

Here are the top 25 conditions treated by Integrative Physicians – most commonly after patients have exhausted all conventional routes of evaluation and treatment. This is not in order of frequency seen.

1. Fatigue and malaise
2. Intestinal infections (yeast, parasites, small intestine bacterial overgrowth, dysbiosis)
3. Nutritional deficiencies or imbalances (vitamins, minerals, fatty acids, amino acids)
4. Digestive complaints (Irritable Bowel Syndrome, constipation, flatulence, bloating, gas pain, heartburn, esophageal reflux)
5. Sleep disturbances
6. Memory disturbances
7. Depression, anxiety, and mood disorders
8. Neurodegenerative disorders (Parkinson's disease, Alzheimer's disease, ALS, MS)
9. Hyperlipidemia (blood lipid imbalances)
10. Hypertension
11. Circulatory disorders (cardiovascular disease, coronary artery disease, peripheral vascular disease, carotid artery disease, cerebrovascular)
12. Weight management (obesity, overweight, unexplained weight loss, inability to gain weight)
13. Tick-borne illness (Lyme disease, Bartonella, Babesia, etc.). Note Lyme is musculoskeletal, neurological, and cardiac.
14. Headache (migraine, tension headache, etc.)
15. Musculoskeletal disorders (arthritis, fibromyalgia, TMJ, etc.)
16. Autoimmune disease (rheumatoid arthritis, lupus, multiple sclerosis, thyroiditis)
17. Allergies – environmental, food
18. Chronic respiratory disorders (asthma, bronchitis, COPD)
19. Diabetes, borderline diabetes, or abnormal fasting blood sugar, such as hypoglycemia, Syndrome X
20. Osteoporosis, osteopenia, and other disorders of calcium metabolism
21. Inflammatory Bowel Disease (Crohn's, Ulcerative Colitis)
22. Autistic Spectrum Disorders (ADHD, autism, etc.)
23. Male and female hormone disturbances (estrogen, progesterone, testosterone, growth hormone)
24. Hypothyroidism or borderline hypothyroidism\
25. Adrenal disorders (low adrenal function, adrenal exhaustion, hyper-adrenalism)