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Dr. Robert Hedaya:

So whole psychiatry is really a unique in the mental health field. The reason I think its very important and special is because it's a blend of functional medicine and traditional psychiatry.

Dr. Robert Hedaya:

So in whole psychiatry, what we do is we try to get to the root of the problem. We don't just see a symptom and treat the symptom with a pill. It's not one pill for every ill. It's getting under the hood, looking to see if the problem is your immune system, or is it your marriage, whatever it is, we deal with it. We start with a very, very thorough evaluation. We look at the standard things. We look at nutrition, at hormones, the immune system, genetics, epigenetics. We look at whatever may be having an effect on your mental health.

Dr. Robert Hedaya:

And the beauty of the system is you get better with less medicine. And also, you can treat all of the conditions that come along with the psychiatric problems. So you can treat diabetes, chronic pain, fibromyalgia, all of these things. It's just one beautiful system. It's a great approach to mental health.