

HOW LONG WILL TREATMENT LAST?

Treatment of chronic diseases will take time. Remember in most cases it took years for a condition to develop and worsen, so it can't be expected to be cured overnight. Even though significant symptomatic improvements can be observed after a few sessions it will take an average of 3-12 visits to significantly enhance your overall level of health and well being. An initial commitment to a 3-month program is required.

THE INITIAL VISIT

During the initial visit a complete history will be taken and the questionnaires that were sent to you prior to the visit and that you have completed will be reviewed. That is why it is so important that you complete all the questionnaires and bring them to the first visit. Laboratories will be reviewed and new ones may be ordered. A basic low dairy, low refined carbohydrate diet will be discussed during this visit and you will be asked to follow it for better results of the program. An elimination-reintroduction diet may be implemented if indicated. Basic supplementation may be implemented as indicated by the history and laboratory tests during this or follow up visits.

FOLLOW UP VISITS

During the second and subsequent visits a comprehensive bio-energetic assessment of the body that includes basic detoxification and allergy issues will be done. Supplementation to balance body chemistry will be continued or implemented during follow up visits. A more comprehensive "hands on" (FCT) detoxification and organ support approach may be utilized if indicated and if you are not responding to other approaches.

Laboratories will be requested initially and at different intervals as indicated by response to treatment and clinical needs.

PRIORITY OF TREATMENT

The program is based on a functional model of medicine (causal) and not on a symptomatic model such as the one that is used by more conventional models of medicine. First the cause of the problem has to be found. The most common causes of illness are: poor (inflammatory) diet, infections, allergens, toxins, and stress (physical or psychological).

The following priority of treatment will be used: First: dietary, food allergies, gut imbalances and nutritional deficiencies will be addressed. Second: toxins and hidden infections will be addressed. Third: hormonal balance and supporting energy metabolism are addressed. Fourth:

achieving body-mind balance and developing skills in self care are addressed using meditation, psychotherapy, constitutional homeopathy and other approaches.

Who is Dr Betancourt...

Dr. Betancourt has been in medical practice since 1980. Trained at the famed Menninger Clinic, board certified in psychiatry, and a Fellow of the American Psychiatry Association, he has spent the last twelve years in the study and practice of homeopathy, bio-energy regulation, functional medicine, and mind-body-medicine. He has been on the faculty of several medical schools including the University of Puerto Rico, Indiana University, Medical College of Virginia and Florida State University.

Antonio Betancourt, M.D.

A FUNCTIONAL MEDICINE
PROGRAM FOR BALANCING THE
PHYSIOLOGY AND ENERGY OF
THE BODY

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BY APPOINTMENT ONLY

A FUNCTIONAL MEDICINE PROGRAM FOR BALANCING THE PHYSIOLOGY AND ENERGY SYSTEMS OF THE BODY

More than 70% of patients in any general medicine practice suffer from functional disturbances for which no specific tissue or organ damage can be identified by conventional laboratories or other diagnostic procedures. The patient experiences symptoms and does not feel well but a cause has not been identified (pre-clinical stage).

Disease does not begin with pathology but with a pre-clinical stage. Functional medicine helps detect and identify the energetic and regulatory disturbances present at the pre-clinical stage before more obvious pathology manifests.

The program is essentially a program for addressing and correcting nutritional deficiencies, clearing the body of toxins, balancing the blood chemistry, and the physiology and energy systems of the body.

SERVICES OFFERED:

-Nutritional Evaluation and Whole Food Supplementation

-Functional Blood Chemistry Assessment and Balancing

-Bio-energetic Assessment and Balancing

-Field Control Therapy (FCT®)

-Classical Homeopathy

NUTRITION AND WHOLE FOOD SUPPLEMENTATION

Nutritional counseling and whole food supplementation are key aspects of the program both for improvement and maintenance of a higher level of health

In an ideal world, food would contain all the nutrients necessary to sustain our health and our lifestyles would allow us the time to eat those nutrients. Unfortunately that is not the case and as a result we need supplements to make up the nutritional deficiencies in our diet and lifestyles.

FUNCTIONAL BLOOD CHEMISTRY TESTING AND BALANCING

There are two main types of ranges in the field of blood chemistry analysis: a pathological range and a functional range. The pathological range is used to diagnose disease. The functional range is used to assess risk for disease before it develops. The main difference between them is the degree of deviation within the normal range.

For example, the functional range for glucose may be 85-100 mg/dl, but the

pathological range may be 65-110 mg/dl. Levels above the pathological range may indicate diabetes. Levels above the functional range but before they reach the extremes of the pathological range may indicate insulin resistance and the future risk of developing diabetes.

By managing biomarkers before they fall within the pathological range the opportunity arises for avoiding pathology and practicing true preventive medicine.

FIELD CONTROL THERAPY®

Developed by Savely Yurkovsky, MD., it is one of the most comprehensive and effective systems of testing and balancing the human body and its energy field available and it is known for its ability to help people who have exhausted virtually every conventional and alternative therapy.

FCT® is used to determine the areas of the body and its energy field that need strengthening and balancing. It uses a diagnostic test to find weak organs in the body and the toxins causing these weaknesses. Homeopathic remedies are used to eliminate the toxins and restore the strength of the organs.

In contrast to other detoxification programs FCT® provides organ support during the detoxification process thereby minimizing the possibility of redistribution of toxins to other organs.

CONSTITUTIONAL HOMEOPATHY

After clearing the body of toxins and balancing the blood chemistry and the energy field, constitutional homeopathy may be used to fortify the body and raise the overall level of energy. It is also useful to strengthen the basic constitution, and to minimize the possibility of future recurrences of chronic health issues.