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FOR CHRONIC ILLNESS & ALLERGY

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WHAT IS ENVIRONMENTAL MEDICINE?

By Dr. Robin Bernhoft, MD, FACS, DABEM, FAAEM

The simplest explanation comes from Centers for Disease Control:

“Virtually all-human diseases result from the interaction of genetic susceptibility factors and modifiable environmental factors.”

-- The Office of Genetics and Disease Prevention, Centers for Disease Control, August, 2000

Virtually ALL human diseases: heart disease, diabetes, colitis, neurological conditions, pretty much any form of human illness results from the interaction of genetic weakness and environmental exposure.

At the Bernhoft Center, we work to unravel both ends of this interaction, and when possible we use what we find to turn back the clock on a wide range of chronic diseases.

We start with a careful history and physical to determine past exposures and vulnerabilities. We do a genetics panel, looking at various enzymes involved in energy production and detoxification of chemicals, metals and molds, and use that information to improve genomic function. We use a range of science-based detoxification techniques, optimize nutrition and normalize physiology with focused supplements. The combination is often very successful in improving health and well-being.