

FUNCTIONAL MEDICINE UPDATE

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Functional Medicine Update: Closing One Chapter, Beginning Another

For more than 34 years, *Functional Medicine Update* has been published once a month and delivered to a dedicated following of paid subscribers, who we acknowledge and thank for their commitment. As a journal, FMU has evolved over the decades both in format and in content, but throughout all it has steadfastly remained a very personal and special educational vehicle for its publisher, Dr. Jeffrey Bland.

Dr. Bland's goals for FMU have always been (and continue to be) consistent: to reach as many people as possible with his insights about the future of healthcare, to inform people about the important role of functional medicine approaches to patient care, and to create awareness of the global need to reduce the burden and spread of chronic disease. In 2016, FMU will enter a new phase: the paid subscription model will no longer be in effect, and all issues—both those in Dr. Bland's online digital archive and new—will be available as open access free podcasts on Dr. Bland's website. Questions about this change can be emailed to info@jeffreybland.com, or you can call 1-866-272-5789.

Much thought and consideration was given as to how to bring 2015 to a meaningful close while at the same time setting the stage for a future that is full of promise. In this issue, Dr. Bland conducts a very special interview with husband-and-wife family practitioners, Dr. Michael Stone and Dr. Leslie Stone.

Clinicians of the Month

Michael Stone, MD and Leslie Stone, MD

Ashland's Comprehensive Family Practice

595 N Main Street Suite #2

Ashland, OR 97520

www.ashlandmd.com

Among recent medical school graduates, family practice medicine has been slipping in popularity for a variety of reasons. But in this new age of personalized care, Dr. Bland feels that family practice—as the first line of interaction between caregiver and patient community—should perhaps be considered the *most* essential form of medical care in the 21st century. And this belief is at the core of his decision to ask Drs. Michael and Leslie Stone to talk with him for the final issue of 2015. The Stones, who are noted members of the functional medicine community, are dedicated to the family practice care model because of their commitment to building long-term relationships with patients.

Both Michael and Leslie Stone are graduates of the University of Washington School of Medicine. After practicing for many years in Idaho, they relocated to Ashland, Oregon at the invitation of Dr. David Jones, President Emeritus of the Institute for Functional Medicine. Alongside Dr. Jones in the practice he

founded, the Stones care for patients in the Ashland community at every stage of life: preconception, pregnancy (both typical and high risk), childhood, adolescence, adulthood, and as “treasured elders.”

Dr. Michael Stone earned a Master’s degree in nutrition before attending medical school, and his knowledge and training in this area has deeply influenced his approaches to patient care. Dr. Leslie Stone specialized in psychobiology as an undergraduate and graduate student, and this early training likewise provided her with a unique foundation, especially with regard to understanding how behavioral functions are tied to perception and neuroanatomy.

The Stones are practicing physicians who see patients daily. Their practice is both insurance-based and functional medicine-focused. Dr. Bland and the Stones discuss actual patient cases and clinical care, as well as research they have undertaken and published as a result of their work. Each of them offers perspective, advice, and encouragement to fellow practitioners who are seeking to successfully build a family practice using the functional medicine model.

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