



# Identify Root Causes

Scan the root causes list and highlight any that relate to you. This is for your benefit to see if any of these root causes of health issues applies to you. Schedule a lab assessment for additional testing by calling 1-800-447-7276 x1385 or x1302.

- Toxins**  
Fatigue / malaise  
Poor memory  
Headaches  
Irritability  
Dizziness  
Trembling  
Poor sleep  
Muscle achiness  
Nausea  
Diarrhea  
Impaired thinking  
Personality change  
Unstable emotions  
Nerve pain  
Daytime sleepiness  
Joint pain  
Constipation  
IBS / diarrhea  
Irregular heartbeat  
Pesticide use  
Dental fillings  
Parkinson's / MS

- Overstimulated  
Thyroid**  
Shakiness  
Heart palpitations  
Nervousness  
Sweatiness  
Sleep disruption  
Feels caffeinated

- Thyroid  
Imbalanced**  
Fatigue / depressed  
Daytime sleepiness  
Headaches  
Muscle / joint aches  
Low motivation  
Poor concentration  
Hair / eyebrow loss  
Anxiety / moodiness  
Ear ringing  
Acne or dry skin  
Cold hands / feet  
Cold intolerant  
Puffy face in morning  
Slow morning start  
Constipated / IBS  
Frequent infections  
Sinusitis or UTIs  
Poor sleep quality  
Infertility issues  
Heavy periods  
PMS history  
High cholesterol  
Short of breath  
Anxious / panicky  
Bad breath  
Low libido/drive  
Brain fog  
Irregular periods  
Infertility history  
Attention deficit

- Candida Overgrowth**  
Recent antibiotics  
Extended use of antibiotics  
Steroid usage  
Sugar cravings  
Birth control pills  
Pregnancy  
Yeast vaginitis  
Painful intercourse  
Athlete's foot  
Jock or anal itch  
Itchy scalp  
Nail fungus  
Anti-fungal meds  
Gas or bloating  
Extreme fatigue  
Mercury fillings  
Brain fog  
Mood disorder  
Hives

**Toxic Emotions**

Angry often  
Depressed  
Suicidal thoughts  
Often frustrated  
Troublesome relationship(s)  
Recent breakup  
Headaches  
Poor sleep  
Anxiety / fears  
No stress relief  
Upset stomach  
Hateful thoughts  
Delusional thinking  
Deep regrets  
Hallucinations  
Pessimistic attitude  
Job-related issues

**Adrenal Fatigue**

Exhaustion  
Weakness  
Irritability  
Depression  
Can't focus  
Poor memory  
Frustrated feeling  
Light-headedness  
Insomnia  
Sweet cravings  
Headaches  
Alcohol intolerance  
Shoulder pains  
Hypoglycemia  
Infection prone  
Scanty perspiration  
Food allergies  
Can't build muscle  
Indigestion  
Stomach pains

**Non-Whole Food or Drink**

Pop or diet sodas  
Sweet rolls  
Cookies  
Milk: \_\_\_glasses/day  
Ice cream  
Donuts  
Sweetened tea  
Sweetened coffee  
Candy (any sort)  
Sweetened yogurt  
Whole wheat  
Chewing gum  
White bread / rice  
Pancakes  
Fast food junkie  
Frequent fried food  
Eat out often  
Boxed cereals

**Digestive Issues**

Stomach pains  
Heartburn  
Reflux / GERD  
Bloating / gas  
Bad breath  
Coated tongue  
Sleepy after food  
Cravings  
Headaches  
Unhealthy nails  
Use an acid blocker (Tums)  
Mood disorders  
General fatigue  
Joint pains  
Skin disorders

**Sleep — Lack of**

Hard to fall asleep  
Wake up tired  
Daytime drowsiness  
Grouchy  
Up more than once to urinate  
Room spinning  
Grogginess  
Drunk feeling  
Water retention  
More appetite  
Candida flares  
Weight gain  
Drowsy driving

**Low Magnesium Correlates**

Craves sugar / starch  
Blood sugar > 90  
Muscle spasms  
Use of acid blocker  
Poor sleep  
Fatigue or anxiety  
Constipation  
Water retention  
Urinary frequency  
Back / leg pain  
Shoulder / neck pain  
Headaches  
Weight gain  
Often drinks colas  
High recent stress  
Daily caffeine intake  
High calcium intake  
Diuretic use

### **Missing Nutrients**

On more than 1 or  
2 medications  
Digestive issues  
Poor stomach acid  
Stretch marks  
Missing meals  
Fast foods > 1-2x per week  
Anemia  
Abnormal blood sugar  
Mood disorders  
ANY chronic illness  
Fatigue and/or pain  
Sleep disruption  
Irritability  
Recurrent infection  
Accelerated aging

### **Stress — Dysregulated**

Can't relax  
Turn to alcohol or drugs often  
Worry a lot  
Feels "tight"  
Stomach upset  
Disrupted sleep  
Low anger / fear threshold  
General frustration  
Overloaded feeling  
Muscle achiness  
Irritable bowel  
Wants to "give up"  
Blaming others  
Complaining  
Pointing fingers  
Relationship issues  
Work dissatisfaction

### **Hormonal Disruption**

Perimenopause (change in periods)  
Menopausal (no periods)  
Andropause (men over age 50)  
Bodily changes:  
Loss of hair  
Loss of libido  
Loss of muscle  
Dry skin/eyes  
Loss of energy  
Loss of focus  
Loss of motivation  
Exposure to:  
Plastics  
Pesticides  
Toxic metals  
Cigarettes  
Dental fillings  
Cosmetics (lead)

### **Systemic Inflammation**

Gingivitis  
Root canal(s)  
Sinusitis  
Seasonal allergies  
Lupus  
Thyroiditis  
"Leaky gut"  
Psoriasis  
Colitis  
High CRP  
High sugar intake  
Prediabetes  
Low veggie intake  
Autoimmunity  
Food sensitivities  
Pot belly syndrome

### **Low Vitamin D3/K2 Correlates**

Darker skin  
Over the age of 50  
Rarely outdoors  
Depression prone  
Infection prone  
Prone to pain  
Cancer prone  
Obesity prone  
High blood sugar  
Muscle achiness  
Sweaty head  
Low bone density  
Autoimmunity  
Uses sunscreen

### **Focal Infection**

Root Canals - #\_\_\_\_  
Fatigue  
Pain in mouth  
Infected gums  
Sinus congestion  
Low-grade fevers  
Night sweats  
History of mono  
Recurrent infection  
Slow recovery from colds or flu  
Swollen glands  
Prior heart attack  
Smoking history  
Prior heart cath  
Canker sores  
Adrenal fatigue  
Gas / bloating  
Frequent antibiotics