

ATKINSON FAMILY PRACTICE

FUNCTIONAL MEDICINE GROUP VISITS



(Rev. 4/29/2021)

REDUCING INFLAMMATION WITH THE MITO DIET

5/10 at 6pm (ONLINE) ~Learn the ins and outs of a food plan that will help to reduce inflammation at the mitochondrial level.



BALANCING FEMALE HORMONES

5/17 at 6pm (ONLINE) ~

Join Jessica Jimison, FNP-C, IFMCP, as she talks about supporting healthy hormones by taking care of the GALS (Gut, Adrenals & Liver)!

All Functional Medicine classes led by Jessica Jimison, FNP-C, IFMCP

To schedule your Functional Medicine Group Visit call 413-549-8400 x 126 or email events@doctorkate.net. A co-pay is charged for all in-person visits. Tele-class visits are free for AFP patients. (There is a fee for non-AFP patients). All visits follow our 24-hour cancellation policy. A no show fee will be charged if policy is not followed. Any questions, please contact events@doctorkate.net

Please note: We cannot schedule a provider visit for patients on the same day they have a functional medicine visit/class.

DE-STRESS YOUR LIVER

5/20 at 6pm (ONLINE) ~For patients who wish to optimize liver function. Especially for patients diagnosed with fatty liver disease.

IMMUNE SUPPORT FOR COVID-19

5/27 at 6pm (ONLINE) ~ Considering immune function and challenges in the face of Covid-19, learn individualized ways to support your immune system during the pandemic and beyond.

ADRENAL FATIGUE

6/3 at 6pm (ONLINE) ~Learn the impacts social-emotional stressors have on your physical health, and how to treat or prevent the injuries caused by stress

PREVENTING ALZHEIMER'S

Part 1 ~ 6/7; Part 2 ~ 6/14; Part 3 ~ TBD 6pm (ONLINE)
Learn to prevent neurodegenerative diseases such as Alzheimer's, Parkinson's, Multiple Sclerosis, Dementia, and cognitive decline through Dr. Dale Bredesen's protocol for preventing Alzheimer's.
Prerequisite: Must have completed Boston Heart Labs

Class Dates TBD

Trust Your Gut - ~The gut is the foundation of health. Learn the function of the gut and microbiome, and their role in overall health. Learn steps to repair the gut and rebuild the microbiome.

Preventing Diabetes - ~Learn how insulin resistance eventually leads to diabetes, and learn ways to prevent the disease through diet, lifestyle and supplements

Menopausal Hormones - Learn the pros and cons of hormone replacement therapy. Learn how to reduce the risks of Gyn cancers and osteoporotic fractures.