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NutriWatch Home Page. Functional Foods: Their Role in Disease Prevention and Health Promotion A Publication of the Institute of Food Technologists Expert Panel on Food Safety and Nutrition Functional Medicine practitioners are trained in ordering and interpreting appropriate diagnostic labs. Values are interpreted differently than traditional medicine, with the goal of a lab value not just being "normal" but optimal. Some of the most common testing ordered includes: Functional medicine addresses the underlying cause of disease. Our natural health solutions address the whole person not symptoms. Call (248)-979-7340 Today Whey may offer a nutritional advantage towards achieving a desirable body composition beyond that of promoting lean body mass accretion. Recent studies show that calcium , , , and the mineral mix provided by dairy products , , , decreases accumulation of body fat and accelerates weight and fat loss during energy restriction. This effect, along with some preliminary evidence showing a ...