

TESTIMONIALS

“Dr. Sarah Williams is truly a pivotal partner in my healthcare. She embodies holistic health in every way. She has helped transform my physical health, uncovered invaluable genetic information, while maintaining my emotional well being. She is an evidenced based practitioner on the cutting edge of science based medicine. For me she has led a great void in my health team and my family and I rely on her unparalleled expertise for everything from the common cold, emotional struggles, and weight loss, to managing Celiac Disease and Multiple Sclerosis. Dr. Williams is a unique and skilled professional who “provides invaluable insight. I am deeply grateful for her dedication.”

– JAMIE DANVERS



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ABOUT FUNCTIONAL MEDICINE

Dr. Sarah Williams

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HOW IS FUNCTIONAL MEDICINE DIFFERENT?

Functional Medicine puts the whole person at the center of care.

- The focus of Functional medicine is on patient centered care to restore wellbeing, health and vitality.
- Functional medicine partners with you, listening to your unique story and tailors treatments to meet your individual needs and lifestyle.

Functional Medicine uses an integrative, science-based approach to healing illness and promoting wellness.

- Functional medicine employs the latest in laboratory testing and other diagnostic techniques.
- Functional medicine looks upstream to identify the source of illness in your life, taking into account your unique genetic makeup. Through the use of genetic testing, your functional medicine practitioner examines the impact your genes may have on your current and future health and incorporates this knowledge into a plan of care that brings healing and seeks to prevent future illness.

Functional Medicine emphasizes the prevention of illness through proper nutrition and exercise.

- Functional medicine practitioners utilize their understanding of the complex origins of chronic disease to pinpoint the areas where your health is at risk.
- Functional medicine uses a variety of treatment methods – nutritional supplements, botanical medicines, therapeutic diets, detoxification programs, and stress-management techniques – to assist you in building healthy habits that maintain lifelong wellness.

ABOUT FUNCTIONAL MEDICINE



FUNCTIONAL MEDICINE SEEKS TO IDENTIFY AND ADDRESS THE ROOT CAUSE OF DISEASE.

Your health is more than just the sum of your symptoms. Functional medicine views the body as one integrated system and seeks to uncover the underlying causes of disease in order to restore health and vitality. Using a holistic, patient-centered approach, functional medicine practitioners spend time with their patients, listening to their histories and examining the lifestyle, genetic, and environmental factors that influence their health over the long-term.

FUNCTIONAL MEDICINE IS ABOUT PROMOTING WELLNESS.

Functional medicine goes beyond just healing illness. Its focus is to promote wellness in every aspect of your being - body, mind, and soul - by incorporating what you value into your care and allowing you to take charge of your overall health.



WHY DO YOU NEED FUNCTIONAL MEDICINE

Despite the advances in medicine over the last half century, cancer, mental illness, and chronic diseases like diabetes and autoimmune illness (*asthma and rheumatoid arthritis*) have increased in number.

The number of deaths from cancer has tripled over the last sixty years and heart disease remains the number one cause of death in the United States.¹

- The current system of medicine continues to be oriented toward an acute care approach to illness. This form of healthcare often fails to incorporate important factors such as lifestyle, genetic makeup, exposure to environmental toxins, and the latest research into the treatment of chronic illness.
- Unlike functional medicine practitioners, many healthcare practitioners lack the proper methodology needed to treat chronic disease and promote health in today's society. Many are not sufficiently trained in the identification of the root causes of chronic disease and the use of programs focused on nutrition and exercise to restore health and prevent illness.

HOW TO MAKE AN APPOINTMENT

Please contact one of our offices:

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To help you understand what we do we encourage you to visit our website. We also offer telemedicine appointments via Skype or Vsee

REFERENCES

- 1 *National Center for Health Statistics Data Brief No. 116, March 2013*