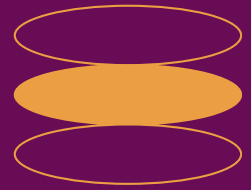




3 SIGNS YOUR WELLNESS NEEDS A DEEPER LOOK

A functional medicine guide



Fatigue That Sleep Can't Fix

Possible Causes:

- Mitochondrial dysfunction
- Adrenal fatigue
- Nutrient deficiencies (B vitamins, iron, Vitamin D)
- Chronic inflammation
- Thyroid imbalances

Persistent fatigue, even after adequate sleep, isn't normal. It could signal underlying issues affecting your body's energy production, hormonal balance, or inflammatory status. Functional medicine seeks to uncover these root causes, providing targeted solutions for sustained energy.

Action Steps:

1. **Evaluate your sleep hygiene:** Ensure a consistent sleep schedule, dark room, and avoid screens before bed.
2. **Nutrient-rich diet:** Focus on whole foods, lean proteins, and healthy fats.
3. **Consider testing:** Functional medicine testing can identify nutrient deficiencies, hormonal imbalances, and inflammation markers. These tests can help guide a more tailored treatment approach.
4. **Stress management:** Practice relaxation techniques like meditation or yoga to support adrenal function.

Digestive Issues That Come and Go

Root Causes:

- Gut dysbiosis (imbalance of gut bacteria)
- Food sensitivities
- Leaky gut syndrome
- Low stomach acid
- Enzyme deficiencies

Irregular digestive symptoms like bloating, gas, constipation, or diarrhea, even if intermittent, suggest an imbalance in your gut health. These symptoms often arise from underlying problems like dysbiosis or food sensitivities. Functional medicine focuses on restoring gut health for overall well-being.

Action Steps:

1. **Keep a food journal:** Track your meals and symptoms to identify potential triggers.
2. **Probiotic-rich foods:** Incorporate fermented foods like yogurt, kefir, and sauerkraut into your diet.
3. **Consider a gut health assessment:** Functional medicine testing can assess gut bacteria composition, identify food sensitivities, and evaluate intestinal permeability.
4. **Digestive enzymes:** Support digestion with supplemental enzymes, especially if you suspect low stomach acid or enzyme deficiencies.

Brain Fog, Mood Swings, or 'Just Not Yourself'

Hidden Drivers:

- Chronic inflammation
- Neurotransmitter imbalances
- Hormonal fluctuations
- Environmental toxins
- Blood sugar dysregulation

Subtle changes in mood, cognitive function, or overall sense of well-being can indicate deeper imbalances affecting your brain and nervous system. These issues often stem from inflammation, hormonal shifts, or environmental exposures. Functional medicine aims to identify and address these root causes for optimal mental and emotional health.

Next Moves:

1. **Reduce toxin exposure:** Filter your water, use natural cleaning products, and minimize exposure to pesticides.
2. **Balance blood sugar:** Eat regular meals, avoid processed foods, and prioritize protein and fiber.
3. **Neurotransmitter support:** Functional medicine testing can assess neurotransmitter levels. Supplement with targeted amino acids based on test results to help optimize brain function.
4. **Investigate inflammation:** Identify sources of chronic inflammation through specialized testing. Then, address inflammation through diet, supplementation, and lifestyle changes.

Ready to take a deeper look at your health?

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