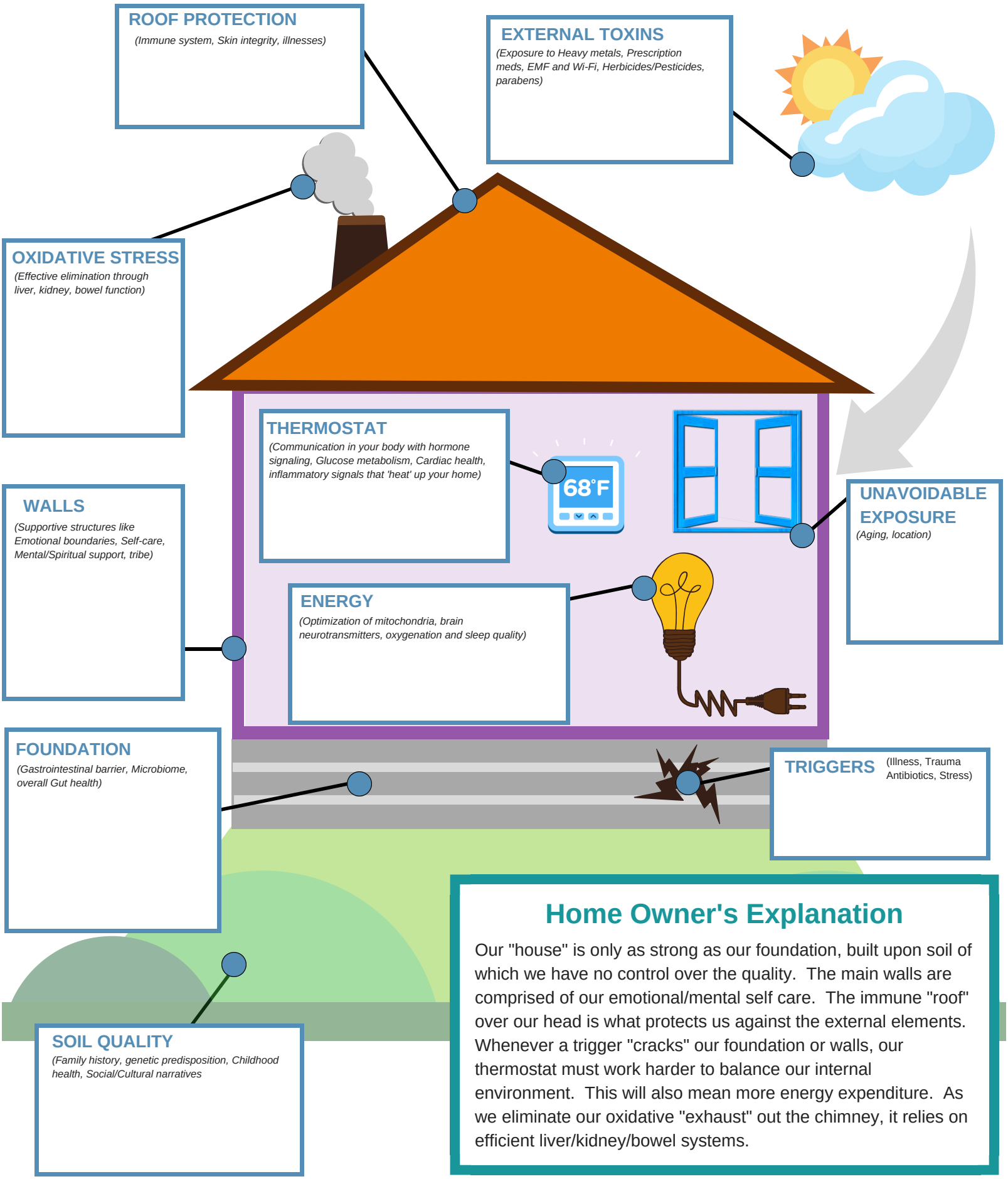
"The House that Functional Medicine Built"

www.julianhealthcare.com



Home Owner's Explanation

Our "house" is only as strong as our foundation, built upon soil of which we have no control over the quality. The main walls are comprised of our emotional/mental self care. The immune "roof" over our head is what protects us against the external elements. Whenever a trigger "cracks" our foundation or walls, our thermostat must work harder to balance our internal environment. This will also mean more energy expenditure. As we eliminate our oxidative "exhaust" out the chimney, it relies on efficient liver/kidney/bowel systems.