

## Engaging others in your health journey

**Many of our patients come to us expecting the answer to their health problems to be dietary or biological, but health is often complex. Health is about lifestyle; how you interact with and perceive the world, as well as your food, movement, and sleep.**

Because we're looking at every aspect of your life to figure out the root cause(s), the changes you'll be making won't always be easy. This approach involves a considerable investment in time, money and effort. The payoff is your health.

During this time of exploration and discovery, having the support of those around you makes life (and change) much easier. It also means your results are achieved more rapidly.

Sometimes the people in your world won't understand why you're making all these changes. Here are some ways to have those conversations...

### **Starting the conversation - keep things simple:**

'I've decided to invest in my health to finally get to the root of my health issues. So over the next few months, I'll be exploring ways of eating and living to see what works for me and my body.'

### **For those closest to you, acknowledge how what you're doing might affect them:**

'I'd love your support and understanding during this time. These changes may be challenging at times for me, and I recognise they may affect you too.'

Some may be curious to know why you've chosen functional medicine. Our approach is best explained when compared to the healthcare model people are familiar with.

<b>Conventional medicine approach</b>	<b>Melbourne Functional Medicine approach</b>
Designed for acute conditions e.g. accidents, emergencies, brief illnesses	Designed for chronic conditions
Focused on rapid relief from symptoms or managing a condition	Focused on finding and treating root causes for lasting resolution
Quick appointments to treat the disease	In-depth consultations to treat the patient
Divides the body into parts, each area requires a specialist	The body is a web - all parts are connected, treat the whole body
Doctor in control of your health	Empowered to take control of your health through collaboration care