

Utica Public Library
Health Spotlight
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**An Interview with Kim Thompson
of Healthy Transformations in Whitesboro, NY**



How would you describe what you do here at Healthy Transformations?

What is functional medicine?

I am a Functional Nutritionist and Lifestyle Educator. Conventional medicine is the medicine of WHAT, and Functional Medicine is the medicine of WHY. It really focuses on getting to root of any health problems instead of covering or masking the symptoms. The body really is very intelligent and knows how to take care of itself if we just give it the right environment to do so!

What types of services do you offer?

I offer nutritional consultations based on Functional Medicine. Your first appointment with me is 90-minutes long. This gives me the opportunity to really understand your body's unique needs. From there a personalized plan is designed to include a food plan, exercise and stress management. The 3 core factors in bringing balance to the body. Some plans may include weight loss, detoxification, hormone balancing, gastrointestinal repair and more. It is designed to help you manage every chronic illness out there, including obesity, diabetes, cardiovascular diseases and inflammatory conditions, just to name a few.



What are the biggest mistakes people make with their health?

Taking it for granted!

What are some ways a person can keep their motivation while trying to reach their fitness goals?

With all goals, it is so important to actually set them! To say, "I want to lose weight" is not enough. Planning to lose 15 pounds in 12 weeks...now that is a goal. You can measure it! So the best thing to do it is set them and write them down. Post them where you will see them, share them with friends and family. Having an exercise buddy is also a great motivator. Lastly, put it in your daily to-do list. Schedule it as if it were an appointment!

What type of supplements could most people benefit from?

The core staples for most people are a quality multi-vitamin, fish oil, probiotic and Vitamin D. However, everyone's requirements are different, so they should speak with a professional before taking anything. I also stress a quality supplement to insure that you are getting the benefits of taking them!

How would you explain detoxing to a person who had never heard of it?

Great question as there are some misconceptions about detoxing... Detoxification is the actual process in which the liver filters what comes in, determines how to use it and then also decides what needs to be eliminated. This process is important to how we use nutrients in foods, how we get rid of toxins, such as pesticides and even how we use our own hormones. This really is a VERY important function our body completes and poor lifestyle choices can place a large burden on the natural process. Some things affecting our ability to detox optimally include, pesticides, toxins in foods, prescription and non-prescription drugs, plastics, artificial sweeteners and more.

Could you tell us about your upcoming Health and Wellness Expo on March 26th at the Jewish Community Center?

It will be held from 12-4pm. The featured speaker is Trent Patterson, from NBC's The Biggest Loser, Season 5. He will be talking about "Tips for Winning at Weight Loss". We have other local speakers such as Dr. Julie Perlanski, Deb Cabral, The DeClutter Coach, Guided Imagery with Sandy Walker and myself! There are also going to be yoga, Zumba and Hip-Hop Hustle mini-classes, as well as a variety of local health and wellness businesses there offering services and specials. Lastly, there will be prizes, including a chance to be part of a small group that works out with Trent after the expo! Tickets are \$20 and are limited, so buy them early!

Thank you for taking the time to speak to me. Any final thoughts?

Be proactive with your health! There are a lot of great resources out there in our community that can help you take control of your health naturally! Thank you for speaking with me!



Healthy Transformations

214 Oriskany Blvd. Suite 4

Whitesboro, NY 13492

(315) 941-2781

www.healthytransformations.net