



CALIFORNIA CENTER *for* FUNCTIONAL MEDICINE

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What's New?

Fall is just around the corner and we know many of you are busy getting back into family work and school routines, packing lunches, carpooling, sports practice, and just trying to keep yourself afloat.

In this issue, you'll find news, resources, programs, and tips to help you live a more balanced life, even when challenges arise. Remember, even small habits or changes can have a powerful impact on our health!

Written from my standing desk,

Sunjya Schweig, MD

Patient Programs

Check out the newest additions to our patient programs:

- **30-Day Wellness Reset:** This will be a 30-day wellness reset sent out via email. Each day will feature a different wellness tip, trick, or resource to help you live a healthier, more vital life. If you are on our mailing list, you will receive the first three days, then have the option to opt-in or out of the challenge. To opt-in now, click [here](#).

Coming Soon!

- **Metabolic Mastery:** Understanding and Managing Metabolic Disease is a 12-week self-guided course designed to help you better understand the spectrum of metabolic disease and why metabolic health is so important, and provide you with sustainable solutions to improve lab markers, body composition, and overall well-being.



Timely!

Smoke Exposure Support

Wildfire season is upon us and protection from harmful toxins is critical to your health. We created the Smoke Exposure First Aid Kit to provide best practices for protection. As a thank you, we are offering this program **FREE to all first responders** and their families, and 50% off to everyone else (use code **SES50off**). First responders, please [email us](#) for your unique access code. If you know of any first responders in need, please help spread the word.

Don't forget our other programs:

- Sleep Mastery
- Introduction to Breathwork
- Qigong
- Love Your Gut

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

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:

September 13th @ 10 am PT.

Join [here!](#)

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

CCFM Presents:

FUNCTIONAL FOUNDATIONS



At CCFM, we are proud to provide personalized, data-driven functional medicine care that is uniquely poised to address and reverse chronic conditions as well as improve long-term health and well-being. Conventional medicine has its strengths, particularly in the areas of emergency medicine and surgery. However, it falls short in treating chronic illnesses, particularly complex chronic conditions such as autoimmune illnesses, chronic gut issues, Lyme disease, long COVID, and more. Functional medicine is a holistic, collaborative approach to healthcare that places you front and center. Rather than just managing disease, functional medicine seeks to address the root causes of poor health.

We are excited to announce our upcoming Functional Foundations seminar, a FREE 5-day series about the pillars of functional medicine and how to address the root causes of chronic disease. Our CCFM clinical team will lead live virtual sessions, highlighting one critical health topic each day. While we hope it will be valuable to all, the seminar is largely for those who are not already CCFM patients and want to learn more.

Who should attend this seminar?

We encourage all to attend, but especially those who:

- Have been searching for answers about their health
- Are looking to optimize their health
- Are new to functional medicine

If you know someone who may benefit from this information, please share this information with them and invite them to join. We hope to see you there!

**Please sign up [here](#) for more information
about this upcoming event.**

Supplement of the Month



Liquid Biocell Collagen

By Megan Anderson, APN

I have recently been seeing many patients with joint, bone and pain issues, and many people are asking for recommendations to help prevent worsening symptoms.

There are several things I often suggest, but one of the most important is collagen. Effective collagen supplementation can help with:

- Improving joint mobility & lubrication
- Reducing joint discomfort
- Bone density loss and osteoporosis
- Promoting healthy cartilage, intervertebral discs & connective tissue
- Improving skin hydration, firmness, and elasticity
- Decreasing skin dryness
- Supporting cardiovascular health
- Promoting healthy hair, nails, gums, and eyes

However, not all collagen products are equal. I have moved away from recommending powdered collagens and have switched to recommending a liquid form of collagen that is combined with hyaluronic acid and chondroitin sulfate. My favorite product for this is Liquid Biocell, a collagen/hyaluronic acid matrix made from organically raised chicken sternal cartilage, which naturally contains high concentrations of collagen type II, hyaluronic acid, and chondroitin sulfate. This closely mirrors the composition of human articular cartilage. Liquid Biocell's patented process reduces the size of all the collagen molecules, making them highly absorbable and fast-acting (the issue with powdered collagens is that they are too large to be well absorbed). It is also non-GMO, antibiotic-free, and hormone-free. Unlike powdered collagens (which I took for years), I could tell a difference within 3-4 weeks of consistently taking this after spraining my left MCL last winter while skiing. My joints felt better, and my exercise recovery and lack of soreness after HIIT workouts were notably improved. Changes to my skin, hair, and nails have taken a bit longer, but now that I have been taking it consistently for 5 months, all of those externally visible changes are significant.

Various studies, including seven human clinical trials, prove the safety, efficacy, and bioavailability. These studies demonstrated that 2 grams daily is effective for joint health, while 1 gram daily is effective for skin benefits. This typically translates into a daily dose of 1 tbsp twice daily. I normally recommend giving this supplement a 90-day trial period for adequate time to see the benefits.



To learn more about this liquid collagen line, [**click here**](#). With this link, we are able to provide you with a \$10 off coupon on your first order (which will show up at the last stage of checkout), as well as discounts on future orders or subscriptions. Please send us any feedback on your experience -- we want to hear!

FMRTC raises more than \$3,000 for Protect Wellness

Many of you may know that we launched a 501c3 nonprofit, the Functional Medicine Research and Technology Center (FMRTC). FMRTC aims to prevent and reverse chronic illness through research, education, and innovation. Like CCFM, FMRTC's goal is to help people at risk for and living with chronic illness live their healthiest lives.



Last month we participated in a crowdfunding fundraiser to help FMRTC qualify for a grant application. **THANK YOU** to all of you who gave! Because of your donations, we met our fundraising goal and qualified for formal review. If awarded, the grant will be combined with your donations to help bring our first responder wellness program to more individuals, at no cost to them. Thank you to all of our donors and their support, we are incredibly grateful for your generosity.

If you are interested in learning more about FMRTC or would like to donate, click [here](#).

Health Hack of the Month: Stand up!

Readydesk

By Sunjya Schweig, MD



Working from home has become the norm for many and we hope you already have a nice office and a healthy ergonomic setup. The ideal setup would enable you to change positions throughout the day and stand as much as possible. I routinely stand for more than half of my work day and I use a hydraulic UpLift desk at my home office- which is amazing but can be quite pricey. If your job is hybrid and you sometimes work in different locations, it might not be feasible to afford an expensive standing desk in multiple places.

This is where the “ready desk” comes in. I have two (!) and I’ve been known to travel with it if I know that I’m going to have to work while on the road. It’s inexpensive, adjustable, and lightweight. They have a few different options available for those who might need a separate laptop, monitor, and keyboard set up vs. just working on a laptop. I highly recommend this product to help you stand and move more throughout your work day.

To learn more about the Readydesk, go to www.thereadydesk.com.

**(FYI, we don't make any money on this, we just love it and want you to know about it)*

7-Day Blood Sugar Reset

Many people experience symptoms of blood sugar imbalance on a daily basis. In the short term, these can include fatigue, cognitive impairment, mood instability, headaches, cravings, increased appetite, and more. Over the long term, blood sugar imbalances can lead to weight gain, acne, hormonal imbalances, premature aging, and severe dysfunction like type 2 diabetes, infertility, fatty liver, and cognitive decline.

Rebalancing blood sugar and improving insulin sensitivity is actually not that hard! Over the next seven days, we encourage you to implement these simple changes. Add just one each day, stacking the habits so that by the end of the week, you are a master of balancing your blood sugar.

- 1 Have a high-protein breakfast. Aim to consume 20-30 grams of protein to improve blood sugar control throughout the rest of the day. Then, aim for at least 4-5 oz of protein per meal for the rest of the day.
- 2 Take a 30-minute walk after meals. This helps move the glucose in your body after you eat to your muscles, lowering circulating blood glucose levels. If you do not have time for a walk after every meal, try to walk after at least one meal per day.
- 3 Implement Time Restricted Eating (TRE). TRE is an eating pattern in which eating is limited to a certain number of hours each day. For example, with an eating window of 8 hours a day, the remaining 16 hours per day are spent fasting. TRE can help lower fasting and postprandial glucose levels, as well as decrease fasting insulin, and improve insulin sensitivity. Try starting with just 12 hours overnight. If you have your last meal finished by 7 pm, you won't eat again until 7 am. Gradually expand this time window.
- 4 Always eat carbohydrates with protein, fat, and/or fiber. This helps slow the absorption of carbohydrates into the bloodstream, preventing a large spike in glucose after eating.
- 5 Incorporate resistance training. Maintaining healthy skeletal muscle mass helps support insulin regulation and sensitivity. Skeletal muscles can take up circulating glucose to create cellular energy to fuel the body.
- 6 Consume Vitamin K2 foods. Vitamin K2 helps to normalize blood glucose levels. This includes foods like natto, sauerkraut, liver and other organ meats, beef, pork, egg yolks, chicken, and fatty fish.
- 7 Consider the order of your food. Eat vegetables first, protein and fats second, and starches and sugars last. This allows starch and sugar to be absorbed less into the bloodstream, creating a smaller glucose spike.



CONDITIONS WE TREAT

Address the root cause of your illness

If you've worked with the best medicine has to offer, but are still searching for answers, functional medicine might be the path for you.

Functional medicine is a holistic, collaborative approach to healthcare that places the patient front and center. Rather than only managing disease, functional medicine seeks to address the root causes of poor health.

With our broad toolkit and diverse care team, we treat a wide variety of illnesses and health conditions, including:



- Digestive and gut health
- Food sensitivities
- Hormone imbalances
- Cardiovascular disease
- Diabetes and diabetes
- Metabolic syndrome
- Anxiety and depression
- Cognitive impairment and decline
- Skin conditions
- Osteoarthritis
- Autoimmune disease and immune dysfunction
- Undetected infectious disease
- Tickborne disease
- Mold and biotoxin illness
- Heavy metal toxicity
- Sleep disorders
- Chronic fatigue
- Chronic pain
- Methylation dysfunction
- Preventive health care and health optimization

And more!

Click [here](#) to learn more about the conditions we treat. If you have a friend or family member who you think might benefit from working with us, we greatly appreciate your referrals.

