



Get Functional Detox Program

What is Toxicity?

“When our bodies become toxic it means that our natural method of ushering out metabolic waste from normal human metabolism, environmental pollution, and the Standard American Diet (or SAD) has exceeded the threshold for what the body’s innate detoxification system can tolerate. And this toxicity makes us sick.”

— Mark Hyman, MD

The Get Functional Detox is an introduction to the Functional Medicine detoxification process that can heal your body on every level. A scientifically designed detox plan can help with conditions like achy joints or muscles, brain fog, fatigue, headaches, allergies or gas, or more serious problems such as autoimmune diseases, migraines, asthma, acne, irritable bowel, reflux, arthritis or worse. The program works simply by taking out the bad stuff and putting in the good stuff – lots of the good stuff.

We are better together.

During this 4 week shared medical appointment program you’ll work once a week with a community of individuals to share stories and ideas, learn from one another and relate to other people who are dealing with similar health issues to truly create a bond! Going on a health and wellness journey alone can be short-lived without support. That’s why we are offering our the Get Functional program as a shared medical appointment experience to help you reach your goals.

Mark Hyman, MD and a Functional Medicine team of caregivers will provide you with the knowledge and care needed to ‘get you functional’ again.

The Get Functional Detox will help you:

- Feel better
- Lose weight
- Eliminate cravings
- Eliminate food sensitivities
- Get a health reboot
- Get to the root of motivation and choices

To register for the Get Functional program, visit clevelandclinic.org/cfmgetfunctional or call 216.444.8716