



# Our Clinical Approach

Registered Dietitians Skilled in  
Functional Nutrition and Herbal Medicine

# Chronic Disease

**The greatest health threats** now arise from how we live, work, eat, play, and move. The primary driver of chronic disease is the interaction among genes, activities of daily living (lifestyle), and the environment.

Since **chronic disease is a food- and lifestyle driven, environment- and genetics- influenced phenomenon**, Utopia WellCare Registered Dietitians trained in Functional Nutrition are positioned based on our education and clinical practices of health particularly our proficiency in the assessment, treatment, and prevention of chronic disease.

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"Of total healthcare costs in the United States, more than **86%** is due to chronic conditions. "



As functional nutrition practitioners we look closely at the myriad interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease.

With science, clinical wisdom, and innovative tools, we can identify many of the underlying causes of chronic disease and intervene to remediate the clinical imbalances, even before overt disease is present





## How We Address Chronic Disease

We address chronic disease by shifting our focus from suppression and management of symptoms to addressing their underlying causes. We integrate what we know about how the human body works with individualized, patient-centered, science-based care that addresses the causes of complex, chronic disease, which are rooted in lifestyle choices, environmental exposures, and genetic influences.

# Where We Focus

## Gene to Environmental Interactions

Functional Nutrition is based on understanding the metabolic processes of each individual at the cellular level.

## Upstream Signal Modulation

Functional Nutrition interventions seek to influence biochemical pathways “upstream” and prevent the overproduction of damaging end products, rather than blocking the effects of those end products.

## Multimodal Treatment plans

The Functional Nutrition approach uses a broad range of interventions to achieve optimal health including diet, nutrition, exercise and movement; stress management; sleep and rest, phytonutrient, nutritional and pharmaceutical supplementation; and various other restorative and reparative therapies

## Understand the Patient in Context

Functional Nutrition uses a structured process to uncover the significant life events of each patient’s history to gain a better understanding of who they are as an individual.

## Systems Biology-Based Approach

This approach is used to understand and identify how core imbalances in specific biological systems can manifest in other parts of the body. Rather than an organ systems-based approach, Functional Medicine addresses core physiological processes that cross anatomical boundaries including: assimilation of nutrients, cellular defense and repair, structural integrity, cellular communication and transport mechanisms, energy production, and biotransformation

## Patient Centered and Directed

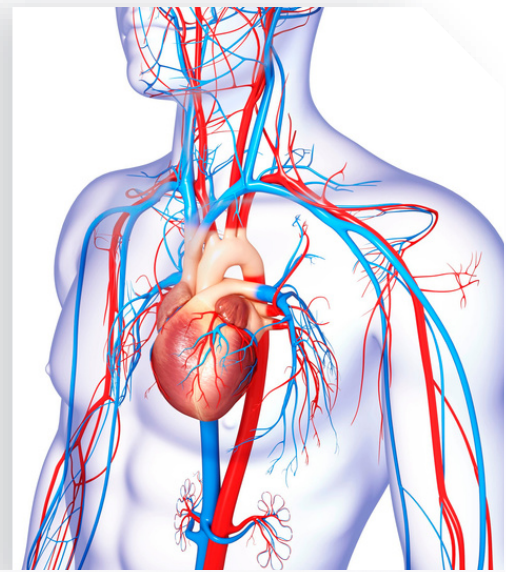
We work with the patient to find the most appropriate and acceptable treatment plan to correct, balance, and optimize the fundamental underlying issues in the realms of mind, body, and spirit.



# Addressing Core Physiological Processes

We address core physiological processes that affect your body's ability to function

- Assimilation: digestion, absorption, microbiota/GI, respiration
- Defense and repair: immune, inflammation, infection/microbiota
- Energy: energy regulation, mitochondrial function
- Biotransformation and elimination: toxicity, detoxification
- Transport: cardiovascular and lymphatic systems
- Communication: endocrine, neurotransmitters, immune messengers
- Structural integrity: subcellular membranes to musculoskeletal integrity





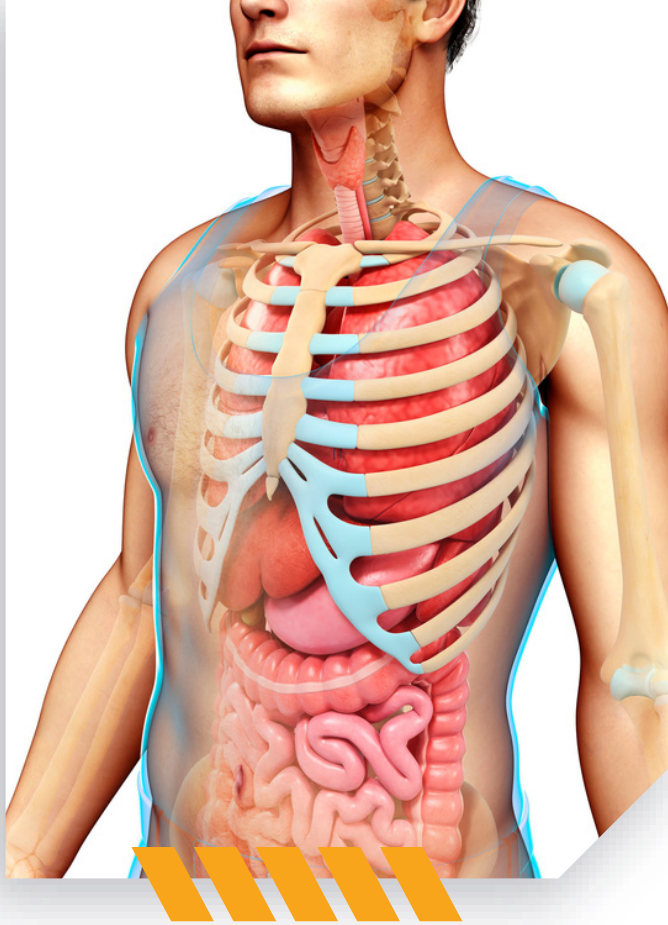
# Assimilation

- refers to digestion and absorption of nutrients in the gut, as well as the health, diversity, and balance of the microbes that inhabit the digestive tract.
- We're not what we eat, but what we digest and absorb.
- Leaky gut: increased intestinal permeability
- Address gastrointestinal conditions that hinder nutrient absorption, supplementing with HCl, ox bile, and/or digestive enzymes may be helpful.
- Address the negative effect of certain antinutrients on nutrient absorption
- Address Drugs can increase, decrease, or prevent intestinal nutrient absorption.

# Defense & Repair

- Refers to chronic inflammation, how different parts of the body influence the immune system, and the factors that lead to a breakdown in the normal role of the immune system.
- The many faces of DEFENSE & REPAIR include chronic infections, the allergic response, food sensitivities and intolerances, and autoimmune disorders. When there is imbalance the result can be an overly active immune system or the opposite, an immune system that is unable to overcome infection.
- Nutrients that can be helpful when there are imbalances



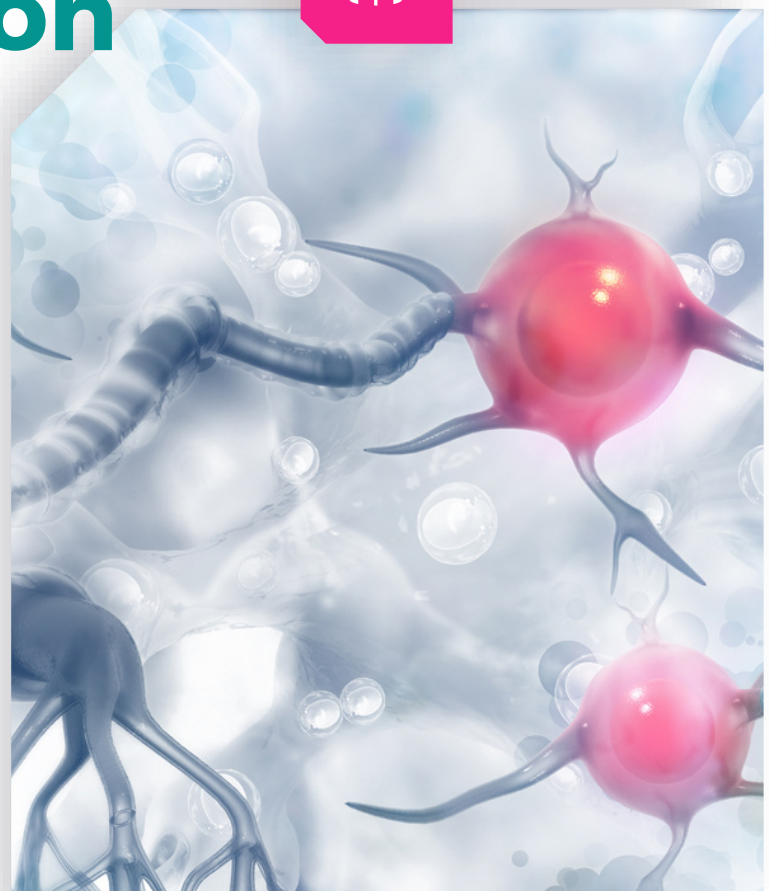


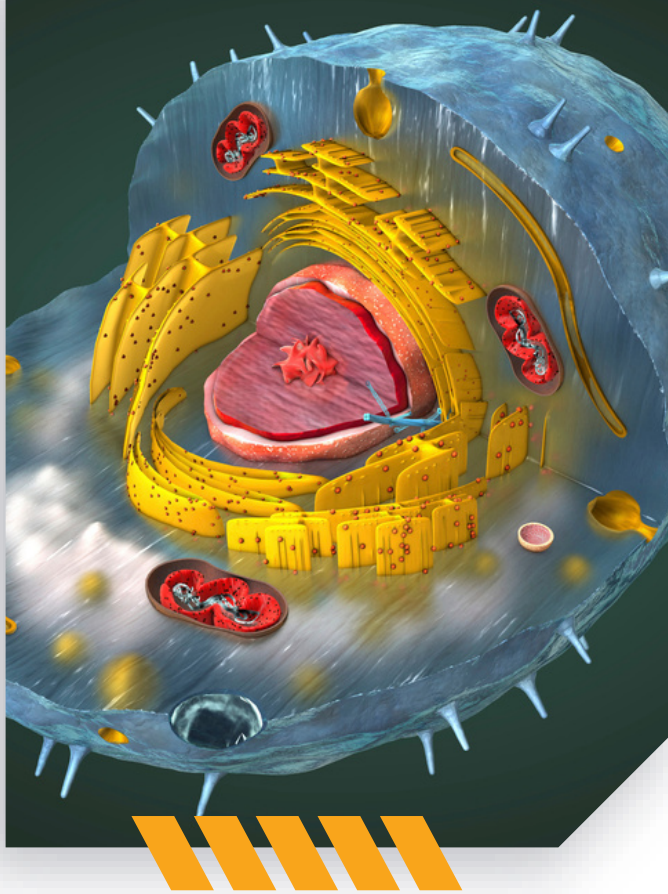
# Structural Integrity & Cellular Transport

Structural Integrity & Transport refers to two critical and over-lapping functions in the systems that govern how the body works.

## Cellular Communication

Refers to hormones, neurotransmitters (the chemicals nerve cells use to communicate with one another), and inflammatory mediators called “cytokines.





# Energy Production

- Energy refers to the way that every cell in your body creates the fuel that it needs to carry out normal biological functions.
- Mitochondrial function

# Biotransformation & Elimination

Refers to the way in which the body handles products of metabolism, toxic elements, drugs, and other chemicals, and eliminates waste through the urine, stool, and sweat.







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