Live Well Functional Medicine

Functional medicine’s purpose is to heal the physical body in order to engage in our life purpose of connection and emotional and spiritual growth.

Dr. Lynore Martinez has specialized in women’s health for over 25 years. She is an expert in bio-identical hormone replacement therapy (BHRT) and has been a Sottopelle BHRT pellet practitioner for over 10 years. Dr. Martinez also specializes in medical weight loss and has been a practicing functional medicine practitioner through her incorporation of lifestyle change for health optimization throughout her career. Dr. Martinez has recently expanded her practice to incorporate treatments for adrenal, gastrointestinal and detoxification health issues. Dr. Martinez is a practitioner of the Kalish Method of functional medicine. She works in partnership with every patient to develop personalized treatment protocols. She continues to work with her mentor, Dr. Daniel Kalish, who has practiced functional medicine for over 25 years.

What do patients’ have to say about their experience with Dr. Martinez

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Enjoy the Benefits of Health and Hormonal Balance with Functional Medicine

Look and Feel Younger

Feel Happy and Energized

Improve Sleep and Mental Clarity

Restore Sexual Desire

…And Much More

Why should you consider a functional medicine visit?

You are tired of feeling tired and overwhelmed. You struggle with foggy thinking and worry that your work performance is suffering. You know you need to get moving, but you’re too exhausted to exercise. Your relationship is suffering due to your irritability and lack of libido. Your life goals seem like too much to think about, you just have to get through today.

Who else should consider a functional medicine visit?

You want to achieve OPTIMAL health with a personalized medicine approach. You are eating well, exercising and trying to incorporate stress reducing activities such as meditation into your daily routine. You want to know how to minimize the effects of genetics and aging and are ready to take a proactive approach in getting to the highest level of health possible.

What Symptoms Do We Treat?

Weight gain

The major function of cortisol is to help balance blood sugar. When cortisol is out of balance, your body will store body fat rather than burning fat for fuel resulting in weight gain. Menopause results in abdominal weight gain as your body tries to compensate for low estrogen.

Fatigue

Adrenal exhaustion is the result of long-term stress that depletes cortisol. Testing and correcting cortisol will improve energy levels. Stress can also result in mitochondrial dysfunction. Organic acid testing can tell us what is needed to support your mitochondria to increase energy production.

Depression

Our focus on treating anxiety and depression by treating imbalance in hormone levels, cortisol and the brain neurotransmitters dopamine, epinephrine and norepinephrine can help support optimization of mood and energy.

Female Hormone Imbalance

Bio-identical hormone pellet therapy is our specialty. We work to optimize hormone levels with bio-identical hormones, but also know that adrenal protocols can improve symptoms of hot flashes, nights sweats, and foggy thinking. Properly balanced hormones help you look and feel younger. Women experience improved skin elasticity, sleep quality, and libido as a consequence of hormonal balance

GI problems

The immune cells that line our digestive tract are regulated by cortisol. Cortisol imbalance results in inflammation and “leaky gut” causing digestive symptoms like bloating, heartburn, constipation, or diarrhea. Utilizing a comprehensive program that includes avoiding inflammatory foods and stool testing allow us to find underlying infection and sources of inflammation.

What can I expect from my first visit?

During your initial consultation, we will get to know each other and begin to design your personalized health program based on your goals. Together, we will explore your health history and symptoms as well as lifestyle factors such as diet and sleep. We will discuss your goals and reasons for getting healthy. We incorporate lifestyle changes including stress reduction, diet and exercise in all programs for healing. We will discuss the variety of tests available including blood work, hormone testing, cortisol, GI, and organic acid tests as well as nutritional and personal coaching options.

Tell

Our goal is to optimize your health so that you feel fabulous virtually every day. Treatment protocols are a combination of supplement support and hormone balance in addition to lifestyle programs. We will work together to determine what type of treatment program works best for you.

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Picture of Dr. Martinez with family and small bio