Root-Cause Wellness · Mental health guide

Mental health starts with the root cause

Why anxiety, low mood, brain fog, and overwhelm often have physical roots worth exploring.



You deserve a fuller picture

If you've been told it's "just stress," your questions matter. What you feel is real. Mental health reflects physical, emotional, and social influences; more than one contributor may be involved.

The brain does not work alone

Gut health, blood sugar, hormones, sleep, and nutrients shape mood and focus. A functional approach asks what in the body may feed how you feel, alongside what's happening in your life.

> Exploring these connections can complement medical and mental health care. Symptoms alone cannot tell you their cause.

Common root causes, and what to look into

Signs can include anxiety, low mood, irritability, brain fog, poor focus, racing thoughts, trouble sleeping, and feeling overwhelmed.

Systems influence how you feel—and one another.



Possible contributors to discuss

Chronic stress, blood sugar swings, gut imbalances, nutrient gaps like B vitamins, magnesium, and vitamin D, hormone shifts, thyroid function, poor sleep, and inflammation.

Start with your timeline

When did symptoms start? What makes them better or worse? What has changed in life, diet, or sleep?

Book a discovery call

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This guide is for education and does not replace medical or mental health care. If you are in crisis, contact a crisis line or emergency services.