

# Functional Medicine Explained with Dr. Sonal Dalal

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Dr. Sonal Dalal

If you are dealing with fatigue, stress, gut issues, or sleep disruption that don't seem to be fully resolved through traditional medical pathways, it can be frustrating. Functional medicine takes a different approach: it looks for underlying causes and builds a plan that addresses them and supports your body over time.

## DR. SONAL DALAL, CERTIFIED FUNCTIONAL MEDICINE PRACTITIONER

Dr. Sonal Dalal D.C. treats patients who want answers, not just another quick fix. She takes a holistic approach that looks at your full health picture, including your wellness goals, and combines it with targeted lab testing to formulate a clear protocol you can follow to improve your health.

- This is a root-cause approach that connects symptoms to patterns across your health history.
- One-on-one time to listen, educate, and answer questions.
- Lab testing to identify your issues and customize your health solutions.

- Personalized, realistic action steps for nutrition, lifestyle, and supplement program.
- Ongoing follow-ups to refine your plan and keep you moving forward.

### We have helped people with:

- Stress, anxiety, fatigue, and sleep disruption
- Hormonal concerns (including peri- and post-menopause support)
- Chronic pain and inflammation
- GI distress and digestive dysfunction
- Post-Cancer wellness strategies

### DEEP DIVE INTO DR. DALAL'S FUNCTIONAL MEDICINE PROGRAM

Most people want to know what to expect before they begin.

- **Start with a comprehensive intake.** Review your symptoms, health history, and timeline to identify patterns and root drivers.
- **Use targeted testing when appropriate.** Advanced labs can help uncover imbalances and guide next steps.
- **Build a personalized protocol.** Nutrition, lifestyle, and supplements are tailored to your needs and priorities.
- **Follow up and refine.** Progress is monitored, and the plan is adjusted as you improve.

*"The body has the capacity to heal itself. Given the right support, you can change the entire trajectory of your health and happiness."*



l to r: Dr. Sonal Dalal, Massage Therapist Annette Joubert, Office Manager Nandita Dalal, and Software Director Joe Di Maria



Dr. Sonal Dalal with her dog, Fiona, the office mascot.

### WHAT HAPPENS ON THE FIRST VISIT?

We will talk through your main concerns, your health history, and what you've already tried. Then we will outline a clear starting plan and discuss the next steps.

If testing is recommended, we will explain what it is, why it's being considered, and what options you have.

### How long does it take to notice changes?

It depends on what's driving your symptoms and how long they've been going on. Patients start to notice small wins first (improved energy, sleep, or digestion), and we build from there with follow-ups and adjustments.

**Next Step: Book a complimentary 15-minute phone consultation** to share what has been going on and ask questions. We will help you understand whether the Functional Medicine Program is a fit and what a sensible first step could be.

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