

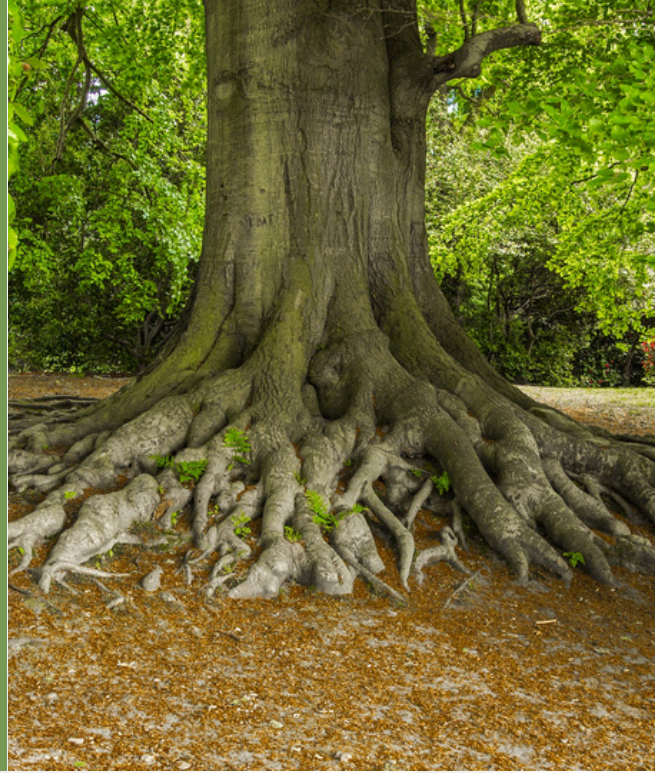
# Wondering what's missing from your care plan?

Join us...

## Foundations of Functional Medicine & Creating Health

**Fridays 12-1 pm via Zoom**

(4 week program beginning first Friday of the month)



### If your symptoms aren't fully addressed by medications, it's time for a root cause approach.

Addressing the imbalances underlying your health conditions is the biggest missed opportunity in chronic diseases care. In this program, you will learn how to think like a functional medicine doctor and see the patterns and opportunities for improving your symptoms.

#### You will learn:

- How chronic diseases develops
- How to identify the unique factors that set you up and drive forward your chronic conditions
- How to develop a personalized care plan to address your underlying imbalances to improve health from the inside out

#### Exercises:


- **Creating your timeline of health and life events** to visualize the factors contributing to your symptoms and diagnoses
- **Clarifying your "Why"** behind wanting better health, as well identifying your strengths and opportunities for growth
- **Targeted goal settings** based to avoid wasting time, effort, and money
- **Identifying your values** and determining how they line up with your current goals

This is a unique opportunity to learn the functional medicine model and apply it to your unique conditions. This approach will empower you to charge of your health and feel more confident with healthcare decision making.



TO REGISTER  
PLEASE CALL:

**Stanford Center for  
Integrative Medicine**

 (650) 498-5566

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist.



### SUSAN PAYROVI, M.D.

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Dr. Payrovi is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

She also holds certifications in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.