen, CNS

[Felix Gray](#)



Allie Nowak, PA-C

[Amber Glasses](#)



Kristi Turchi

[Sleep ZM](#)

We suggest giving them a try if you're struggling with eye strain, have sleep issues, or if your job requires long periods of time spent on a screen. At this point in time, it's rare to find a job that doesn't!

# Immunity Tips for Cold and Flu Season

It's that time of year. Between COVID, the flu, and RSV, our immune systems are fighting a tough battle. Here are some of our favorite (and easy!) ways to boost your immune system and shorten seasonal colds:



## Supplements

Vitamin D, zinc, and probiotics are all important to take when sick, but we also recommend [Bee Keepers Bee Powered](#) and [Echinacea Angustifolia Root](#) for an extra boost.

## Sauna

Sauna use has many benefits, including activating our white blood cells that help fight off viruses and unwanted substances.

## Warming Socks

When you start to feel a cold coming on, try [the warming sock treatment](#). This therapy is centuries old and is especially effective for relieving nasal congestion in bed at night.

## Fresh Ginger Tea

Mix fresh ginger juice, lemon or lime juice, honey, and cayenne pepper in 6-8 ounces of hot water. Drink 2-6 times per day to help alleviate acute cold symptoms.



*Make sure to press play on these podcast episodes featuring Dr. Sunjya Schweig.*



## THE DOCTOR'S FARMACY

Dr. Schweig joins Dr. Mark Hyman to discuss why autoimmune issues are on the rise and how we can treat them using a Functional Medicine approach. [Listen here.](#)



## REVOLUTION HEALTH RADIO

Dr. Schweig joins Chris Kresser to discuss the unique challenges associated with complex chronic illness and why Functional Medicine is best equipped to address these conditions. [Listen here.](#)

