

Important!

Please note that this is a general overview, and individual cases can vary significantly.

Many symptoms can have multiple contributing factors, and a comprehensive medical evaluation is essential to accurately determine the underlying cause(s).



- Weight Gain (belly fat)**
- Blood sugar dysregulation
 - Thyroid issues
 - Gut dysbiosis
 - Low progesterone (Low Pg)
 - Low melatonin
 - Lifestyle/diet choices
 - Low testosterone (Low T)
 - Low DHEA
 - High estrogen
 - Hypothyroidism

- Fatigue/Burnout**
- Low cortisol
 - Low testosterone (Low T)
 - Sleep dysregulation
 - Lifestyle/diet choices
 - Infection
 - Autoimmunity
 - Blood sugar dysregulation
 - Nutrient deficiency
 - Neurotransmitter issues
 - Thyroid issues
 - Electrolyte imbalance
 - High histamine



- Insomnia**
- High cortisol
 - Blood sugar dysregulation
 - Nighttime blue light exposure
 - Caffeine or alcohol before bed
 - Thyroid issues
 - Gut dysbiosis
 - Low progesterone (Low Pg)
 - Low melatonin

- High Cortisol**
- Anxiety/Depression/Panic Attacks
 - Brain fog
 - Inflammation or Pain
 - Insulin/Blood Sugar Dysregulation
 - High Blood Pressure
 - Hair Loss