

What is Functional Medicine?

Functional Medicine is a science-based, personalized approach to healthcare. It is focused on the assessment, prevention, and treatment of the underlying causes of illness rather than simply addressing symptoms of disease. Its goal is to restore health and improve function.

The Functional Medicine healthcare approach utilizes knowledge from a wide variety of academic and clinical areas including traditional medicine and alternative therapies, and therefore could be considered part of the medical field known as "complementary and integrative health care". It combines scientific discipline and practical experience to create a balanced and conservative method for optimizing health.

Functional Medicine treats illness and promotes vitality by focusing its assessment and intervention at the root levels of metabolic imbalance. It recognizes that each person is a unique creation. So, rather than using approaches designed for the general population, Functional Medicine aims its strategies at the specific biochemical, physiological, cellular, and structural design of each person. It uses natural, gentle therapies that restore, repair, and rebuild intrinsic balance and function.

Functional Medicine is especially helpful in assisting the treatment of chronic conditions and aging-related disorders that are so frustrating to manage with traditional medicine alone. These conditions include diabetes, inflammatory disorders, fatigue, fibromyalgia, lipid disorders, obesity, heart disease, cancer risk, menopause, hormone imbalances, toxic exposures and mental decline.

Who is Dr. Bill Billica, MD?

William Billica, M.D. is a graduate of the University of North Carolina School of Medicine where he received the Upjohn Achievement Award for Outstanding service in student affairs in 1985. After residency training in Arizona, he was Board Certified in Family Medicine in 1988. Dr. Bill then spent two years in private practice in North Carolina before taking a Faculty Fellowship at the Duke University Family Medicine Program. He returned to Arizona in 1991 to take an assistant Director position at the Good Samaritan Family Practice Residency program. During his thirteen years there his main focus was Resident education and patient care, but he also lectured, conducted clinical research, published several articles, and served as Chairman of the Department of Family Medicine for 5 years. He also received several teaching awards during this time period. While at Good Samaritan, he held faculty appointments from Duke University and the University of Arizona Medical Schools. During his time at Good Samaritan, Dr. Bill began attending conferences and studying methods to Functional and Nutritional medicine. Dr. Bill joined Tri-Life Health in January 2005 in order to develop a full-time approach to health care using Function, Preventive, and Nutritional medicine. He is a member of the American Academy of Family Practice.

Who is Kaylyn Wilson, FNP?

Kaylyn Wilson is an ANCC certified Family Nurse Practitioner who graduated from Regis University's Loretto Heights School of Nursing. She worked as a primary care provider while studying functional medicine and attending integrative and functional medicine conferences. She joined Tri-Life Health in December 2022 to provide care for individuals across the lifespan with a functional medicine approach. She has a passion for preventive medicine and for working alongside patients to optimize their health. She focuses on finding the root cause of illness and in improving the health of each person as an individual. She cares for patients with chronic fatigue, hormone imbalance, mold/biotoxin illness, gastrointestinal illness, autoimmunity, headaches/migraines, cognitive decline, chronic illness, Lyme disease, other infections, and more. She specializes in ozone injections, preventive medicine, resolving nutritional deficiencies, improving gut health, and hormone replacement. In her spare time, she enjoys many outdoor activities with her husband including kayaking, mountain biking, and camping.

Who is Aimee Smith, RN, MNT & BCHN?

Aimee Smith is a Master Nutrition Therapist from Nutrition Therapy Institute and is Board Certified in Holistic Nutrition at Tri-Life Health in Ft. Collins, Colorado. Aimee is also a Level-1 certified practitioner in GI Functional Nutrition through Restorative Wellness Solutions. She has acquired extra training for perimenopause and ways to support women during a vital change in life.

She spent a 29-year career as an RN in the hospital setting watching people get sicker while dealing with her own health issues which makes her a compassionate partner in discussing and providing individualized wellness options for optimal health after a detailed health assessment. Aimee wants to help have a more positive impact on the health of others through education, diet, & lifestyle. She combines her nursing knowledge with nutrition and lifestyle changes to help people live their best lives. She believes the best way to true, vibrant health is what we put in our bodies, removing barriers to healing, giving the body what it needs to ultimately heal and thrive while focusing on the body, mind, and soul of each individual so people can thrive and live with vitality.

Who is Julie Harstine, MSN, APRN, FNP-C, FMACP?

Julie Harstine is an ANCC-certified Family Nurse Practitioner and Functional Medicine Academy Certified Practitioner (FMACP) who graduated from Indiana Wesleyan University. With more than 30 years of clinical experience—including 13 years in hospital and critical care medicine and 17 years in outpatient internal medicine—Julie brings extensive expertise in caring for patients with complex acute and chronic conditions. Passionate about helping people navigate complex health challenges, Julie embraces functional medicine as her primary therapeutic approach while integrating the best of conventional and functional medicine. By looking beyond symptoms to uncover

the root causes of illness, she seeks to understand how the body's interconnected systems—including metabolism, hormones, digestion, immune function, brain health, inflammation, and environmental exposures—work together to influence health. Her goal is to create personalized plans that restore function, optimize wellness, and support lasting healing.

Julie believes the body was designed to heal when given the proper support. Her mission is to help patients move beyond symptom management to restore vitality, renew hope, and fully engage in the people and experiences that matter most.