
Why?

Functional medicine is a promising approach for understanding & treating mental health conditions. By taking a holistic, root cause approach, functional medicine can help to identify & address underlying imbalances that may be contributing to mental health problems. This can lead to more effective and sustainable treatment plans, & improved overall well-being (in conjunction with other modalities).

Please note that functional medicine is not a cure-all, and it is not a substitute for traditional mental health care. However, it can be a valuable tool for complementing traditional care and improving overall well-being.

Get in touch for a complimentary discovery call to see if I can help you or someone you know with mental health issues (I also work 2.5 days a week in a mental health facility).



Call or Text for a Consult!



Dr Arno Kroner is an Eastern & Functional Medicine doctor who practices in Los Angeles & London. His approach to mental health is holistic & includes testing, nutrition, mindfulness, supplementation & working with other mental health practitioners. He is also a clinician at Reconnect Integrative Trauma Center, Pacific Palisades, CA.

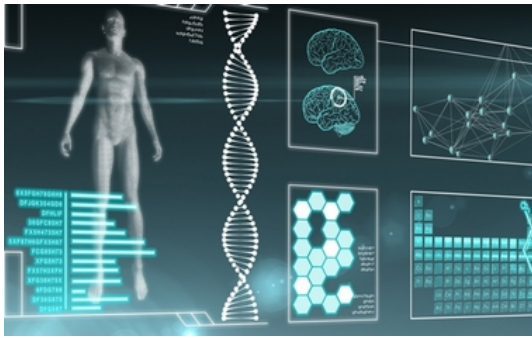


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Functional Medicine & Mental Health



How Does It Work?



RESEARCH

A growing body of research is supporting the use of functional medicine for mental health. Here are some recent studies:

- A 2022 study published in the journal *Nutrients* found that a functional medicine approach that included dietary changes, supplements, and lifestyle modifications was effective in reducing symptoms of depression and anxiety in adults.
- A 2021 study published in the journal *Integrative Medicine Insights* found that a functional medicine approach to treating bipolar disorder was effective in improving mood symptoms, reducing medication use, and improving overall quality of life.
- A 2020 study published in the journal *Schizophrenia Research* found that a functional medicine approach to treating schizophrenia was effective in reducing symptoms, improving cognitive function, and reducing the need for hospitalization.

These studies are just a few examples of the growing body of research that is supporting the use of functional medicine for mental health.

MUST-KNOW FACTS - FM & MENTAL HEALTH

Functional medicine is a personalized, systems-oriented approach that seeks to identify & address the root causes of disease & promote optimal health. In the context of mental health, it can be a valuable tool for understanding & treating a wide range of conditions, including anxiety, depression, bipolar disorder, and schizophrenia. There are also applications for sexual dysfunction, carbohydrates addiction, PTSD, DID, eating disorders, PANDAS, heavy metals & mold toxicity etc.



HOLISTIC APPROACH

Functional medicine considers the whole person, taking into account their physical, mental, emotional, and social factors. This comprehensive approach can help identify underlying imbalances that may be contributing to mental health problems.



ROOT CAUSE IDENTIFICATION

Functional medicine practitioners focus on identifying the underlying causes of mental health problems, rather than simply treating symptoms. This can lead to more effective and sustainable treatment plans.



INDIVIDUALIZED TREATMENT

Functional medicine treatment plans are tailored to the individual's unique needs and circumstances. This means that treatment is more likely to be effective and well-tolerated. Testing is also often used to get a snapshot of gut & metabolic health.



EMPOWERMENT

Functional medicine empowers individuals to take an active role in their own care. This can help improve treatment outcomes and overall well-being.



NUTRITION & SUPPLEMENTS

Dietary changes address nutritional deficiencies that may be contributing to mental health problems, including deficiencies caused by medication. Food intolerance and a depleted microbiome can also contribute to mental imbalances. Supplements are used to support specific areas of health: nutrient deficiencies, gut health, or immune function.



MODIFIABLE FACTORS

Lifestyle modifications, such as stress management techniques, exercise, and sleep hygiene, to improve overall well-being and support mental health.



MIND BODY THERAPIES

We may also incorporate mind-body therapies, such as mindfulness meditation, acupuncture or yoga, into treatment plans. These therapies can help reduce stress, improve emotional regulation, and promote overall well-being.