

## Functional Medicine Resources

Richard Menet MD, MPH and Rita Menet RN, FMCHC

This is a short list of resources that we have found helpful with respect to Functional Medicine.

### Websites

IFM.org – The official website of the Institute of Functional Medicine where you can “find a practitioner”

### Books – all NY Times bestsellers

‘Food’ and ‘Eat Fat, Get Thin’, by Dr Mark Hyman

The Wahls Protocol, by Dr Terry Wahls

The End of Alzheimer’s, by Dr Dale Bredesen

Grain Brain, by Dr David Perlmutter, Revised Edition, 2018

Eat to Beat Disease, Dr. William Li

### Podcasts

Phoenix Helix, with Eileen Laird

Revolutionary Health Radio, with Chris Kresser

The Doctor’s Pharmacy, with Dr. Mark Hyman

People’s Pharmacy Episode 1161 Food as Medicine, Dr. William Li

### Key Websites

Dale Bredesen MD, ReCode Program - [www.ahnphhealth.com/recode.html](http://www.ahnphhealth.com/recode.html)

Terry Wahls MD - [www.terrywahls.com](http://www.terrywahls.com)

David Perlmutter MD - [www.drperlmutter.com](http://www.drperlmutter.com)

### YouTube Favorites

Dr Terry Wahls TEDx

<https://www.youtube.com/watch?v=KLjgBLwH3Wc>

Dr. Sarah Hallberg TEDx

Reversing Type 2 Diabetes

<https://www.youtube.com/watch?v=da1vvigy5tQ>

Dr Hyman at TED MED

<https://www.youtube.com/watch?v=IhklcpJTV9M&t=21s>

Dr Perlmutter with Dr Bredesen on brain health

<https://www.youtube.com/watch?v=1VpYOwH3hS8>

Docu-series on brain health with Dr Mark Hyman

<https://brokenbrain.com/trailer>

Functional Medicine Coaching Academy- find a coach

<https://functionalmedicinecoaching.org/find-a-coach>