

## Nutritional Medicine

**It involved a range of areas including:**

### **Functional Medicine**

A holistic model of medicine aimed at balancing core functional processes in the body such as cellular metabolism, digestive function, hormonal balance, detoxification and control of oxidative stress.

### **Nutritional and Environmental Medicine**

Concerned with the interaction of nutritional and environmental factors with human biochemistry and physiology, and the resulting physiological and psychological symptoms and pathology. Treatment is aimed at correcting underlying causes as well as providing symptomatic relief.

### **Lifestyle medicine**

The application of medical, behavioural, motivational and environmental principles to the management of lifestyle related health problems in a clinical setting, including self-care and self management. (Read more here: <http://lifestylemedicine.org.au/about/lifestyle-medicine/>)

### **Conditions treated by Nutritional Medicine:**

- Autoimmune conditions including inflammatory arthritis, thyroid disease, ect
- Hormonal issues including menstrual disorders, menopause symptoms, PCOS
- Irritable bowel syndrome, leaky gut and intestinal dysbiosis
- Mental Health Conditions: Jen is a Biobalance practitioner and can assess and manage mental health problems using individualised complementary nutritional supplement programs aimed at balancing the patient's body chemistry. For more information please see [www.biobalance.org.au](http://www.biobalance.org.au)
- Chronic fatigue syndrome, adrenal fatigue and related issues
- Fibromyalgia
- Osteoporosis
- Ischaemic heart disease, high blood pressure and high cholesterol
- Hidden infections including gastrointestinal infections, chronic viral illnesses, suspected Lyme disease
- Weight management

**Please note South Coast Sports Medicine does NOT provide the following:**

- Long term antibiotic treatment
- Intravenous vitamin therapy
- Chelation therapy
- Bioidentical hormone treatment

**No Referral is required to see Doctor Jen Graham-Taylor**