Holistic Wellness Center of the Carolinas Offers Functional Medicine Services in Charlotte NC

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Holistic Wellness Center of the Carolinas in Charlotte, NC, wants to stress that they offer functional medicine services in Charlotte and elsewhere in the country via telehealth. The practice offers holistic medicine in Charlotte, NC, including functional medicine. The goal of functional medicine is to focus on a patient?s underlying imbalances that are causing chronic illnesses and health challenges. This type of medicine is based on the idea that it is vital to treat the body as a whole and that all aspects of life can affect health. Thus, the focus of functional medicine is not only on nutrition but also sleep habits, exercise, stress management, environmental exposures, emotional well being, and spirituality.

Jeffrey Matz DC from Holistic Wellness Center of the Carolinas says, ?At Holistic Wellness Center, our institute for functional medicine, we provide medicine and therapies to address the underlying cause of disease. We do this through a holistic and integrative medicine approach in an organized 6 stepping stones on your path to wellness. If you are seeing a practitioner or health coach at our center, they will work to design a partnership centered on hope, care, discipline, and science, showing you first-hand that an accurate diagnosis and an individualized approach can do more than just make a little difference?it can resolve your health problems in both the short and long-term.?

The practitioners at Holistic Wellness Center of the Carolinas will work with the patient one on one and provide a unique medicine and treatment plan that is targeted towards the patient?s particular needs. Functional medicine is gaining in popularity because of the rising trend in complex chronic diseases and the mostly unknown causes of disease that requires a new medicine model and a new approach to health problems.

The system of medicine that is practiced by most physicians is focused on acute care, which involves the diagnosis and treatment of an illness or trauma that is only of short duration. Physicians will use certain treatments like surgery or drugs to treat an immediate health issue, such as a broken leg. However, with

complex chronic diseases, they are unable to treat these with their quick-fix strategies because they have no experience in handling these new illnesses.

Acute care medicine is frequently inadequate for the treatment of chronic illnesses because of outdated tools and methods that fail to consider the patient?s unique genetic factors and analyzing other factors such as environmental exposure to toxins like those found on plastic food containers. Thus, functional medicine often has detox programs for getting rid of toxins from the body.

In addition, most physicians are not sufficiently trained in the evaluation of the underlying causes of complex chronic diseases. Furthermore, they are not knowledgeable about the appropriate treatment approaches such as nutritional counseling and exercise that would address the current illness while preventing illnesses in the future. This is mainly due to the lack of comprehensive instruction at the universities and colleges in the country.

Most importantly, the whole conventional medicine system fails to consider what aspects of the modern lifestyle contribute most directly and adversely to chronic illnesses. There is a wide gap of around 50 years between research having an impact on basic sciences and its integration into the medical practice.

Functional medicine has become the gold standard for chronic and autoimmune disorders. Focusing on the root cause of the problem, functional medicine offers patients individualized plans for prevention and treatment. These plans are based on strengthening a patient?s unique bio-individuality to restore balance at the genetic core. This ensures that the best medicine is provided for every patient and for future generations.

Founded in 2018, Holistic Wellness Center of the Carolinas is a health clinic that uses acupuncture, homeopathy, herbology, light therapy, and cold laser therapy, along with other alternative and Western medicine approaches to offer relief to patients with endocrine, autoimmune and many other disorders.

Those who are interested in holistic medicine in Charlotte, NC, can check out the Holistic Wellness Center of the Carolinas website or contact them on the phone or through email.

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For more information about Holistic Wellness Center of the Carolinas, contact the company here:Holistic Wellness Center of the CarolinasJeffrey Matz DC(704) 308-2557caitlin@holisticcharlotte.comHolistic Wellness Center of the Carolinas1201 Carolina Pl #101Fort Mill, SC 29708

Holistic Wellness Center of the Carolinas

Our Holistic Wellness Center in Charlotte, NC, focuses more on the underlying cause of your health concern, not just your symptoms. We developed the Six Stepping Stones after working with hundreds of people seeking guidance on holistic wellness.

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