Introduction to Dr. Mark Hyman

I want to share with you guys a little bit more about my appreciation and respect for another MD. This man is Dr. Mark Hyman. Many of you may know him, heard of him or be aware of them.

He is a very publicized, amazing, ethical MD, he is the head functional MD at Cleveland Clinic.

His Mission to Change Standard Medical Practice

And I wanna give you a bit of a snippet that I took from either watching a video that he did or reading him explain how he came to be the top functional M. D.

doctor at the Cleveland clinic. He was on a mission to really change the standardized application of medical practice. He wasn't looking to just push pills to treat symptoms.

he was interested in actually putting the Cleveland Clinic out of business for what they were overall doing. So when they went after and sought him to come in and be a part of their functional MD department, he told them that.

Focus on Root Causes, Lifestyle, and Diet

You don't want me, because I'm here to put you guys out of business. I don' want to be a pill pusher, a symptom manager, I dont' wanna follow the standard application of Western medicine.

And I wanna get to the root causes to actually give people the ability to heal their bodies. So Dr. Mark Heyman has a tremendous amount of information out there, data, he's written a few books, and you will find a commonality between the things that we've been talking about, as well as this amazing credentialed MD, in that it revolves around improving your lifestyle and your diet.

If you're curious about more information, check out Dr Mark you