

# Pillars of Health Overview



RUTHIE HARPER, MD

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INTEGRATIVE HEALTH  
PERSONALIZED BEAUTY

Ruthie Harper MD is a board certified internist who emphasizes a functional, holistic approach to healthcare. Her practice focuses on treating the root cause of illness rather than just managing symptoms. She promotes healthy lifestyle habits to support health and prevent chronic disease. Harper believes that traditional Western medicine tends to treat symptoms and disease instead of focusing on resolving the underlying imbalances in the body that contribute to disease. This symptom based approach leads to chronic health problems and an increasing reliance on prescription medication and expensive medical interventions. Functional medicine and traditional medicine ask and answer different questions. Traditional medicine works off the premise that the body is not working, leading to symptoms or disease and asks what medications or interventions can be used to treat the problem. Functional medicine asks a different question. If the body is not working, what is happening at a deeper level that is causing the body not to work and what is needed to regain the original function of the body? Traditional medicine attempts to increase lifespan without accompanying healthspan. Lifespan refers to the length of time a person is alive, while healthspan refers to the length of time a person lives in good health, free from disease, disability, and functional decline. While extending lifespan is a desirable goal, it is only valuable if accompanied by good health and quality of life. This is not about making traditional medicine wrong, it's to rethink what it offers and what it does not.

Harper's decades of medical experience have shown her that at birth the body is designed with optimal function and an innate ability to heal itself when provided with the right ingredients and guidance for healing. Through her functional approach, she focus on providing this guidance while treating the whole person rather than just the symptoms of disease. This involves a deep understanding of the underlying imbalances in the body that contribute to illness, and addressing these imbalances through a combination of conventional and alternative therapies.

She has developed this executive health program by focusing on the unique needs of each patient and the program personalizes each treatment plan accordingly to achieve optimal health for every individual. The principles of the program are:

**Personalized Care:** Functional and functional medicine practitioners believe that every patient is unique and that their healthcare should be tailored to their individual needs. This involves considering the patient's medical history, lifestyle, genetics, and environment as well as use of advanced laboratory testing and other diagnostic tools to identify imbalances in the body's systems.



**Root Cause Analysis:** Instead of simply treating symptoms, functional and functional medicine practitioners aim to identify and address the underlying causes of illness. This involves looking at factors such as inflammation, nutritional deficiencies, hormonal imbalances, stress, sleep, exercise and other lifestyle factors that may be contributing to disease.

**A Focus on Prevention:** Functional and functional medicine emphasizes the importance of preventive care, such as regular screenings and lifestyle modifications, to help patients resolve symptoms and avoid chronic diseases before they occur.

**A Holistic Approach:** In addition to conventional medical treatments, functional and functional medicine practitioners focus on the whole individual and may use a range of complementary therapies to support the body's natural healing processes such as nutrition, hormonal balance, personalized supplementation, stress reduction, sleep management, acupuncture, massage, and herbal remedies to support the body's natural healing processes.

The program focuses on key pillars of health that must be mastered to achieve optimal health and provide disease prevention. These include:

- Health Care vs. Sick Care
- Vital Signs
- Nutrition
- Hormones
- Weight Management and Body Composition Optimization
- Heart Health
- Diabetes and Metabolic Syndrome
- Inflammation
- Metabolism and Mitochondria Health
- Detoxification
- Digestion
- Cutting-Edge Medical Technologies

By focusing on the pillars of health and personalizing the information provided, individuals master a comprehensive approach to optimizing their health and well-being. By addressing the root cause of disease, individuals can achieve greater balance and resilience in their lives and can build a strong foundation for optimal health and longevity. By empowering patients to take an active role in their own health and wellbeing we will create a culture of health that supports you in achieving your full potential.