

I feel so much calmer, focused, energetic and positive. I have much more mental clarity. This is the first time in my life that I'm satisfied when I eat. I've lost 29 pounds and that is just the beginning. My energy has sky-rocketed. Heat and humidity no longer bother me. Sugar cravings used to be my obsession. Now they are a passing thought.

My joints no longer hurt. My blood sugar has stabilized. I can get up in the morning without a problem. I used to drag myself out of bed. I've lost 12 pounds. My legs are no longer swollen from standing all day at work. I am normally allergic to hay fever. I've not had that since I began this program.

*For more testimonials please visit
www.LightHeart.com*



*21 Prince Street
Rochester, New York 14607*

*The Center
for
FUNCTIONAL MEDICINE
at
The LightHeart Institute*



*Rochester, New York 14607
585.288.6160
www.LightHeart.com*

Something very exciting is happening in the field of medicine!
And something very exciting is happening at The LightHeart Institute.

With a continuing passion for excellence The LightHeart Institute is pleased to announce the opening of the community's first Functional Medicine Center, called The Center for Functional Medicine at The LightHeart Institute.

Functional Medicine is a new paradigm or a new way of understanding the origins, prevention and treatment of chronic illness. It looks beyond symptoms to identify and resolve the root causes of chronic medical and psychiatric disorders.

By investigating the underlying, scientific causes of patient's suffering, practitioners are able to respond with targeted solutions to optimize metabolism, replenish nutritional deficiencies, balance hormones and brain neurotransmitters and remove chronic infections.

Based in 300 years of the basic sciences – cell biology, physics, genetics, anatomy, toxicology, physiology, microbiology, biochemistry, clinical chemistry, organic chemistry and bio-identical endocrinology, it is quickly gaining momentum across the nation and globe as a responsible solution to the growing epidemic of chronic illness.

SERVICES:

- Functional Medicine Consultancy-Care
- In-depth Functional Laboratory Testing
- Nutritional Supplements
- *A Royal Flush* Weekly Support Group - How to Eat to Heal Your Body
- Foot Reflexology

Practitioners at The Center for Functional Medicine listen to each person's unique story and form a therapeutic partnership with their clients.

They use specific assessments and (optional) in-depth functional laboratory testing to identify the "bio-chemical individuality" of each person, investigating root causes of chronic conditions.

Targeted solutions are employed to resolve core imbalances and optimize clients health.

"Our younger generation is suffering from autism and ADHD, our older generation is suffering from Parkinson's and dementia and everyone else in between is suffering from anxiety and depression."

Mark Hyman MD

Our bodies are stressed beyond their evolved capacity. Stressors coming from a variety of sources... nutritional deficiencies, chronic infections, exposure to heavy metals, molds, toxic chemicals and hazardous wastes, excessive medications and diminished sleep, result in a "total stress load." The result of this is more fatigue, less energy and higher rates of chronic illness.



IT IS ESTIMATED THAT over 23 million Americans SUFFER FROM autoimmune diseases. FUNCTIONAL MEDICINE teaches that immune imbalance, while often resulting from A GENETIC PREDISPOSITION, will generally arise in the context of one or more of the following: THE HABITUAL consumption of a proinflammatory diet; FOOD ALLERGIES and intolerances; MICROBIAL INFECTIONS; hormonal imbalances; NUTRITIONAL INSUFFICIENCIES; and xenobiotic exposure.

The Institute for Functional Medicine

The LightHeart Institute is Rochester's leading resource for hope, health, healing and vitality and has been effectively guiding client journeys for 26 years. Its programs and services are directed by the Founder and President, Lisa Hill DiFusco, and are designed to empower, inspire, uplift and elevate, inviting clients to increase their physical vibrancy and health, and live empowered and fulfilled lives.



The Center for Functional Medicine at The LightHeart Institute is located at 21 Prince Street in the heart of Rochester's Neighborhood of the Arts. Steeped in early Rochester history, the Center is housed in a meticulously restored mansion constructed in the early 1900s which fittingly, was once the first administration building for the University of Rochester.

To schedule an appointment, or for further information about services at The Center for Functional Medicine, please call 585.288.6160 or e-mail Info@LightHeart.com.

21 Prince Street
Rochester, New York 14607
www.LightHeart.com

