

H Pylori Symptoms

Gut Buddies Packages for optimal digestion, energy, mood and skin.



FUNCTIONAL MEDICINE



WELCOME PACK

Dave Hompes, Health For The People Ltd.

H Pylori Symptoms

Gut Buddies Packages for optimal digestion, energy, mood and skin.



Dear Friend,

Thank you for your enquiry! It is truly our goal to become your partner in achieving optimal health and vitality.

This information packet contains details on:

- **What is Functional Medicine?**
- **Working with a Functional Medicine Practitioner!**
- **How our Gut Buddies programmes can help you achieve optimal health!**
- **23 Reasons why we believe we can help you better than anyone else!**
- **The basic and advanced tools we use to help you achieve your goals!**
- **How to get started so that you can begin your journey to wellness right away!**

Health is pretty simple: most people don't feel well because there's something in their body that should not be there and the things that ought to be there are not!

So you simply need to get rid of the things that shouldn't be there and put back the things that should! This is a little simplified, but the principle is the same for everyone, including you 😊

If you have any further questions after reading the enclosed information, please call or email our office. We will be happy to assist you. Please be sure to complete all required forms and return them to our office prior to your initial consultation.

We look forward to assisting you!

In health,

Dave Hompes and Staff.

What Is Functional Medicine?

Functional Medicine is an evolution in the practice of medicine that better addresses the Health care needs of the 21st century. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, Functional Medicine addresses the whole person, not just an isolated set of symptoms. Functional Medicine practitioners spend time with their patients, listening to their histories and evaluating the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.

Why Do We Need Functional Medicine?

- Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases, such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis and fibromyalgia.
- The system of medicine practiced by most physicians is oriented toward acute care, the diagnosis and treatment of trauma or illness that is of short duration and in need of urgent care, such as appendicitis or a broken leg. Physicians apply specific, prescribed treatments such as drugs or surgery that aim to treat the immediate problem or symptom.
- Unfortunately, the acute-care approach to medicine lacks the proper methodology and tools for preventing and treating complex, chronic disease. In most cases it does not take into account the unique genetic makeup of each individual or factors such as environmental exposures to toxins and the aspects of today's lifestyle that have a direct influence on the rise in chronic disease in modern Western society.
- There's a huge gap between research and the way doctors practice. The gap between emerging research in basic sciences and integration into medical practice is enormous – as long as 50 years – particularly in the area of complex, chronic illness. Functional medicine's aim is to evaluate, assess, and carefully enfold emerging research in a practical, efficient, and safe manner.
- Most physicians are not adequately trained to assess the underlying causes of complex, chronic disease and to apply strategies such as nutrition, diet, and exercise to both treat and prevent these illnesses in their patients.

How Is Functional Medicine Different?

Functional medicine involves understanding the origins, prevention, and treatment of complex, chronic disease. Hallmarks of a functional medicine approach include:

- **Patient-centered care.** The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease. By listening to the patient and learning his or her story, the practitioner brings the patient into the discovery process and tailors treatments that address the individual's unique needs.
- **An integrative, science-based healthcare approach.** Functional medicine practitioners look “upstream” to consider the complex web of interactions in the patient's history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body, and spirit) and external (physical and social environment) factors that affect total functioning.
- **Integrating best medical practices.** Functional medicine integrates traditional Western medical practices with what are sometimes considered “alternative” or “integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines supplements, therapeutic diets, detoxification programs, or stress-management techniques.

Working with a Functional Medicine Practitioner

Functional medicine practitioners promote wellness by focusing on the fundamental underlying factors that influence every patient's experience of health and 'dis-ease'.

The Functional Medicine Approach to Assessment

As Functional Medicine practitioners, we assess your fundamental clinical imbalances through careful history taking, physical examination where applicable and laboratory testing. We consider multiple factors, including:

Environmental Inputs – The air you breathe and the water you drink, the particular diet you eat, the quality of the food available to you, your level of physical exercise, and toxic exposures or traumas you have experienced all affect your long-term health.

Mind-Body Connections – Psychological, spiritual, and social factors all can have a profound influence on your health. Social stress can cause inflammation in your body. Considering these areas helps us see your health in the context of you as a whole person, not just your physical symptoms.

Genetic Makeup – Although individual genes may make you more susceptible to some diseases, your DNA is not an unchanging blueprint for your life. Emerging research shows that your genes may be influenced by everything in your environment, as well as your experiences, attitudes, and beliefs. That means it is possible to change the way genes are activated and expressed. These processes are related to larger functions, such as:

- How your body rids itself of toxins
- Regulation of hormones and neurotransmitters
- Immune system function
- Inflammatory responses
- Digestion and absorption of nutrients and the health of the digestive tract
- Structural integrity
- Psychological and spiritual equilibrium
- How you produce energy

All of these processes are influenced by both environmental factors and your genetic make-up; when they are disturbed or imbalanced, they lead to symptoms, which can in turn lead to disease if effective interventions are not applied.

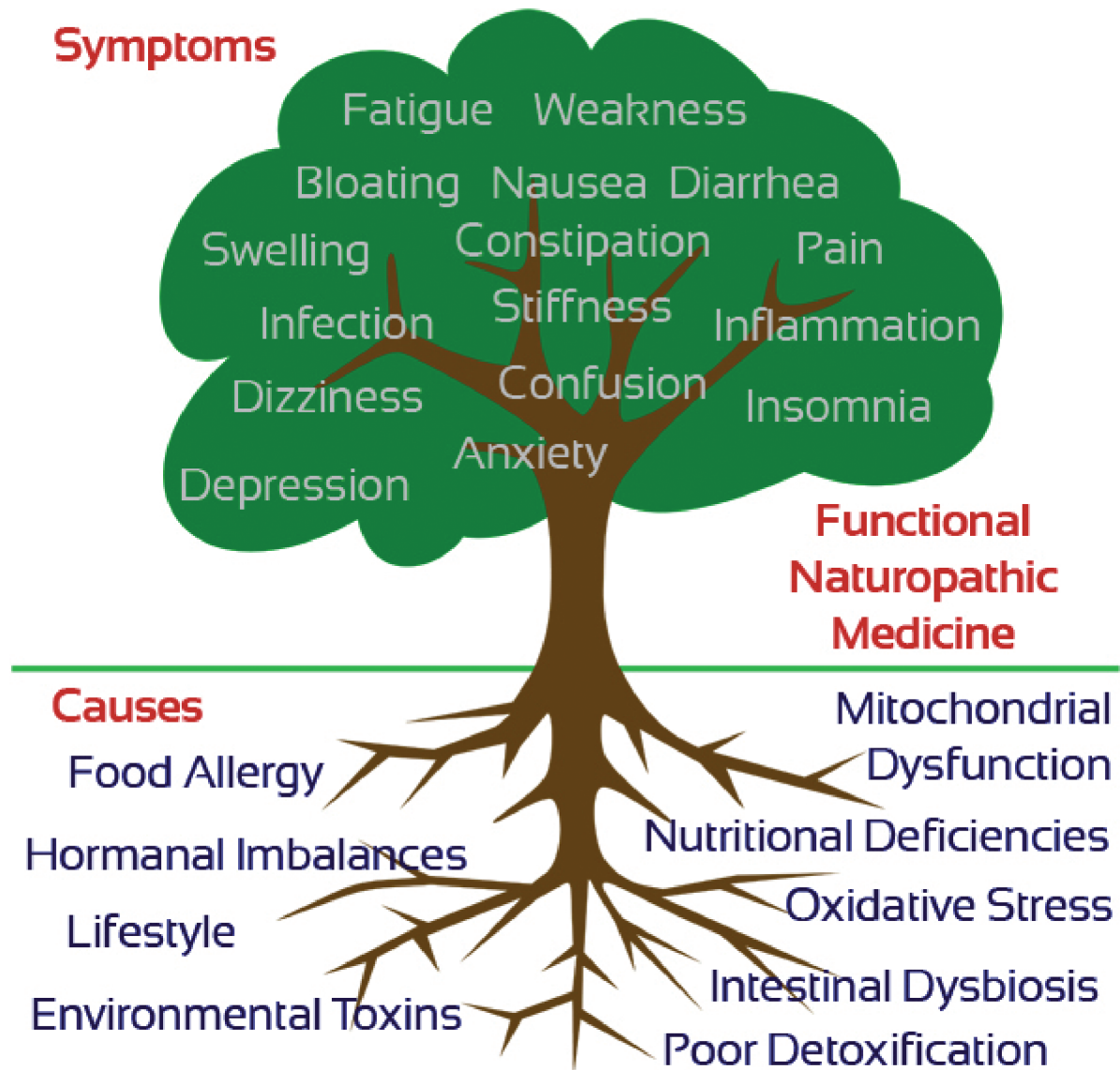
A Comprehensive Approach to Healing

- **Most imbalances in functionality can be addressed;** some can be completely restored to optimum function, and others can be substantially improved.
- **Prevention is paramount.** Virtually every complex, chronic disease is preceded by long-term disturbances in functionality that can be identified and effectively managed.
- **Changing how the systems function can have a major impact on your health.** The functional medicine practitioner examines a wide array of available interventions and customizes a treatment plan including those with the most impact on underlying functionality.
- **Functional medicine expands our healing tool kit.** Treatments may include combinations of drugs, botanical medicines, nutritional supplements, therapeutic diets, or detoxification programs.

They may also include counseling on lifestyle, exercise, or stress-management techniques. As natural healthcare practitioners, we often refer to licensed physicians when we need help.

- **You become a partner.** As a patient, you become an active partner with us. This allows you to really be in charge of improving your own health and changing the outcome of disease.

The diagram below helps to explain how we address health issues from a Functional Medicine Perspective:



Albert Einstein said:

"The doctor of the future will give no medicine, but will interest his patients in the care of human body, in diet and in the cause and prevention of disease"

...and that's how our Functional Medicine and Nutrition/Lifestyle Coaching programmes work for you.

Gut Buddies: “Your Digestive System’s Best Friends!”

The Gut Buddies Digestive Health Programmes Can Help You:

- Optimize your digestive function and eliminate unwanted invaders to your stomach and intestines such as bacteria, parasites and yeast!
- Reduce and eliminate bloating, stomach pain, wind, burping, nausea, constipation and diarrhea.
- Dampen or extinguish the fires of headaches, digestive, muscle and joint pain!
- Increase energy levels and prevent energy slumps!
- Improve your mood!
- Sleep more soundly!
- Balance your menstrual cycle and eliminate premenstrual symptoms!
- Add zest to your sex drive whether you’re female or male!
- Eliminate skin conditions & add a shining glow to your complexion!
- Flatten your tummy and provide the foundation for a wonderful physique!

The causes of these symptoms will vary from person-to-person and it’s our job to help you find out WHY they are happening so that you can resolve them once and for all. For example:

- Do you have food allergies or sensitivities?
- Do you have yeast and fungal overgrowth?
- Do you have parasites?
- Are you digesting your food properly?
- Are your “friendly” bacteria levels too low?
- Do you have nutritional deficiencies or hormonal imbalances?
- Are you harbouring high levels of environmental toxins?

...we can help you determine all this and more!

23 Reasons To Work With Us

1. Our mission is to help as many people achieve optimal health as possible, including you.
2. Your health is of paramount importance to us because all of us have struggled with our own health at some point.
3. We understand your frustrations and concerns because we have all experienced and made full recoveries from symptoms involving digestion, energy, mood, skin and sleep.
4. All our consultants are either published authors in their own right, or are working on their first books.
5. Our team holds a vast array of qualifications and experience, ranging from Nutritional Therapy, Physiology and Sports Science degrees to Functional Medicine, Metabolic Typing, Bowen Technique, Personal Training & Exercise Therapist qualifications.
6. We work in 100% integrity at all times and never try to punch above our station.
7. We pass all our supplement commissions to you as discounts, meaning that you save anywhere between 15-40% on retail prices.
8. We take care to listen to you and understand your situation, which enables us to ensure that our recommendations fit you as an individual.
9. We work with you holistically as a fellow human being, without judging you or addressing you with condescending attitudes.
10. We have thousands of satisfied customers and clients worldwide.
11. Our partners are among the highest quality and most respected natural health providers on the planet.
12. Our products and services ensure you receive all the information you need to succeed, general information to recipe books, customized menu planners, comprehensive laboratory evaluations and individualized supplement protocols.
13. We guarantee your satisfaction or every penny of your consultancy money is refunded.
14. You will never be left alone whilst on your programme – our goal is to provide a level of support that is unrivalled.
15. We support you in all areas of your health through detailed education.
16. Our educational products included books, e-books, DVDs and online programmes help to reduce the time and investment required to teach you what you need to know.
17. All our digital or online educational tools are free to you as a valued client.
18. Programmes are set at different levels to suit your requirements and budgets.
19. We insist on regular contact to troubleshoot problems and make sure you are not overwhelmed by our recommendations.
20. Your programmes are broken down into manageable 30-day blocks to keep them simple.
21. We're able to support you by email, phone, Skype, chat and in person (location permitting).
22. All emails are answered inside 24 hours (usually faster), or on the next working day.
23. We hold open call-in days and live chat sessions where you can call in and ask additional questions about any topic, or your programme, at no extra charge.

What Will You Receive?

- Advice and coaching from highly skilled, experienced and qualified personal health coaches who have all suffered with chronic health challenges and overcome them using the very same methods we teach you.
- Support consultations at a *minimum* frequency of once every fortnight, for a *minimum* of 90-days
- Detailed health history and symptoms analysis
- Fully customized laboratory testing, interpretation and recommendations, based on your lab results, health history and symptoms?
- Ongoing personalized support at intervals that suit you most
- Customized written food lists
- Customised menu planners and guidelines for eating out
- Recipes and cookbooks
- Snacking ideas
- Shopping list and tips
- Easy to follow and fully customised supplement protocols
- Continued educational support via consultancy and third party sources (e.g. books, DVDs, presentations)

What Tools Do We Use To Help You?

We have available to us a range of tools to assist you determine the root cause of your symptoms. Usually, symptoms are caused by something being in your body that shouldn't be there and/or deficiencies in the things that should be there.

So what we have to do is help you identify and remove the “bad” things and then work on making sure we replace the “good” things.

1. Comprehensive Laboratory Analysis, with the ability to assess the following parameters in your body and home. Note that nearly ALL these tests can be performed in your own home, using test kits that are delivered to you from our various partner laboratories.

- Bacteria, parasites yeast overgrowth
- Mold overgrowth
- Digestive & immune function
- Food allergies (IgA, IgE, IgG)
- Lyme disease
- Nutrient deficiencies (B vitamins, minerals, fat and sugar metabolism, energy production)
- Vitamin A, D,E, K and Coenzyme Q10 levels
- Cardiovascular risk
- Oxidative damage
- Toxic Metals (e.g. mercury, lead, cadmium, arsenic)
- Neurotransmitter metabolism (serotonin, dopamine, adrenaline)
- Adrenal health, thyroid function and sex hormone balance
- Pesticide, plastic, petrochemical, PCB, volatile solvent toxicity
- Urine pH
- Blood sugar levels and insulin
- Water quality

2. 100% customized diet, menu planner and recipe creation.

3. Exclusive 90-day Nutrition & Lifestyle coaching packages.

4. Exercise advice and referral where needed.

How To Get Started!

Here is our step-by-step guide for getting started:

1. Download our **New Client Intake Forms**.
2. Complete the forms fully and return them to our office via fax, email or post, as directed.
3. Once we have received your forms we will contact you to arrange your initial 60-75min consultation.
4. Payment for your initial consultation must be made in advance. Please see the fee structure for details on rates.
5. Your consultation takes place.
6. Based on your symptoms and history, a set of recommendations will be made during your consultation.
7. Recommendations may involve educational products, nutrition coaching or lab testing and, based on your requirements, a path forward is agreed.
8. Your call can be recorded and sent to you as an MP3 audio file or CD.
9. There is no pressure from us for you to continue beyond the initial consultation should you feel that our services are not right for you.
10. If you order lab tests (most of our clients need these), the kits are sent to your home, where you collect the samples and return them to the lab for analysis. A small number of tests require a clinic visit in your local area to obtain a blood draw.
11. We receive the results of your tests within 10-14 working days.
12. Results are emailed to you as soon as we receive them and a follow up consultation is arranged.
13. Payment for your 60min follow up consultation must be made in advance.
14. During the follow up consultation we will explain the key findings and recommend a strategy to address them so that your symptoms improve as quickly as possible.
15. A written summary of findings and supplement protocol is emailed to you. Again, your call can be recorded and mailed to you electronically or by post.
16. There is no pressure to work with us further at this point.
17. The majority of our clients opt for one of our monthly support packages so that we can support you on an ongoing basis and ensure optimal outcomes for you.
18. The monthly support packages include phone or Skype consultations (usually we can arrange these at very short notice), email support, regular diet analysis and fine-tuning, webinars and more.

Have We Missed Anything?

If you require further information, please do not hesitate to contact us and we will be glad to assist with your queries.

Phone: +44 800 310 21 21

Email: Office@HPExperts.com

We look forward to hearing from you soon!

A handwritten signature in black ink, appearing to read 'Dave Hompes', with a horizontal line underneath.

Dave Hompes and Staff.