

## Dr. Ann J Peters Discusses the Importance of the Functional Medicine Movement

Written by Australian Business

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Dr. Ann J Peters

[Dr. Ann J. Peters, anti-aging specialist](#)

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[Dr. Ann J. Peters](#)

, an anti-aging specialist committed to helping patients achieve optimal quality of life, advocates educating Americans about the importance of the Functional Medicine Movement. Because of its potential to transform lives, Dr. Peters believes it is important to make the value of functional medicine known in order change the future of patient care from the existing acute care model to one that fully incorporates preventive care.

The Functional Medicine Movement transfers the focus of healthcare from disease management to understanding the origins, prevention and treatment of disease. Physicians who use a functional medicine approach look at the genetic makeup, environmental risks and lifestyles of patients in order to determine the underlying causes of disease. With this information, physicians like Dr. Peters are helping patients take a proactive approach in the prevention of chronic diseases and aging. Functional Medicine will also lower the cost of health care over time by keeping people healthy and reducing the cost of treating chronic disease.

A prevention-centered approach is critical, given the changing landscape of American health. As the Institute for Functional Medicine says, "Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis."

Functional medicine was developed based on years of education and research and is now being adapted into medical curricula for students and continuing education for doctors. Dr. Peters believes that increased awareness is necessary in order for the Functional Medicine Movement to become a part of the national healthcare system.

The foundation of Dr. Peters' practice is a focus on natural methods of fighting the aging process and helping patients live longer, healthier lives free of chronic disease.

To learn more about Dr. Ann J Peters and her work in the anti-aging industry, visit <http://www.drannjpeters.com/> or call 561-291-6997 to get in touch with her directly.

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About Dr. Ann J Peters: Ann J. Peters is a leader in the anti-aging industry and earned her medical degree from the University of Medicine and Dentistry of New Jersey. Dr. Peters is a diplomat with the American Board of Family Practice and an award-winning physician from the Harvard School of Public Health. She has helped many patients live longer, fuller and healthier lives.