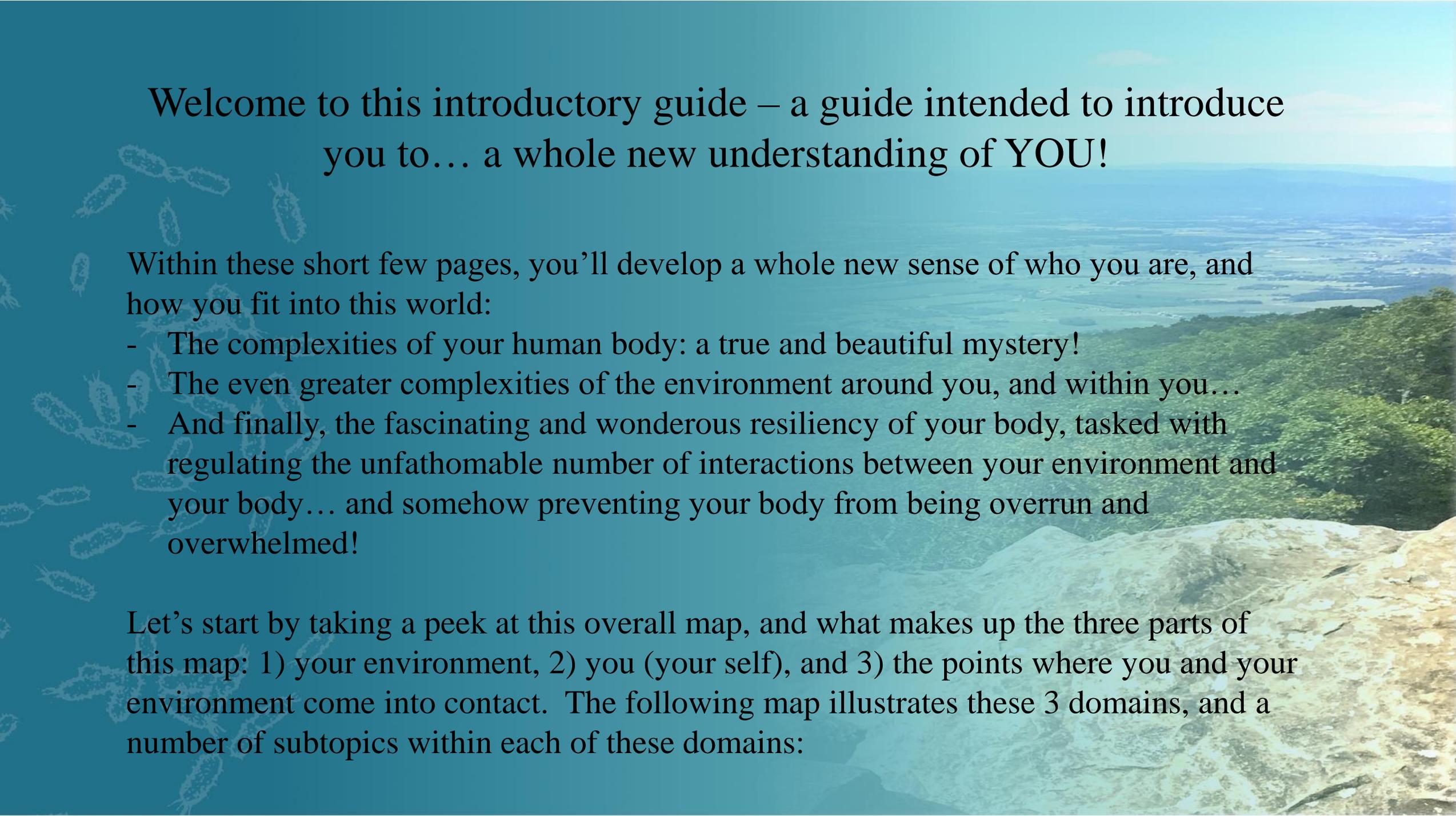


Your Personal “Health Map”

An Introductory Guide

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Welcome to this introductory guide – a guide intended to introduce you to... a whole new understanding of YOU!

Within these short few pages, you'll develop a whole new sense of who you are, and how you fit into this world:

- The complexities of your human body: a true and beautiful mystery!
- The even greater complexities of the environment around you, and within you...
- And finally, the fascinating and wondrous resiliency of your body, tasked with regulating the unfathomable number of interactions between your environment and your body... and somehow preventing your body from being overrun and overwhelmed!

Let's start by taking a peek at this overall map, and what makes up the three parts of this map: 1) your environment, 2) you (your self), and 3) the points where you and your environment come into contact. The following map illustrates these 3 domains, and a number of subtopics within each of these domains:

“Root Cause Medicine”: The Map

The QYERS (“cures”) Method

Quantifications of Your: Exposome, Resiliency, and Self

The External Environment (Exposome)

Interface (Resiliency)

The Internal Self



Subclinical Pathogens



Biotoxins



Synthetic Toxicants



Food Reactants



Environmental Allergens

Skin

Respiratory Tract

Gut

Immune System



Hormones



Neurotransmitters



Genetics



Autoimmunity



You see, any and every symptom or condition can be explained by this 3-part model we call the QYERS Map (pronounced, *cures*):

Quantifying

Your

Exposome (Environment),

Resiliency, and

Self

Everyday, bugs, toxins, and other elements within your **E**nvironment are “nudging” you, probing you, interacting with you. Many of these interactions are unfriendly and unwanted – they will be harmful to your body in some way. Thankfully, your body (**S**elf) has a robust security and defense system, to minimize any damage. Furthermore, those areas of your body that are most at risk of being affected have extra protective measures, forming an extra layer of **R**esiliency. But the weaker these resiliencies, the more our body is asked to defend and repair itself, in response to the multiple environmental assaults... putting it at risk of “burning out”.

The following map illustrates the collective impact the **E**nvironment has on our **S**elves, esp. our immune systems, and the importance of our **R**esiliencies at the point of first interaction.

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Neurotransmitters

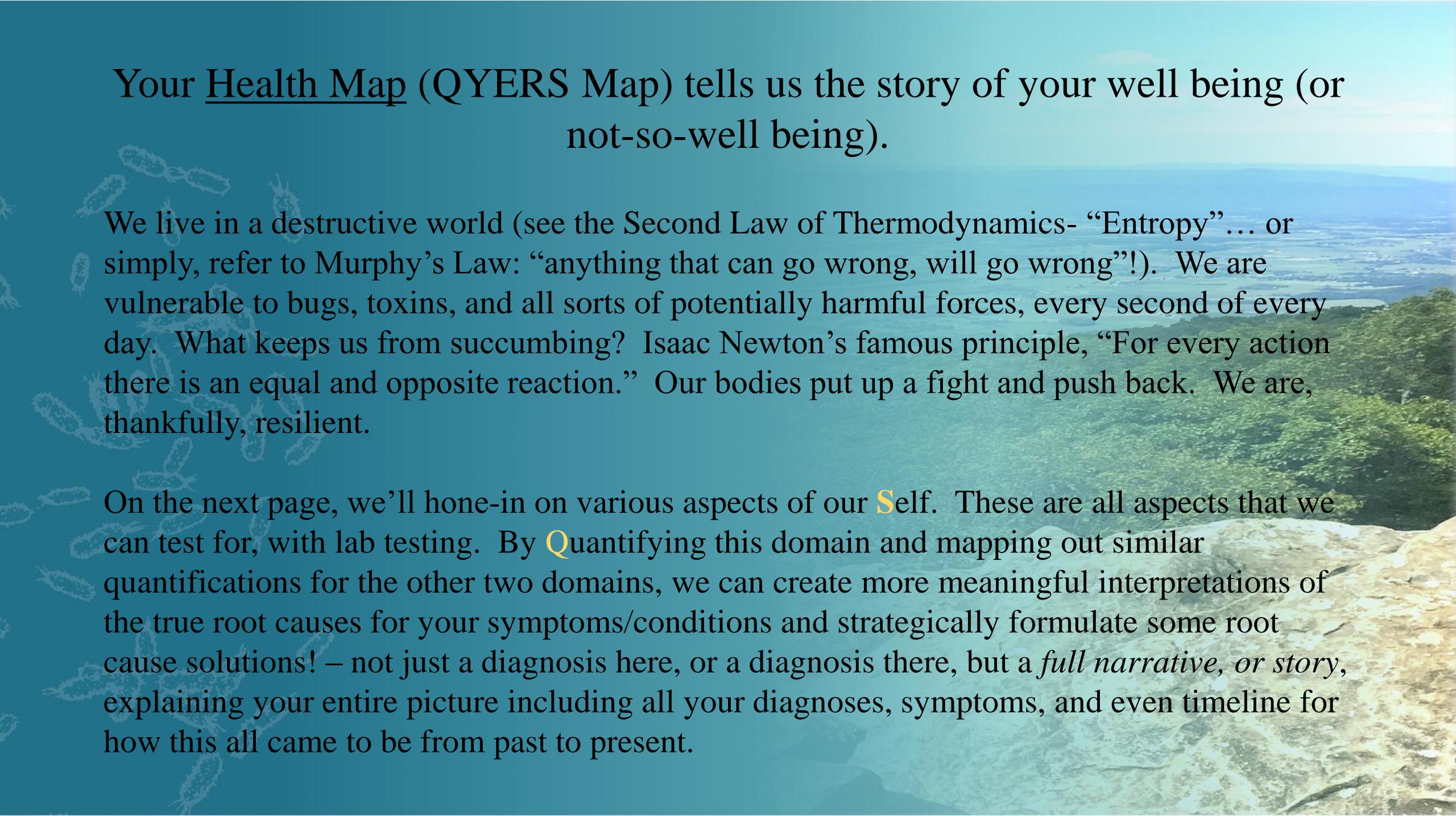


Genetics



Autoimmunity





Your Health Map (QYERS Map) tells us the story of your well being (or not-so-well being).

We live in a destructive world (see the Second Law of Thermodynamics- “Entropy”... or simply, refer to Murphy’s Law: “anything that can go wrong, will go wrong”!). We are vulnerable to bugs, toxins, and all sorts of potentially harmful forces, every second of every day. What keeps us from succumbing? Isaac Newton’s famous principle, “For every action there is an equal and opposite reaction.” Our bodies put up a fight and push back. We are, thankfully, resilient.

On the next page, we’ll hone-in on various aspects of our **S**elf. These are all aspects that we can test for, with lab testing. By **Q**uantifying this domain and mapping out similar quantifications for the other two domains, we can create more meaningful interpretations of the true root causes for your symptoms/conditions and strategically formulate some root cause solutions! – not just a diagnosis here, or a diagnosis there, but a *full narrative, or story*, explaining your entire picture including all your diagnoses, symptoms, and even timeline for how this all came to be from past to present.

The Internal Self



Immune System



Hormones



Mitochondria



Micronutrients



Neurotransmitters



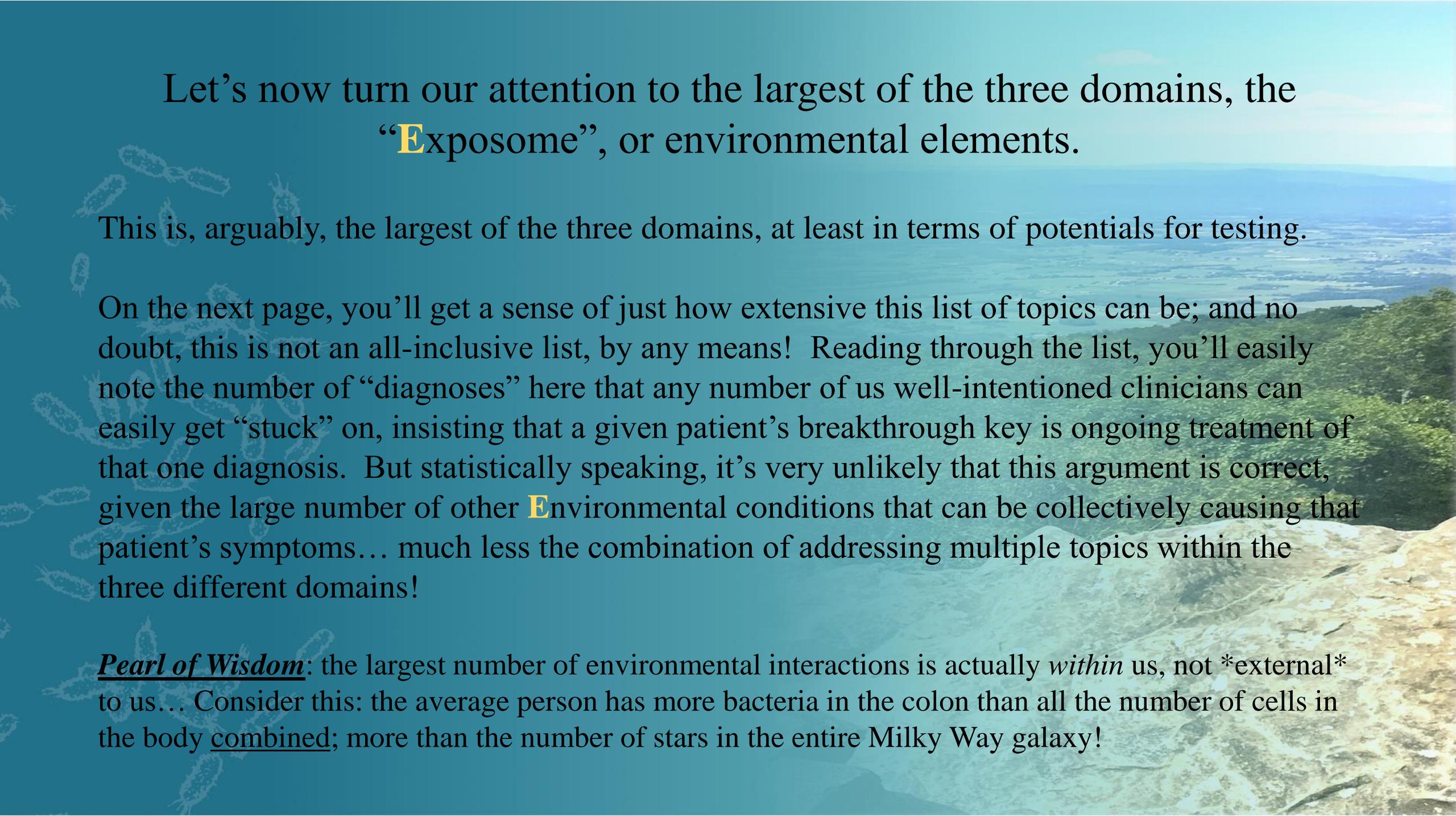
Blood-brain barrier



Genetics



Autoimmunity



Let's now turn our attention to the largest of the three domains, the “**E**xposome”, or environmental elements.

This is, arguably, the largest of the three domains, at least in terms of potentials for testing.

On the next page, you'll get a sense of just how extensive this list of topics can be; and no doubt, this is not an all-inclusive list, by any means! Reading through the list, you'll easily note the number of “diagnoses” here that any number of us well-intentioned clinicians can easily get “stuck” on, insisting that a given patient's breakthrough key is ongoing treatment of that one diagnosis. But statistically speaking, it's very unlikely that this argument is correct, given the large number of other **E**nvironmental conditions that can be collectively causing that patient's symptoms... much less the combination of addressing multiple topics within the three different domains!

Pearl of Wisdom: the largest number of environmental interactions is actually *within* us, not *external* to us... Consider this: the average person has more bacteria in the colon than all the number of cells in the body combined; more than the number of stars in the entire Milky Way galaxy!

The QYERS (“cures”) Method

Quantifications of Your: Exposome, Resiliency, and Self

The External Environment (Exposome)



Subclinical Pathogens

Tickborne pathogens
Viruses
Yeast
Mold
Parasites
Other bacteria
(gut, sinuses, oral)



Synthetic Toxicants

Heavy metals
EMFs
POPs
Pesticides



Biotoxins

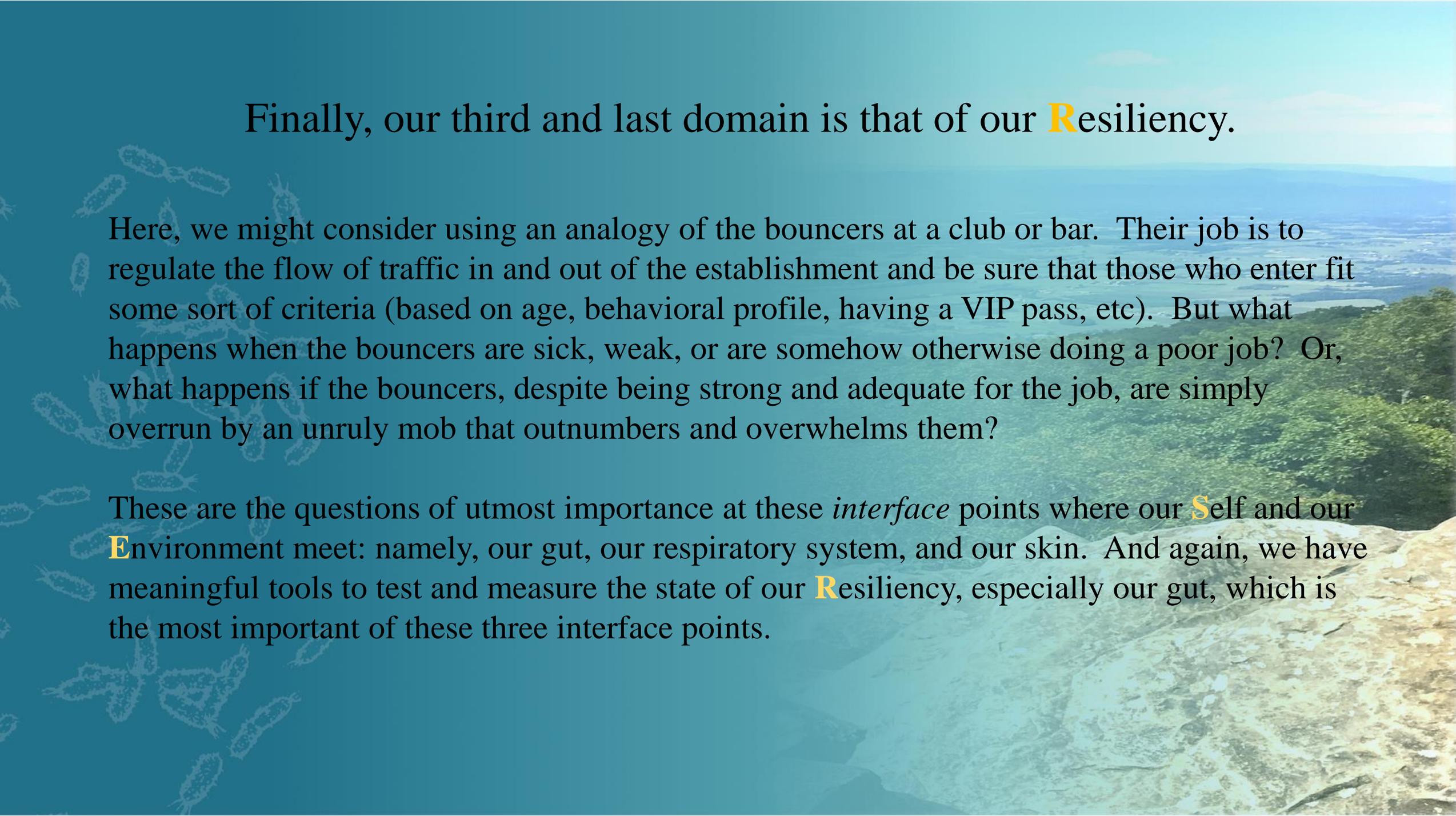
Mold toxins
Cyanotoxins
Neurotoxins



Food Reactants



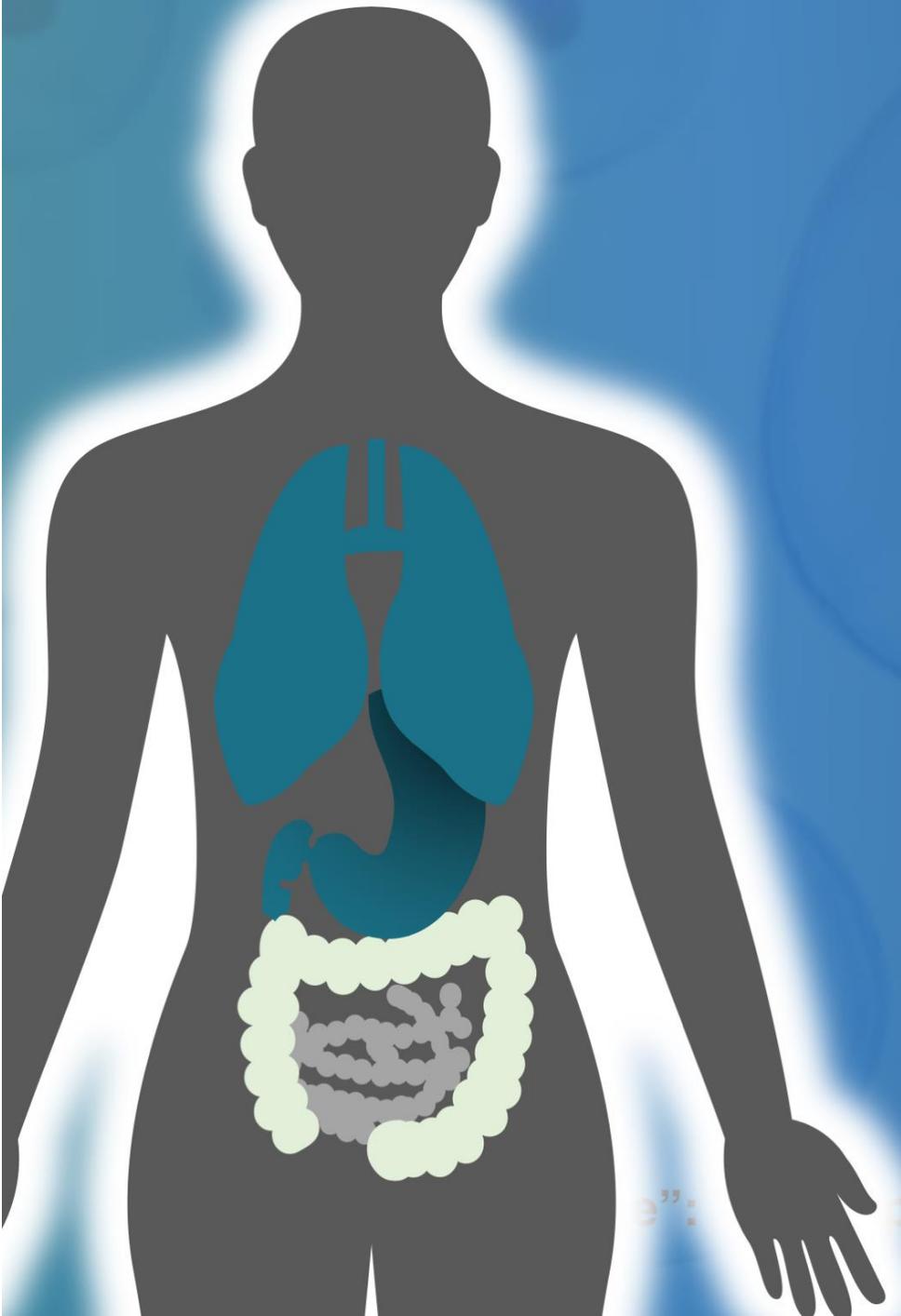
Environmental Allergens



Finally, our third and last domain is that of our **R**esiliency.

Here, we might consider using an analogy of the bouncers at a club or bar. Their job is to regulate the flow of traffic in and out of the establishment and be sure that those who enter fit some sort of criteria (based on age, behavioral profile, having a VIP pass, etc). But what happens when the bouncers are sick, weak, or are somehow otherwise doing a poor job? Or, what happens if the bouncers, despite being strong and adequate for the job, are simply overrun by an unruly mob that outnumbered and overwhelms them?

These are the questions of utmost importance at these *interface* points where our **S**elf and our **E**nvironment meet: namely, our gut, our respiratory system, and our skin. And again, we have meaningful tools to test and measure the state of our **R**esiliency, especially our gut, which is the most important of these three interface points.



Interface (Resiliency)

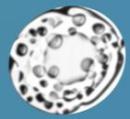
- ▶ Gut
- ▶ Respiratory Tract
- ▶ Skin

Do you play golf?

Playfully called “The Back 9”, we have nine other conditions that we won’t get into great detail about here, but which are worth a brief mention. These nine conditions are common among patients who suffer from more meaningful chronic and complex conditions, but less common among those with less advanced illnesses.

Don’t be mistaken - these nine conditions can be *very* meaningful, even to the point that for some of us, they may need to be dealt with first, in order to more effectively address the topics within the aforementioned Health Map. But for the most part, these conditions develop secondary to conditions resulting in patients who have meaningful abnormalities found in their Health Map. And as such, we often call this group of Back 9 conditions “second tier root cause problems”. In other words, we may need to address them for symptom benefit, but ultimately, resolving them will usually be based on resolving the true root cause problems found in the Health Map.

“The Back 9”



MCAS



SIBO



hEDS



Hypercoagulation



Dysautonomia



ECM dysfunction



Sleep disorders



Malnutrition



Mental health/limbic
system dysfunction

Take Home Points

So there you have it. An introduction, or primer, into your Personal Health Map. We don't see ourselves this way, but our **S**elves are, daily, in constant interaction with our **E**nvironment – both externally and even more so, internally, especially in our guts. Importantly, our bodies' **R**esiliencies at those interaction points, those interfaces, are of utmost importance in regulating these interactions, to reduce the workload on our immune systems, in particular, for those environmental elements that do pass through and cause some havoc.

Ultimately, that immune reactivity is what we call “inflammation”. And when that inflammation passes a threshold of duration and intensity, we're now in “chronic inflammation”, which triggers subsequent consequences, including further immune system dysfunction. But thanks to this Health Map, you're now aware of how we can better identify the multiple problem points and start turning that ship around!

For more information or help: www.FunctionalMedicineConsultingGroup.com