

RESOURCES

Finding a Functional Medicine Practitioner

If you have a chronic health condition, are being treated for or take medication for a specific disease, or simply want to implement a reset plan specific to your unique health history and goals, I highly recommend seeking the help of a qualified functional medicine practitioner.

Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the health-care needs of the twenty-first century. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms.

Functional medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, functional medicine supports the unique expression of health and vitality for each individual.

Here are four websites designed to help you find a practitioner in your local community, and provide you with helpful tips for choosing and working with your new health-care provider.

INSTITUTE FOR FUNCTIONAL MEDICINE:

w30.co/whole30ifm

AMERICAN BOARD OF INTEGRATIVE HOLISTIC MEDICINE:

abihm.org/search-doctors

INTEGRATIVE MEDICINE FOR MENTAL HEALTH:

integrativemedicineformentalhealth.com/registry.php

PRIMAL DOCS:

primaldocs.com/members

Reset Diets

Here are several pre-designed reset options, and resources (websites, books, and more) for each.

Whole30

whole30.com

Created in 2009, the Whole30 is my 30-day program designed to push the reset button with your health, habits, and relationship with food.

This is the official home of the Whole30 program, where you'll find the free Whole30 Forum, PDF downloads, Whole30-Approved products and affiliates, and more Whole30-related articles than you could possibly hope to read in 30 days. Spend lots of time exploring here before, during, and after your Whole30—this is the very heart of our community.

Facebook: [whole30](https://www.facebook.com/whole30)

Instagram: [@whole30](https://www.instagram.com/whole30), [@whole30recipes](https://www.instagram.com/whole30recipes), [@whole30approved](https://www.instagram.com/whole30approved)

Twitter: [@whole30](https://twitter.com/whole30)

Snapchat: [whole30](https://www.snapchat.com/add/whole30)

YouTube: [whole30](https://www.youtube.com/channel/UC9W11111111111111111111)

Pinterest: [whole30](https://www.pinterest.com/whole30/)

Books

The Whole30: The 30-Day Guide to Total Health and Food Freedom, by Melissa Hartwig and Dallas Hartwig

The Whole30 Cookbook, by Melissa Hartwig (December 2016)

It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways, by Dallas Hartwig and Melissa Hartwig

Paleo Autoimmune Protocol (AIP)

The Paleo AIP is a reset protocol designed specifically for those with autoimmune conditions like lupus, rheumatoid arthritis, PCOS, or Hashimoto's thyroiditis.

DR. AMY MYERS

amymyersmd.com

The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases

SARAH BALLANTYNE, PHD

The Paleo Mom

thepaleomom.com

The Paleo Approach

The Paleo Approach Cookbook

The Healing Kitchen

MICKEY TRECOTT

Autoimmune Paleo

autoimmune-paleo.com

The Autoimmune Paleo Cookbook

The Autoimmune Wellness Handbook (November 2016)

JESSICA FLANIGAN, CLINICAL NUTRITIONIST

AIP Lifestyle

aiplifestyle.com

The Loving Diet: Going Beyond Paleo into the Heart of What Ails You

Specific Carbohydrate Diet (SCD)

The Specific Carbohydrate Diet™ has helped many thousands of people with various forms of bowel disease and other ailments vastly improve their quality of life. It is a diet intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea.

ELAINE GOTTSCHALL

Breaking the Vicious Cycle

breakingtheviciouscycle.info/home

Breaking the Vicious Cycle; Intestinal Health through Diet

JORDAN REASONER AND STEVE WRIGHT

SCD Lifestyle

scdlifestyle.com

GAPS Diet

The GAPS diet was derived from the *Specific Carbohydrate Diet* (SCD) to naturally treat chronic neurological conditions and inflammatory conditions in the digestive tract and as a result of a damaged gut lining and an imbalanced bacterial ecosystem within the GI tract.

DR. NATASHA CAMPBELL-MCBRIDE

gapsdiet.com

Gut and Psychology Syndrome

Low-FODMAP Diet

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are a collection of fermentable carbohydrates and sugar alcohols found in foods. FODMAPs are poorly absorbed, thereby “feeding” gut bacteria and causing a host of symptoms, including gas, bloating, digestive distress, and systemic inflammation in sensitive individuals. A low-FODMAP diet may help reduce symptoms, and is often used to treat irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD).

SUE SHEPHERD, PHD

Shepherd Works

shepherdworks.com.au

The Complete Low-FODMAP Diet: A Revolutionary Plan for Managing

IBS and Other Digestive Disorders, with Peter Gibson, MD

The Low-FODMAP Diet Cookbook

PETER GIBSON, MD

Monash University

med.monash.edu/cecs/gastro/fodmap/

The Monash University Low FODMAP Diet Booklet

DR. BARBARA BOLEN

drbarbarabolen.com

The Everything Guide to the Low-FODMAP Diet

STANFORD UNIVERSITY MEDICAL CENTER

w30.co/stanfordfodmap

(comprehensive list of high- and low-FODMAP foods)

Connect with Melissa Hartwig

I'd love to see what you're eating on your reset, read your food freedom success stories, and hear what food freedom means to you. (Plus, I'm always good for some tough love if you need it.)

Instagram: @melissa_hartwig

Facebook: hartwig.melissa

Twitter: @melissahartwig_

Snapchat: @hartwig_melissa

Books on Habit and Change

Better Than Before, by Gretchen Rubin

The Power of Habit, by Charles Duhigg

The End of Overeating, by Dr. David Kessler

Switch, by Chip Heath and Dan Heath

You Are Not So Smart, by David McRaney

What Makes Your Brain Happy and Why You Should Do the Opposite,
by David DiSalvo

The Willpower Instinct, by Kelly McGonigal

10% Happier, by Dan Harris

Loving What Is, by Byron Katie