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Hello Everyone:

First, let me say how honored I am to be part of your health care team. I want to share some exciting changes in my practice as we walk forward together.

For the past thirty years, despite an increasingly powerful arsenal of pharmaceutical choices, I have watched patients grow sicker and sicker. New onset Multiple Sclerosis today is a much different case than in the 1980's. Patients have more complex presentations and disease course. Many that come to see me have horrendous life-altering symptoms, but have completely "negative evaluations", go from one doctor to the next, hoping for answers and help. They have lost hope and they struggle to make it from one day to the next. We are in the midst of the biggest epidemic of health ever seen in human history.

The following are the reasons I have chosen to incorporate Functional Medicine into my conventional Neurology practice.

In essence, Functional Medicine is a move away from the drug-based model of fighting infectious diseases that worked so well in the 20th century to a systems-oriented, patient-focused model, designed to reverse the chronic disease epidemic. Today's most prevalent health issues are mostly caused by the interactions between genetics, lifestyle choices, and environmental exposures. Treating them requires both understanding these interactions, and designing appropriate treatments that are personalized to each patient. This approach aims at **PREVENTING** disease and sometimes **REVERSING** disease. I will still, on the right occasions, prescribe pharmaceuticals.

No longer will a pill for every ill work and no longer will prescriptions alone work in optimizing care in MS or ANY disease. This is because it is our toxic environment that is driving our immune system over the edge. We must look for the root cause/causes of why you are not well. Then, together, we strategize a personalized treatment plan that you will actively participate in. We are a team like never before.

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Because this new approach to your health and wellness is so incredibly time-consuming, billing through the conventional insurance model will not work. Attached will be a copy of my fees, and the fees of my outstanding integrative nutrition staff (we have many ways we can work through these charges).

Should you choose to stay in the conventional NISA arena, I, or one of my brilliant, passionate PA's will be happy to see you, but on the regimented insurance based time frame. Just know that I will be spending more and more of my time guiding patients toward vibrant and optimal health in my functional medicine practice called Destiny Epicenter of Health and Wellness.

I assure you that you will be finding better health solutions with this approach and consider this approach as an **INVESTMENT** in your health. There is absolutely no dollar figure for that. I want to help **make you well,** and get you out of the perpetual cycle of "sick care", which at this rate will bankrupt our country within the next two decades.

I am convinced and 100% certain that functional medicine is the **Future of Medicine.** Therefore, as we move forward I ask that you join me on this journey. I will guide you, teach you, and take you down a new path; the path to optimal health, wellness, and longevity.

I so hope you will join me.

In health;

Suzanne K. Gazda, M.D.
Senior Partner at NISA (Neurology Institute of San Antonio)
Founder of Destiny Epicenter of Health and Wellness
Founder of Hope for HumaNS.org
Founding member of ISEAI (International Society of Environmentally Acquired Illness)

Enclosure(s)