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NEWSLETTER · IN CONVERSATION WITH DR PAT BOULOGNE

Pharma, unprescribed

Dr Pat Boulogne — functional-medicine practitioner with thirty years' experience — on getting to the root cause instead of masking symptoms, and listening to patients in their own language.

The views in this episode are Dr Boulogne's own and reflect a functional-medicine perspective. They aren't medical advice, and nothing here should replace guidance from your own clinician.

Dr Pat Boulogne has spent more than thirty years as an 'outside-the-box' practitioner, working with high performers, professional teams and major events. Her mission, as she puts it, is simply saving lives — and her approach is what I joked on the episode was 'pharma unprescribed': less about adding a medication than about finding the underlying cause of why someone feels the way they do. Her views are her own; take them as perspective, not prescription.



Eye to eye, knee to knee, heart to heart.

— Dr Pat Boulogne, on how she listens

Root cause over relief

Pat's frustration with symptom-masking is the spine of the conversation. She's more interested in why a symptom exists than in muffling it — an instinct she traces to seeing patients get better, and happier, when the underlying issue was addressed rather than medicated over. Whatever your view of functional medicine, the root-cause question is a good one to keep asking.

Listening in the patient's language

Her most transferable point isn't clinical at all. She describes sitting with people 'eye to eye, knee to knee, heart to heart' and listening between the lines — meeting them in their own language rather than the profession's. In an industry that can reduce a person to a data row, that's a reminder worth carrying into any consulting room.

Food as information

Much of her practice treats food as information the body reads — an argument to pay attention to what's actually on the ingredient label and to how your own body responds, rather than to any single fad. I've deliberately kept the specifics light: the useful, general idea is to notice the signals your body is already sending, and to be curious about them rather than to follow anyone's rigid protocol.



Listen to the full episode

Dr Pat Boulogne on Pharma Prescribed — at pharmaprescribed.com
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Dr Pat Boulogne is a functional-medicine practitioner, performance strategist and international bestselling author with over thirty years' clinical experience.