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# Functional Medicine Coaching: How To Be Part Of The Movement That's Transforming Healthcare



## **Synopsis**

Functional Medicine Coaching contains inspirational stories that describe the personal transformations and journeys toward physical health and well-being as a result of working with a health coach. Both aspiring coaches and those already working in the field will learn the power of combining the principles of Functional Medicine with positive psychology coaching. The powerful blending of these two approaches addresses what individual need to thrive. Anyone with a passion for helping others should consider entering the rapidly exploding fields of health coaching and specializing in Functional Medicine coaching.

## **Book Information**

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## **Customer Reviews**

I preordered this book not knowing that my son would spend a month training with the Cleveland Clinic center for functional medicine. I love the offer of the free consultation and I will pursue the training to be a coach. I believe this is the future of medicine, of health, of disease prevention and attenuation. Thank you for this most excellent book. I'll be spending a lot of time with this information.

I love this book for so many reasons but mostly because it's getting the word out about what functional medicine is and how it IS the future of healthcare. If you read the stories in this book, you'll realize that every single one was a progression from chronic illness to vitality and wellness. Health coaches will be integral to this delivery model, giving patients who utilize them an edge to meeting their goals. If we're smart, adding nutrition professionals and health coaches to every single medical team would be a paradigm shift in the right direction. We need to switch from an illness based system to a wellness based system. This book covers all the important points about being a health coach, and why proper training is essential. Health coaches are a new key piece to solving our healthcare crisis. The patient centered healthcare of functional medicine can revolutionize our world. As a former critical care nurse, and a 10+ year cancer survivor, I speak from experience when I say Food Is Medicine.

Sandra Scheinbaum and Elyse Wagner are two of the key leaders in Functional Medicine coaching and founders of Functional Medicine Coaching Academy, a well-regarded learning platform for health coaches around the world, and this book covers all the important aspects about being a health coach, and why proper training is essential, as well as providing a clear understanding of the value and impact of Functional Medicine. This book is a must-read if you're a health coach or an aspiring health coach. You may even find it useful if you've worked with a health coach or plan to work with one in the future (to get a better understanding of the process and how you can benefit).

Inspirational stories! Explains what Functional Medicine Health Coaching is and how a coach can help support.

As a coach with a love for all things health related, I found this book to be a great adjunct to my personal interests. Based on the book, I've enrolled in the year-long Functional Medicine Health Coaching program so I can add this skill to my coaching repertoire. The book and the personal stories help illustrate the power of Functional Medicine, something I studied during my nutrition specialization in my M.A. in Holistic Health program at JFK University. I firmly believe in two things: personalized medicine is the wave of the future, and meeting the client where they are as they begin to change their lifestyle is paramount to help them adopt practices prescribed by their functional medicine MD. If you are looking for a very useful overview filled with details on the coaching model,

the power of functional medicine, and anecdotes from existing Functional Medicine MD's and coaches, I highly recommend this book to you. I found it educational and inspiring!

Great book that illustrates the power of functional medicine as the medicine of tomorrow and the integral role a Functional Medicine Health Coach plays in the collaborative care team to alleviate the impact of chronic disease on patients and the overall healthcare system.

As a Health Coach I was excited to pre-order and receive my book...now I'm ready to take the next step into Functional Medicine Health Coaching and learn more about Positive Psychology and how to use my knowledge to help others. This book provides information on FMHC and will help spread the word about health. So glad I have this book!!!

I'm excited about the whole concept of functional medicine. This book gave me the information I need to make a decision about becoming a Functional Medicine Health Coach.

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