Dr. Mark Hyman, the Food Fix Campaign & Functional Medicine

**Advocating for change to address the root cause of chronic disease**

**Dr. Mark Hyman** has devoted his life to helping others discover optimal health and address the root causes of chronic disease through the power of functional medicine. He is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate. He is the founder and director of The UltraWellness Center, the Head of Strategy and Innovation at the Cleveland Clinic Center for Functional Medicine, a *New York Times* best-selling author, and Board President for Clinical Affairs for the Institute of Functional Medicine. Dr. Hyman is also the host of *The Doctor's Farmacy*, a leading health podcast, and a regular medical contributor on television shows and networks. He has worked with leading Members of Congress and federal officials for years, consulting with the U.S. Surgeon General on diabetes prevention, drafting Senate legislation – the Take Back Your Health Act of 2009 – promoting reimbursement for lifestyle treatment of chronic disease, and working with Representative Tim Ryan (D-OH) in 2015 in support of the ENRICH Act to fund nutrition in medical education.

**The Food Fix Campaign.** Dr. Hyman launched the Food Fix Campaign to fix our nation’s broken food system and address America’s growing crisis of chronic disease, including diabetes, heart disease, stroke and obesity. The chronic disease epidemic is the number one cause of death and disability in America, making it the most pressing public health challenge of the decade. Chronic disease also drives rising health care costs and harms our economy, global competitiveness, national security and environment. It is also hastening the insolvency of Medicaid and Medicare and contributing to an insecure food supply.

The root cause of this epidemic is our broken food system and the food we eat. That is why Dr. Hyman believes it is essential to fix our broken food system by transforming nutrition and farming policies in ways proven to improve health, reduce cost, and restore the environment. The Food Fix Campaign advances reforms to *Treat Food as Medicine*, using nutrition to combat chronic disease and *Promote Regenerative and Organic Agriculture* through modern methods to improve the quality, yield, economics and environmental footprint of agriculture.

**Functional Medicine.** Dr. Hyman is a leading expert on the cutting-edge specialty of Functional Medicine – a comprehensive, systems approach to identify and address the root cause of a patient’s disease. Functional Medicine focuses medical science on the use of food as a first-line therapy. This specialty deploys optimal nutrition with appropriate lifestyle and behavioral interventions to improve gastrointestinal, endocrine, immune and overall systemic health.

“We have been conditioned to think that chronic disease is an unfortunate part of life – in fact it has a cause. It is both curable and preventable in many cases.”

– Dr. Mark Hyman