

Open The Door to Better Health



Salena Rothenberger, D.PSc, CFMP, CHC



The
Functional
Perspective

OPEN THE DOOR TO BETTER HEALTH

Tapping Into Your Body's Innate Healing System
Plus The 5 Pillars Of Health And Vitality

by Salena Rothenberger, DPSc, CFMP, CHC



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a quick message from Salena

Congratulations on taking the next step towards better health and wellness! I am honored to be a part of your journey and look forward to connecting with and supporting you.

This guide contains the foundations of creating health. As you go through each section look for opportunities to improve and build on the good things which are part of your current health. I realize sometimes this can be overwhelming! That is why I am here to help you along the way and am passionate about empowering you to take charge of your health. Just as it can be overwhelming to learn how to ride a bicycle, with love, encouragement, and guidance we are off to the races and have a hard time remembering when we *couldn't ride*! That is what I want for your health, to be able to look around at your health overflowing with life and vitality where it is difficult to imagine a life without it

Of all the information in this guide, the most important is this: There is hope, our body is amazing at healing! Follow your instinct that says, yes, I can heal, there is something more to the picture and I will not stop until I find all the pieces. I believe in you and that powerful inner voice of yours, so let us dive in and put the pieces of your health back together!

In peace, love, and wellness!

Salena

*Don't look for someone who will solve all
your problems; look for someone who will
face them with you*

~Anonymous

The Best Kept Secret In Modern Medicine

Let me let you in on one of the best kept secrets of modern medicine...

Your body has the ability to heal itself and prevent nearly ALL diseases of aging.

Too good to be true, right?

You've already been to a number of practitioners, and nobody seems to have an answer to actually fix your chronic ailments. Conditions like asthma, thyroid problems, diabetes, arthritis and autoimmunity are commonly considered permanent. Doctors work to treat them... to medicate you.

You might think your health is failing. But it's really our modern medical system that's failing you.

Modern medicine has essentially turned into big industry. Patients are pushed through the system like parts on an assembly line. Medical specialists focus their attention squarely upon the reason for your visit, with little (or no) regard to your overall state of health. What they fail to realize is that it's your overall health that provides a clear road map to the source of the majority of your health problems.

A proactive, holistic, natural approach to preventing and minimizing your pain will allow you to do the things that you love now, and every day, for the rest of your life.



Illness Doesn't Happen In A Vacuum

When we consider your entire health and every ailment and condition you have, patterns emerge. But deciphering these patterns and getting to their root cause requires detective work.

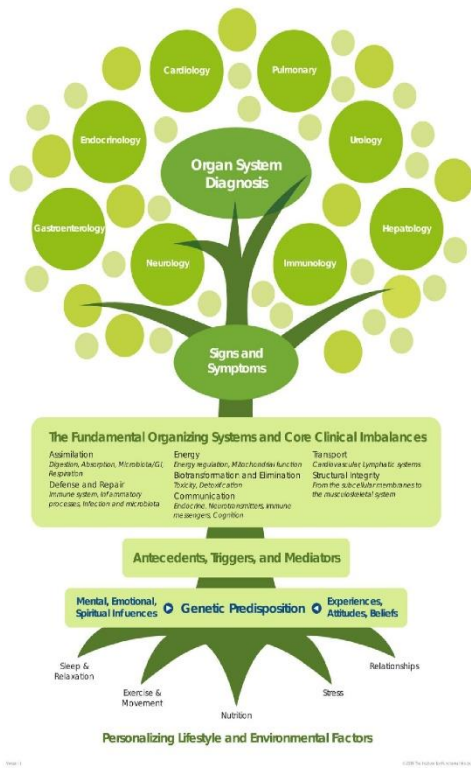
- What is triggering your adverse health?

- Why has function been lost?

- What can we do to restore function?

In other words, uncovering the root cause or mechanism involved with any chronic ailment can ultimately reveal why a set of symptoms – even unrelated symptoms – exist in the first place.

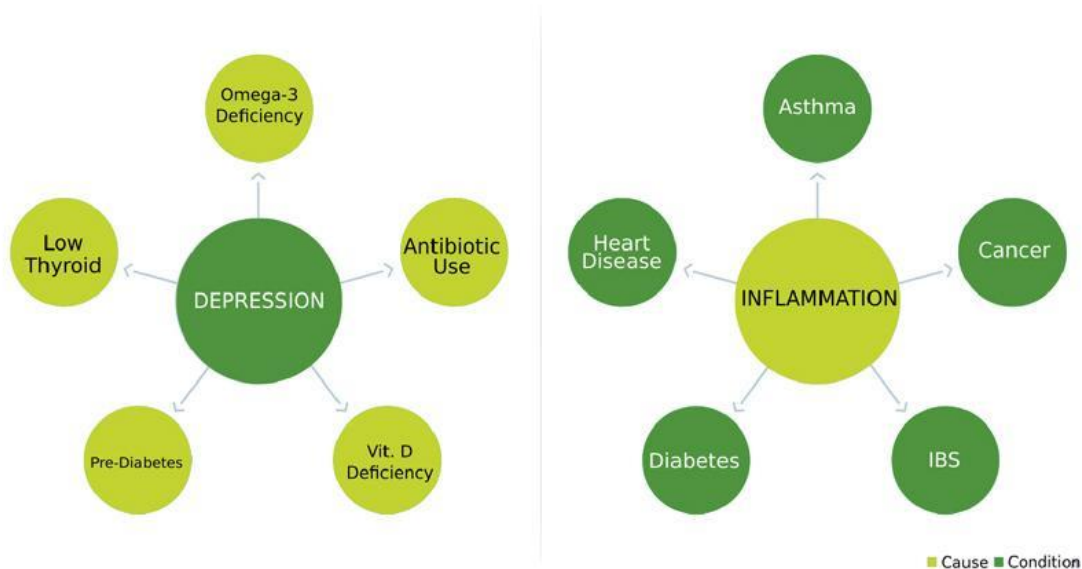
Let's look at an example of this phenomenon...



IBS - Asthma

IBS (Irritable Bowel Syndrome) doesn't appear to have anything in common with asthma. You would go to two different specialists to treat each, yet neither specialist would look at how these two ailments relate to one another – and more specifically, the cause of both. Yet, it is possible that both conditions are caused by the exact same root cause. In this example, that root cause would be internal inflammation.

One Condition, Many Causes | One Cause, Many Conditions



Healing your whole body is an iterative process. It takes time. But more importantly, it takes the right kind of approach – one that gets to the root of your problems.

Remember : Good health is not just the absence of disease, but a state of immense vitality. Getting to that state one must take the entire body into consideration.

When we take this holistic approach we are looking through the lense of Functional Health.

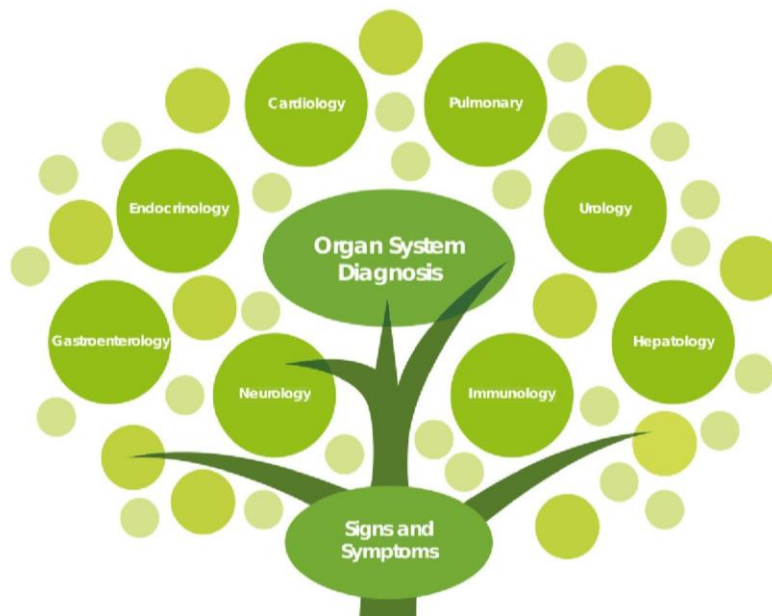
The Smart Way To Get To The Root Of Your Health Problems

Functional medicine operates on the principle that identifying a disease state is not the goal, rather identifying the systems which are out of balance. The term Functional Medicine refers to something completely different than what you have come to know as conventional medicine (i.e., the current standard model of care).

To fully understand what functional medicine is, we're going to compare it with conventional medicine. The differences will be obvious.

Addressing the Whole, Not the Parts

Functional Medicine addresses the whole person, not just an isolated set of symptoms.



A medical doctor traditionally uses drugs or hormones as therapeutic tools to deal with symptoms which manifest. The standard model of care is generally the same for various conditions like low thyroid, diabetes, high blood pressure, high cholesterol, autoimmunity and so on. The goal is to stop or block the symptom. Your general practitioner either decides to treat you, or elects to refer you to a specialist.

Both have access to the same basic tool: **medication**. Their goal is to diagnose a disease and match that disease with a corresponding drug. Such as replacing hormones which you are low in. Or blocking cholesterol production which is elevated.

Makes sense, right?



This model of care works well for acute diseases, trauma, infection, and emergencies. **But it does not ask, nor seek the answer to, the question, Why? Why are these hormones low? Why does the body think it needs to make more cholesterol?**

Furthermore, in the case of the chronic diseases which affect over 125 million Americans, this model fails miserably. And, that's a key reason why these conditions are chronic and persistent.

Yet these same chronic conditions, such as allergic, digestive, hormonal, metabolic, neurological, autoimmune problems, are finding long term solutions through a Functional Health lens .

Conventional vs. Functional Model

Looking at the conventional model side-by-side with functional model gives you a clear sense of their differences and how they're used today.

Conventional Model	Functional Model
Reactive: Focused on managing disease and treating symptoms, well after a disease has manifested.	Proactive: Focused on resolving the root cause of illness to reverse and prevent chronic health and dis-ease.
Palliative: Suppresses the symptoms; manage the disease. (note keyword 'manage' when we manage a business we are not trying to end the business rather prolong it ;)	Restorative: Restores proper function of the body to reverse dis-ease, prevent illness, promote optimal function while working in harmony with how our body was designed.
Disease-Centered: Treats the disease without giving attention to the bio- individuality of the patient.	Centered on the Individual: Treats the individual and modifies strategies for each individual's personal needs.
Limited Options: Relies almost exclusively on pharmaceuticals and surgery, with a blatant disregard of negative effects and risks.	Unlimited Options: Combines the best of conventional and natural medicine into an intelligent hybrid to provide unlimited treatment options.
Profit-Driven: Heavily influenced by parties with a vested interest, including	Evidence-Based: Based on the latest research and clinical observation.

pharmaceutical and insurance companies.	
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Conventional Medicine certainly has its place. It provides excellent emergency life saving interventions. It's most appropriate for accidents and trauma like broken bones and severe illnesses which have not responded to proactive care.

However, it's designed to **manage symptoms** – **not to restore health** and optimize function.

While conventional Western medicine focuses on managing the symptoms of illness, A Functional Health approach aims to understand **why** the symptoms manifested and it uses that knowledge to address the roots of chronic states of adverse health.

Addressing the root causes of chronic conditions often solves many problems at once. And therein lies the greatest value of seeking Functional Health and Wellness.

5 Pillars Of Exceptional Long Term Health

Your body is an amazing healing machine. With proper care and fuel it has the capacity to treat many chronic conditions. In fact, the chronic ailments are great clues of how your body is attempting to protect your health. Remember, we ask “why” - the symptoms are at the end of the equation. If we have an apple we know that is the result of fruit maturing on an apple tree, it did not come from a banana tree.

There are five pillars of healthy living that, when managed properly, can lead to exceptional long term health and provide relief for a wide variety of chronic ailments. As you read through these

start thinking about connections between each topic and your current health. Begin to ask, why, what and how.

1) Your Environment

The environment of your day to day life has a profound effect on your health. Most think of the environment as the location they live, toxin exposed to and other obvious locations such as where you work. These do play a vital role, but there is so much more to our environment than physical locations.

Relationships - family, friends, co-workers and any other people you surround yourself with have an influence on your health - for better or worse.

Atmosphere - again, more than the air we breathe. A home, work, and/or school environment which has an atmosphere of tension will curtail efforts of healing faster than a speeding bullet and with more power than a hydrogen bomb.

Maintaining toxic relationships with certain individuals in your life can affect your health – which can have a stark impact on your body's ability to heal itself. Do not overlook this.



2) Your Diet

What you eat and drink plays a critical role in your overall health. Yet, most Americans are overweight and undernourished. This point is worthy of repeating...most Americans are overweight and undernourished.

Consider This: Current USDA guidelines provide zero discussion of healthy fats while overemphasizing carbohydrates and grains.

Little attention is placed on the dangers of refined carbohydrates and items labeled as 'food'. This may be due to the conflict inherent in the USDA's mission, which is to set national health nutrition policy while helping to market and promote specific agricultural products to Americans. (See my post about the US Food Guide on my blog)



A practitioner of functional health will closely examine your current diet and history. Patterns often emerge that determine a direct correlation between what you consume and your overall health. But you already

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knew that - you don't put water in your vehicle's gas tank for a reason.

3) Your Activity Level

It's no surprise that exercise is important to your overall health. But what kinds of exercise promote the body's natural ability to heal?

Certain aerobic and resistance exercises can improve or prevent various conditions. We're just beginning to understand how certain activities can alleviate and suppress many chronic ailments.



A common misconception is more activity is better, this is just not the case with chronic illnesses.

In the chronic ailments our body is in a catabolic mode - it is the 'fight/flight' mode. That run from a lion and escape death at all costs mode. Did you catch that? Running at all costs... When we exert a significant amount of energy biochemical co-factors which are needed for growth, healing and restoration are diverted to other pathway

Don't get me wrong, regular vigorous exercise can promote health - key is in a healthy individual.

A functional health practitioner will help you develop an activity plan which supports restoration, rejuvenation and vitality.!

4) Sleeping Habits

The healing properties of sleep are legendary. Likewise the perils of a lack of it. Do you remember as a child asking your parents why you had to take a nap?

The answer your parents may have given you was 'because that is when your body grows' (well, besides because I told you to :) Science has only recently begun to unravel the myriad of health effects of sleep and shed light on the mechanisms that underlie the dual-edged sword of sleep.

As with many biological properties, sleep seems to follow an inverted-U-shaped curve. Optimal effects are experienced at intermediate levels of sleep. Either too much or too little can be problematic. This is an area where awareness of what our body is telling us is invaluable.



In a nutshell, our bodies need time to rest. We have a lot of demands for our time and energy. Just as we don't leave our vehicles running all the time we shouldn't keep our bodies running all the time. They need time to repair from the daily toils of our day to day life. If we continually 'burn the candle at both ends', the wick is going to burn out.

5) Managing Stress

Excessive stress is one of the most salient contributors to poor health, and is unquestionably associated with increased rates of cardiovascular disease, cancer, autoimmune disease, diabetes, and death.

The simplest illustration is in regards to our vehicles. What happens when you continuously drive your vehicle off the pavement in the ditch? Now what happens when you do that at 70 miles an hour? Hour after hour? How long will it hold up? How long will YOU be able to keep a hold of the steering wheel?

Stress kills.

Too often conventional providers fail to acknowledge and delve into areas of stress in our lives, let alone testing. Such as cortisol, a hormone without which we are unable to survive. As with all hormones, excess or deficiency leads to stress on other systems.

A functional approach uses detailed testing to identify where you are on the cortisol spectrum, and which other systems have been affected. This is followed by an anti-stress regimen which may include proven stress relieving activities, such as meditation and yoga.

Laughter will always be seen on a recommendation for achieving optimal levels of stress.



Now that you understand how to tap into your innate healing system and ways to restore health, supporting core body functions through the Functional model, read on to find out how you can team up with Functional Health experts at The Functional Perspective to guide and mentor you on your journey to restore health.

Embrace Your Body's Innate Healing System

Functional Health isn't a better health solution just because it's natural. Functional Health is a better solution because it produces better health outcomes. Addressing the cause and maximizing function instead of managing symptoms while the illness continues to progress.

Here at The Functional Perspective we understand the merits of Functional Health and how it can be applied to virtually anyone seeking to reclaim their health, regardless of their medical history.

Tap into your body's innate healing system today!

Believe it or not... you now have more knowledge by reading this short guide about your body's healing system than most health practitioners out there. It's true! Disappointing, but true.

In fact, most doctors, specialists and even therapists do not (and cannot) address your health in a specialized and holistic manner in which you deserve. The good news is...

You Can Begin Today... Right Now!

Implement the steps you learned from this guide RIGHT NOW to improve your digestion, metabolic and hormonal systems.

- Reduce your stress levels
- Ensure your body has high quality fuel
- Appropriate activity (remember, less is often best in chronic conditions – call me if you would like to run your activity program by me for feedback)
- Get quality rest each and every night
- Submerge yourself in an environment which promotes peace, harmony and joy





Quick Strategy Guide: Opportunities for Regaining Health

NOTES

- ☐ Quality of Sleep
 - ☐ Quantity of Sleep
 - ☐ Quality of Food
 - ☐ Quantity of Food
 - ☐ Activity Balanced
 - ☐ "Self" time
 - ☐ Toxic Exposures
 - ☐ Chemicals?
 - ☐ Molds?
 - ☐ Pathogens?
 - ☐ Relationships/Emotional?
 - ☐ Laughter
 - ☐ Permission to make mistakes?
-
- ☐ Put together a timeline
 - ☐ Compile history and symptoms
 - ☐ Identify patterns

[illegible]



The Functional Perspective

Quick Strategy Guide: Opportunities for Regaining Health

SLEEP STRATEGY

FOOD STRATEGY

ACTIVITY STRATEGY

TOXIN STRATEGY

STRESS STRATEGY

[illegible]

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NOTES

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The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- ☐ Nausea or vomiting
- ☐ Diarrhea
- ☐ Constipation
- ☐ Bloated feeling
- ☐ Belching, or passing gas
- ☐ Heartburn
- ☐ Intestinal/Stomach pain

Total _____

EARS

- ☐ Itchy ears Total
- ☐ Earaches, ear infections
- ☐ Drainage from ear
- ☐ Ringing in ears, hearing loss

Total _____

EMOTIONS

- ☐ Mood swings
- ☐ Anxiety, fear or nervousness
- ☐ Anger, irritability, or aggressiveness
- ☐ Depression

Total _____

ENERGY/ACTIVITY

- ☐ Fatigue, sluggishness
- ☐ Apathy, lethargy
- ☐ Hyperactivity
- ☐ Restlessness

Total _____

EYES

- ☐ Watery or itchy eyes
- ☐ Swollen, reddened or sticky eyelids
- ☐ Bags or dark circles under eyes
- ☐ Blurred or tunnel vision (does not include near-or far-sightedness)

Total _____

HEAD

- ☐ Headaches
- ☐ Faintness
- ☐ Dizziness
- ☐ Insomnia

Total _____

HEART

- ☐ Irregular or skipped heartbeat
- ☐ Rapid or pounding heartbeat
- ☐ Chest pain

Total _____

JOINTS/MUSCLES

- ☐ Pain or aches in joints
- ☐ Arthritis
- ☐ Stiffness or limitation of movement
- ☐ Pain or aches in muscles
- ☐ Feeling of weakness or tiredness

Total _____

LUNGS

- ☐ Chest congestion
- ☐ Asthma, bronchitis
- ☐ Shortness of breath
- ☐ Difficult breathing

Total _____

MIND

- ☐ Poor memory
- ☐ Confusion, poor comprehension
- ☐ Poor concentration
- ☐ Poor physical coordination
- ☐ Difficulty in making decisions
- ☐ Stuttering or stammering
- ☐ Slurred speech
- ☐ Learning disabilities

Total _____

MOUTH/THROAT

- ☐ Chronic coughing
- ☐ Gagging, frequent need to clear throat
- ☐ Sore throat, hoarseness, loss of voice
- ☐ Swollen/discolored tongue, gum, lips
- ☐ Canker sores

Total _____

NOSE

- ☐ Stuffy nose
- ☐ Sinus problems
- ☐ Hay fever
- ☐ Sneezing attacks
- ☐ Excessive mucus formation

Total _____

SKIN

- ☐ Acne
- ☐ Hives, rashes, or dry skin
- ☐ Hair loss
- ☐ Flushing or hot flushes
- ☐ Excessive sweating

Total _____

WEIGHT

- ☐ Binge eating/drinking
- ☐ Craving certain foods
- ☐ Excessive weight
- ☐ Compulsive eating
- ☐ Water retention
- ☐ Underweight

Total _____

OTHER

- ☐ Frequent illness
- ☐ Frequent or urgent urination
- ☐ Genital itch or discharge

Total _____

GRAND TOTAL _____

KEY TO QUESTIONNAIRE

Add individual scores and total each group. Add each group scores and give a grand total.

- Optimal is less than 10
- Mild Toxicity: 10-50
- Moderate Toxicity: 50-100
- Severe Toxicity: over 100

Taking your Journey Beyond

If you are eager to take your health to the next level there is no better way to start than by exploring our Comprehensive Functional Health Plan

The Functional Perspective Comprehensive Functional Plan can evaluate your unique situation and get to the root of your systems imbalances.

It begins with in-depth history gathering by your personal health detective, through comprehensive questionnaires based on the functional health model.

The next step is to meet with us as we, including you, lay out the pieces of your health, then we begin the exciting journey of putting those pieces together.

Some of the recommendations you can expect are addressing opportunities for change in lifestyle, food, activity, stress and rest. In addition we will explore which functional testing is appropriate for you to help us uncover those deep hidden clues.

Throughout the process you can connect with us anytime through your individual client portal. You can access tools and guides we share at any time and access to your results at your convenience.

If you are ready to hop on a no-obligation call to find out how we can help you embrace your body's innate healing system, call us at 936.463.0272 or schedule here:

thefunctionalperspective.com/schedule

We Know Functional Medicine

We understand the complexities of the digestive, adrenal, hormonal, and metabolic systems and their contributions to overall health. We get to the root of your ailments using 21st century science and critical thinking.

We Take Time

We spend time with our clients, looking at the interactions among genetic, environmental, and lifestyle factors that can influence long term health and complex, chronic disease. Every plan is highly individualized to maximize your long term health benefits.

We Listen

You can also expect to do a lot of talking, as a big part of Functional Health is exploring your detailed personal and family history, the circumstances around your first symptoms, and the experiences you may have had with other health care providers.



We Support You

Our personalized programs may include, botanical, nutritional supplements, therapeutic food plans, detoxification recommendations, and counseling on lifestyle, exercise, or stress-management techniques.

We Empower You

We educate and empower clients to create a lifestyle, nutrition plan, and environment that supports optimal health. As a co-pilot in the development of your plan, you will be in control and will be more equipped to make sustained lifestyle changes which improve your health.

Your Next Steps

With the right tools and information, the truth is that we can identify diseases years before their symptoms are obvious. In addition we can address damage from those chronic ailments.

That is why I do what I do for a living... because LIVING is the goal. And one life changed (or saved) becomes a family changed, and that is a legacy for me as a practitioner.

Together we create a comprehensive personal roadmap that is all about you and your life journey in your body.

Schedule a complimentary, no-obligation phone consultation with me to learn exactly what we can do to address your ailments and reclaim your health once and for all.

CALL NOW: 936.463.0272

Don't be afraid – Functional Health and Wellness is real and it's here. Call now to discover the ways that it can work for you to improve so many aspects of your life.

We look forward to helping you,

Salena Rothenberger, D.PSc, CFMP, CHC

Founder | The Functional Perspective

<https://www.facebook.com/TheFunctionalPerspective/>

TheFunctionalPerspective.com



ABOUT SALENA ROTHENBERGER, D.PSc, CFMP, CHC

Born in Urbana, Illinois, Salena grew up with two sisters on a small farm in central Illinois. Salena learned the qualities and skills needed to become a good health detective long before her career in the health and wellness community. Her parents embraced and nourished her inquisitive nature. She was taught the importance of compassion, discernment, critical thinking and to approach challenges with an open mind.

She spent much of her academic years pursuing math and science. Outside of school her time was spent with horses. Following high school she attended Parkland College in Champaign, Illinois majoring in pre-veterinary medicine. She put that on hold to pursue her love with horses and went to work on a Thoroughbred farm in southeastern Connecticut. This led to meeting her new love and now husband of 23 years, Eric. Since then she has spent most of those years growing a family.

She experienced many years of infertility challenges and lost four children prematurely. In 2005 she and her husband welcomed their now oldest child into the world. What was a blessing then has brought her full circle to her passions as a child, and as she puts it "is becoming a blessing to others". In 2014 her eldest son was diagnosed with Type 1 Diabetes following DKA (diabetic ketoacidosis). During that hospitalization Salena became overly aware of the limitations of the conventional medicine model. While it excelled at helping her son recover quickly from DKA, it was lacking in providing a long-term resolution to her child's adverse health. As a response Salena delved back into her previous passion and became consumed with studying biochemical pathways, immune responses and holistic oriented methods along with herbs and supplements which are known to support and improve health.

With support and nurturing from family, friends and her local family physician, Salena graduated from Functional Medicine University, a nationally recognized leader in functional medicine education for healthcare professionals and CEUs and certificates of completion provided by Southern California University of Health Sciences. She also received certification as a Certified Health Coach upon completing Dr. Sears Wellness Institute Program. During school she studied advanced training in nutrition and functional health and medicine.



Asking the question “Why” is at the heart of her ‘detective’ work to identify the underlying cause, for not only her son but, clients whose health systems are suffering distress. When faced with the conventional model of symptom management she explores ‘why’ the body is responding in a way that results in adverse health. Doing so in a way which empowers her clients through sharing, her so they, too, can take charge of their health.

The root of her philosophy for investigating health, especially autoimmune diseases, lies in a comprehensive approach that combines supporting both physical and mental-emotional systems. In addition to utilizing strategies to effectively support the body’s innate ability to heal, she also strives to teach clients that their health is dependent on:

- A well-functioning digestive system provided with proper nutrients
- A healthy lifestyle that embraces a balanced emotional state, harmony with circadian rhythms and activities which promote rejuvenation and restoration
- A supportive network of relationships with friends, family, and health practitioners. where peace and especially joy abound

She is proud her passion and knowledge led to the founding of [The Functional Perspective](#) and contributor to Transcending Wellness She is exceedingly grateful for the nurturing of her passion by the the founder of MyMD Select, [Dr. Jeremy Smith](#).

She resides with her husband, two children and their family dog, Chocolate, in the Deep Piney Woods of East Texas, in Texas’ oldest town – Nacogdoches.



Be on the lookout for Salena's next book:

Foods To Eat & Avoid For Autoimmune Disease



**LIVING WITH
AUTOIMMUNE
DISESE**



**8 WAYS TO BEGIN
REVERSING
AUTOIMMUNITY**



**FOODS TO EAT &
FOODS TO AVOID**



**ESTABLISHING A
HEALTHY
DIET**



**YOUR NEXT
STEPS**



**ABOUT THE
AUTHOR**

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Cover photo : Lola Byrne



Do you feel stuck on a health roller coaster? Have you searched for answers to your chronic health problems but come up empty handed? In OPEN THE DOOR TO BETTER HEALTH: Tapping Into Your Body's Innate Healing System functional wellness practitioner and certified health coach Salena Rothenberger talks straight about the current medical system, why our health spirals out of control and how you can get back in the driver's seat.

With simple to understand illustrations she shows anyone who is struggling with chronic ailments how to get to the root cause. In these pages you will discover:

The Best Kept Secret of Modern Medicine
The Smart Way to Get to the Root Cause of Your Dis-ease

5 Pillars of Exceptional Long-term Health

Your health can be better, but only if you choose the door to better health. If you are looking to take charge of your health, this book is a must read.

THE FUNCTIONAL PERSPECTIVE

OPEN THE DOOR TO BETTER HEALTH





Functional Health Assessment

<https://www.thefunctionalperspective.com/fhsqz>

The Enneagram

<https://www.enneagraminstitute.com/>

YourLabWork

<https://yourlabwork.com/?ref=652>

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