Functional Psychiatry: Why It’s Finally Working Transcript

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Introduction to Functional Psychiatry

Hey you guys, I'm excited to talk to you about something I am passionate about, functional psychiatry. I, am so excited share with you that it's finally working.

Honestly, we've always said that healing shouldn't be guesswork, that there should be a plan, right? Well, i'm Dr. Arun Podesta, a functional integrative psychiatrist, triple board certified in psychiaty, addiction medicine, and forensic psychiatr.

I help addiction professionals and patients and families understand what really works in psychiatry, and today I'm excited to share with you a better path forward.

One of my specialties is addiction, so I want to talk to you specifically about functional psychiatries in the field of addiction. When it comes to addiction, some people have been given a misleading and incomplete explanation, honestly.

You may have heard of addiction described as a moral failing, as character flaw, or simply the result of poor choices.

Why Addiction Needs a Deeper Explanation

Others may shared with you that it's only genetic or it is a chronic brain disease that you'll struggle with for life or that is only based on trauma and trauma alone.

These narratives are reductionist. They can feel heavy to the individual and loved ones struggling, to people providing for the care for people struggling with addiction, and the person struggling themselves can feel that they're heavy language.

It's confusing and it's disempowering, especially if you or someone you love has tried to recover but keeps hitting the same wall over and over. Here's the problem.

When treatment only focuses on the visible layers, on stopping use, removing the substance, reducing symptoms, or simply just managing the crisis, it misses the deeper causes that are often keeping people stuck.

feeling unwell, even if they've removed the substance. If you've ever asked yourself, why do I still feel off even when I'm doing the right things over and over?

There's got to be a reason. Because true healing doesn't happen when we suppress the symptoms. It happens when you ask better questions about the body, about brain, the environment, cells, biochemistry, and our life relationships.

Unfortunately, those questions sometimes get left out of traditional system of care. And that's why so many people find themselves cycling through the same patterns over and over despite their best efforts.

Not because they're resistant, not because their unmotivated. but because the underlying issues haven't been addressed. And until those root causes are seen and treated, lasting recovery just isn't going to get into reach.

It's going feel far away.

Looking Beyond Symptoms to Root Causes

This is where functional psychiatry offers something different, and in many cases, life-changing. Instead of asking how do we manage this diagnosis, We ask, what's actually driving it?

And that shift in perspective makes all the difference. Functional psychiatry is grounded in evidence-based medicine. It also recognizes that the mind and body are not separate.

it looks how biology, environment, and life experiences interact to create the system we see before us. Then it uses that information to guide a personalized plan for precision and healing.

Instead of focusing solely on behavior, it investigates the terrain. What's happening in the gut? Is there chronic inflammation affecting brain function?

Are key nutrients and cofactors depleted are not available after months or years of stress and substance use? are there genetic predisposing factors that make it so that someone can't absorb key nutrient that makes recovery challenging?

And what role does trauma and stress play in the nervous system? These questions matter because the answers often explain why a person who may be in recovery and doing all the right things may continue to feel irritable or foggy or anxious or unmotivated or disconnected even after they've stopped using substances.

By identifying and addressing these underlying imbalances, we're no longer just managing symptoms, We're creating the conditions for true brain repair.

How Functional Psychiatry Works

We use laboratory testing, clinical history, physical symptoms as data points, not to label the patient, but to look under the hood, I call it, to guide their healing.

When we find out the gut is inflamed, When we find that key neurotransmitters are depleted, we support the regeneration. When someone's environment is perpetuating stress, We help them shift it internally and externally.

This approach is not about alternative medicine. It's truly integrative. it's grounded in neuroscience, in nutrition, In psychophysiology, and in decades of clinical insight.

You know, patients begin to feel like themselves again. They thrive, they gain clarity, stability, energy. They become more resilient, not just because their symptoms are gone, but because the system that created those symptoms has been rebuilt from the inside out.

That's the benefit of functional psychiatry. Not just less suffering, deeper healing. So what does that actually look like in practice? Before we dive in, if this kind of perspective feel helpful, I'd love for you to like the video, subscribe to my channel and share comments below.

Your engagement not only helps more people find this content, it also helps us keep creating videos that support healing and hope. Now let's get back.

Functional psychiatry is not about quick fixes or rigid protocols. It's a systems-based approach that helps us understand where things have gone off track and what needs to happen to restore balance.

While every patient's path is different, there are core areas we nearly always address because that directly affects brain function, mood, and recovery capacity.

We include the gut. Most people are surprised to learn that over 90% of serotonin, a neurotransmitter critical for mood regulation, is actually produced in the guts, not the brain.

And look, when gut health is compromised, mental health as compromised.

Core Areas: Gut, Inflammation, Nutrition, and Connection

So when we restore microbial balance, reduce inflammation, and support digestion, We create a foundation for way more stable moods, fewer cravings and better sleep.

We also look at systemic inflammation. Chronic inflammation can fuel anxiety, brain fog, irritability and even relapse. It keeps the nervous system on high alert, making it harder to feel calm or to think clearly.

So we address inflammation through diet, lifestyle and targeted supplementation. and that can turn up a patient's progress. We also, we have to address nutritional status as addiction depletes key vitamins, key cofactors, and key minerals and fatty acids that the brain and the body need to function properly.

And without replenishing them, it's like trying to build a house without bricks. By restoring what's missing, we support clear thinking, better focus, and more emotional resilience.

Another aspect is helping connection, help reconnect the patient with meaning, with purpose. Human connection a sense of purpose and aligned values are not soft add-ons.

They're actually biologically and psychologically essential. They regulate dopamine, reinforce new habits, and create a reason to stay well. This isn't just about feeling better, it's about rebuilding a life that's worth staying present for.

These are the pillars we focus on beyond traditional treatment. I still use a prescription pad. It's necessary for stability and for symptom management.

but we also focus on gut, inflammation, nutrition, and connection. Not to overwhelm, but to integrate and empower. Because when we understand what the body and brain need to heal, we stop chasing symptoms and we start building recovery that actually lasts.

Hope, Healing, and Closing Message

So if you ever felt like you're doing everything right but just not feeling better, if recovery has felt a cycle of hope and disappointment, If you start wondering whether the lasting healing is even possible, I want you to know this.

It is. You are not broken. You're a human being with a system that's asking to be understood and not judged. And when we begin to see addiction through that lens, not just as a behavioral control, but as the message from the body, from cells, we gain access to a very different kind of solution, one that restores health at its root, that reconnects people to their identity, their purpose, and their future.

This is the power of functional psychiatry. It meets the complexity of addiction with compassion, with science, and with strategy, looking at the whole person.

And it reminds us that healing isn't just possible, it's actually happening. Thank you for being here, thank you listening, And thank for caring, whether it is for yourself or for someone else.

If this message resonates with you, I invite you to watch the next video. Until then, take care, stay curious, keep going. You're not alone, you're NOT stuck.