

DOWN WITH DOWNEY

Live at Five

Join us on Facebook Live every second Thursday of the month to hear from Dr. Rob Downey, MD - an IFM-certified practitioner at Seaworthy Functional Medicine Clinic. Hear his insights on health, wellness, and functional medicine, followed by a live Q+A.



Fighting Fatigue

September 14 - 5:00pm

Uncover fatigue's root causes beyond conventional medicine. Learn about lifestyle, emotional, and environmental factors impacting energy levels. Explore integrative approaches for effective healing.



Puzzling Gut Problems

October 12 - 5:00pm

Discover solutions for gut problems when medical workup is inconclusive. Understand dietary sensitivities, stress-related concerns, and more. Learn about interventions and methods for relief and healing.



Covid & Long-Covid

November 9 - 5:00pm

Explore practical tips and strategies to safeguard yourself from COVID-19 and how to minimize the risk of developing long COVID. Stay informed and empowered about your health and well-being.



Thyroid Problems

December 14 - 5:00pm

Unravel thyroid problems and the lesser-known aspects of optimal thyroid function. Gain insights into factors that influence thyroid function and how they can be optimized for overall well-being.



Rob Downey, MD
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