

TRUE HEALTH^{P.C.}
OWN YOUR BODY

SYMPTOM DECODER

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DEAR HEALTH SEEKER,

Thanks for requesting the “Symptom Decoder”. Think of your symptoms as your body’s message. This is how your body communicates to you in case there are imbalances, distress, or perhaps outcries for help and support.

I believe that nobody knows your body better than it knows itself. This is why it is important to listen, observe, and understand your body’s symptoms. Get curious as why your body is reacting as it is. Ask the question “Why?”

Why am I feeling this way?

What is my body trying to tell me? What is the message?

Please understand that the “Symptom Decoder” is not meant to make a diagnosis. It is designed to uncover imbalances in your body’s systems and decode the hidden message, so you can accelerate your journey towards enduring energy, vitality and optimal health. By listening, understanding, loving and trusting your body you’re reclaiming the true power within.

To your True Health,

Dr Larisa



HOW TO USE “THE SYMPTOM DECODER”

The Symptom Decoder consists of two parts.

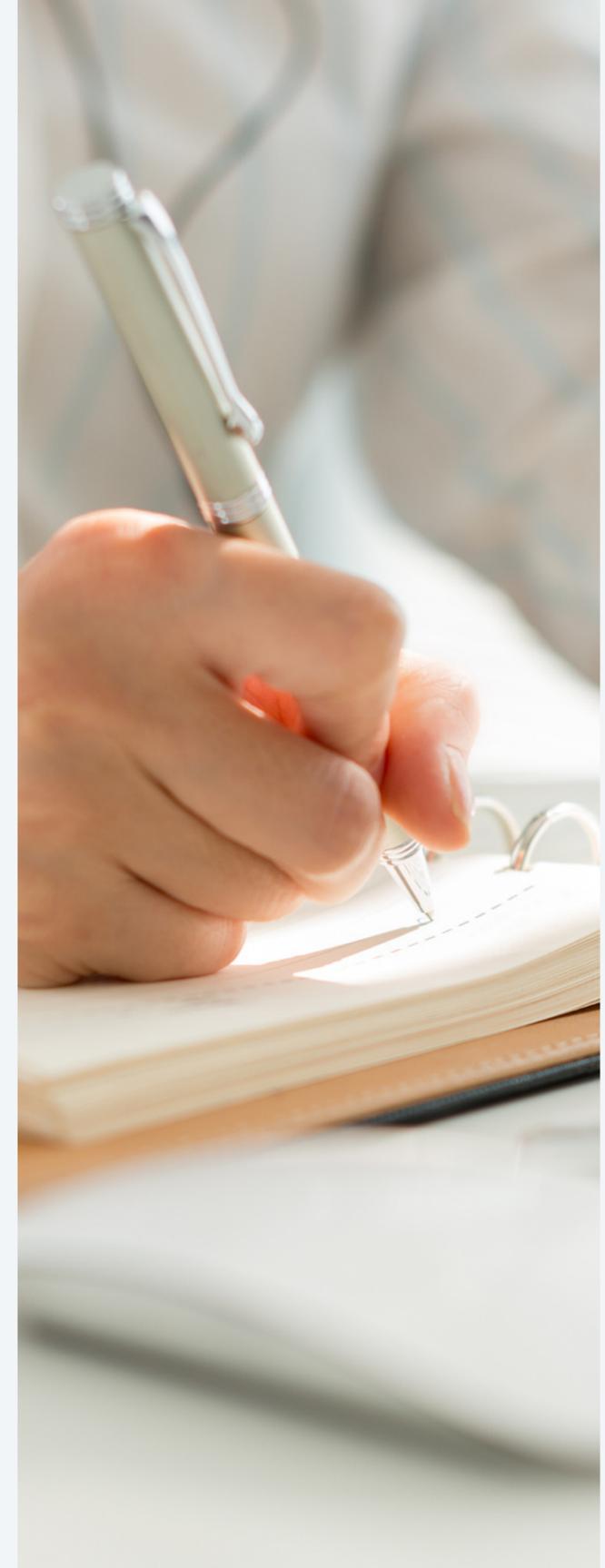
PART I Part I includes eleven sections with questions related to body systems or physiological imbalances. The severity of each symptom is graded on a scale from 0 to 3.

- 0** No, symptom does not occur
- 1** Yes, minor or mild symptom, rarely occurs (monthly)
- 2** Moderate symptom, occurs occasionally (weekly)
- 3** Severe symptom, occurs frequently (daily)

PART II Part II includes a brief explanation and tips on how to reset imbalances.

INSTRUCTIONS

- 1.** Grade each symptom on a scale from 0-3.
- 2.** Calculate Total Points for each section.
- 3.** Refer to Part II of “The Symptom Decoder” for brief explanation of the systems involved and severity of the dysfunction in that system.
- 4.** Implement Tips to start correcting dysfunction and imbalances.





PART I – SECTION 1

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bloating within one hour after eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Heartburn or acid reflux
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad breath (halitosis)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Belching or gas within one hour after eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loss of taste for meat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sweat has a strong odor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stomach upset by taking vitamins
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sense of excess fullness after meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel like skipping breakfast

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sleepy after meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel better if you do not eat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fingernails chip, peel or break easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Anemia unresponsive to iron
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stomach pains or cramps
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Diarrhea, chronic
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Diarrhea shortly after meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Black or tarry colored stools
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Undigested food in stool

TOTAL POINTS



PART I – SECTION 2

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stomach upset by greasy foods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Greasy or shiny stools
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Pain between shoulder blades
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nausea
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sea, car, airplane or motion sickness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	History of morning sickness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bitter taste in mouth, especially after meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Light or clay colored stools
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Dry skin, itchy feet or skin peels on feet

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Headache over eyes
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Gallbladder attacks
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Easily intoxicated if you were to drink wine
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Easily hung over if you were to drink wine
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sensitive to chemicals (perfume, cleaning)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sensitive to tobacco smoke
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Pain under right side of rib cag
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hemorrhoids or varicose veins
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chronic fatigue or Fibromyalgia.



PART I – SECTION 3

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Abdominal bloating 1-2 hours after eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Food allergies
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Pulse speeds after eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Airborne allergies
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Experience hives
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sinus congestion, "stuffy head"
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave bread or noodles
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Specific foods make you tired or bloated
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Alternating constipation and diarrhea

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crohn's disease (0 =no, 1=yes in the past, 2=currenty mild condition, 3=severe)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Wheat or grain sensitivity
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Dairy sensitivity
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Are there foods you could not give up
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Asthma, sinus infections, stuffy nose
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bizarre vivid dreams, nightmares
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel spacey or unreal

TOTAL POINTS



PART I – SECTION 4

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stools hard or difficult to pass
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Coated tongue
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel worse in moldy or musty place
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fungus or yeast infections
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nail fungus, "jock itch", "athletes foot"
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yeast symptoms increase with sugar
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	History of parasites (0=no, 1=yes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Less than one bowel movement per day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stools are not well formed (loose)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Irritable bowel or mucus colitis

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stools have corners or edges, are flat or ribbon shaped
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Blood in stool
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Mucus in stool
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Anus itches
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excessive foul-smelling lower bowel gas
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bad breath or strong body odors
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Painful to press along outer sides of thighs (<i>Iliotibial Band</i>)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cramping in lower abdominal region
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Dark circles under eyes

TOTAL POINTS



PART I – SECTION 5

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	History of carpal tunnel s-m (0=no, 1=yes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	History of stress fracture (0=no, 1=yes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bone loss (reduced density on bone scan)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Calf, foot or toe cramps at rest
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cold sores, fever blisters or herpes lesions
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Frequent skin rashes and/or hives
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Herniated disc (0=no, 1=yes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Muscles become easily fatigued
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel sore after moderate exercise
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vulnerable to insect bites

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	History of bone spurs (0=no, 1=yes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave chocolate
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feet have a strong odor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	White spots on fingernails
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cuts heal slowly and/or scar easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Decreased sense of taste or smell
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Can hear heartbeat on pillow at night
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Whole body or limb jerk as falling asleep
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Restless leg syndrome
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cracks at corner of mouth (Cheilosis)



PART I – SECTION 5

- | 0 | 1 | 2 | 3 | |
|-----------------------|-----------------------|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Fragile skin, easily chaffed, as in shaving |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Polyps or warts |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | MSG sensitivity |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Wake up without remembering dreams |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Small bumps on back of arms |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Strong light at night irritates eyes |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Nose bleeds and/or tend to bruise easily |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Bleeding gums when brushing teeth |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Crave fatty or greasy food |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tension Headaches at the base of the skull |

- | 0 | 1 | 2 | 3 | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Headaches when out in the hot sun |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sunburn easily |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dry flaky skin or dandruff |

TOTAL POINTS



PART I – SECTION 6

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Awaken a few hours after falling asleep
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hard to get back to sleep
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave sweets or starchy food
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Binge or uncontrolled eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excessive appetite
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave coffee or sugar in the afternoon
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sleepy in afternoon
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fatigue that is relieved by eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Headache if meals are skipped or delayed

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Irritable before meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Shaky if meals delayed
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feel hungry or shaky 2–3 hr after a meal
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Frequent thirst
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Frequent urination

TOTAL POINTS



PART I – SECTION 7

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Difficulty falling asleep
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Slow starter in the morning
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Trouble calming down
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Blood pressure above 120/80
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Headache after exercising
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Feeling jittery after drinking coffee
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Clench or grind teeth
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Become dizzy when standing up suddenly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Arthritic tendencies
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Calm on the outside, troubled on the inside

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave salty foods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Salt foods before tasting
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Perspire easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chronic fatigue, or get drowsy often
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Afternoon yawning
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Afternoon headache
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Pain on the inner side of the knee
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Tendency to sprain ankles
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Tendency to need sunglasses

TOTAL POINTS



PART I – SECTION 8

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sensitive/allergic to iodine
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Difficulty gaining weight
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nervous, can't work under pressure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward trembling
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Flush easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Fast pulse at rest
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Intolerance to high temperatures
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Difficulty losing weight
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Mentally sluggish, reduced initiative

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Easily fatigued, sleepy during the day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Constipation, chronic
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excessive hair loss and/or coarse hair
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loss of lateral 1/3 of eyebrow
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Seasonal sadness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sensitive to cold, poor circulation (cold hands and feet)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Morning headaches, wear off during the day

TOTAL POINTS



PART I – SECTION 9

- | 0 | 1 | 2 | 3 | |
|-----------------------|-----------------------|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Prostate problems |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Difficulty with urination, dribbling |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Difficult to start and stop urine stream |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pain or burning with urination |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Waking to urinate at night |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Interruption of stream during urination |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pain on inside of legs or heels |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Feeling of incomplete bowel evacuation |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Decreased sexual function |

TOTAL POINTS



PART I – SECTION 10

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Depression during periods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Mood swings associated with periods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Crave chocolate around periods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Breast tenderness associated with cycle
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excessive menstrual flow
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Scanty blood flow during periods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Occasional skipped periods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Variations in menstrual cycles
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Endometriosis
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Uterine fibroids

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Breast fibroids, benign masses
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Painful intercourse (dysparenia)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vaginal discharge
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vaginal dryness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vaginal itchiness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excess facial or body hair
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hot flashes
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Night sweats (in menopausal females)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Thinning skin
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Gain weight around hips, thighs and buttocks

TOTAL POINTS



PART I – SECTION 11

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chronic pain such back, neck, joint pain
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Numbness, pins/needles in hands or feet
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Overweight and/or hard to lose weight
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Mentally lethargic and feel rundown
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Can grab too much fat around my waist
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Don't feel well when exercise
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Look old and feel old for your age
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Skin looks old and is sagging
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Prone to cold, allergy and flu symptoms
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	More forgetful than usual

0	1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Depressed for no apparent reason
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Anxious or worried than usual
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unexplained mood swings
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	“Brain fog” or difficulty concentrating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Get constipated or hard dry stool
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Alternating diarrhea and constipation
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Bloated after eating or between meals
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Heartburn or acid reflux after eating
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chronic bad breath
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Tongue covered with white coating



PART I – SECTION 11

- | 0 | 1 | 2 | 3 | |
|-----------------------|-----------------------|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Retain water easily |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Abdominal aches not related to eating |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vague feeling of “being toxic” |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Urine tend to be dark yellow |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Unexplained itching, flacking or rashes |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Blurred vision that comes and goes |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Wake up stiff and aching joints |

- | 0 | 1 | 2 | 3 | |
|-----------------------|-----------------------|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Chronic acne or recurrent boils/cystic acne |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Fatigue that is not relieved by sleeping |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Unexplained muscle weakness |

TOTAL POINTS



PART II – SECTION 1

UPPER GASTROINTESTINAL SECTION DYSFUNCTION

- If you got zero points you can skip this section and go to the next one.
- You may experience bloating, belching or gas one hour after eating, fingernails peel, chip or break easily. You will want to pay special attention to this section so you can stop feeling bloated and strengthen your nails.

Your body makes primarily 3 MAJOR categories of enzymes:

1. Stomach (HCL) acid
2. Pancreatic enzymes
3. Bile (made in liver, stored in gallbladder)

Dysfunction of this part of the GI tract leads to inadequate production of hydrochloric acid. If this phase of digestion is inadequate, the food you eat is not completely utilized and nutrients are not absorbed. Poor digestion can be the beginning of the digestive problems, low energy, nutrient deficiencies, hormonal imbalance, joint pain, depression, obesity, food cravings, allergies.

TOTAL POINTS:

- | | |
|-----------------------------------|-------------------------------|
| 0 No dysfunction | 1-9 Low Dysfunction |
| 10-14 Moderate Dysfunction | 15+ Severe Dysfunction |



TIPS TO IMPROVE PRODUCTION OF STOMACH, PANCREATIC ENZYMES AND DIGESTION

1. Chew your food and make it as easy as possible for the body to digest it.
2. Focus on the food. Eliminate distractions like working on a computer, answering emails, reading, watching negative news/ drama.
3. A glass of water with ½ lemon/lime or apple cider vinegar before having a meal will help stimulate production of the stomach acid.



PART II – SECTION 2

LIVER AND GALLBLADDER SECTION DYSFUNCTION

- If you got zero points you can skip this section and go to the next one.
- You may be experiencing stomach upset by greasy foods, pain between shoulders or sensitivity to chemicals. You will want to pay special attention to this section, so you can relieve these symptoms.

Your body is bombarded with a tremendous amount of environmental toxicity on a daily basis. Your liver is in charge of making sure that your body can eliminate as much toxins as possible.

Your Liver has 2 MAJOR Functions:

1. Detoxification
2. Bile production

When the body is burdened with more toxins than the liver can detoxify, chronic health problems such as low energy, headaches, brain fog, joint pain, allergies, digestive problems can occur. In addition, production of bile by the liver becomes more compromised as liver becomes more dysfunctional.

TOTAL POINTS:

- | | |
|-----------------------------------|-------------------------------|
| 0 No dysfunction | 1-9 Low Dysfunction |
| 10-14 Moderate Dysfunction | 15+ Severe Dysfunction |



TIPS TO IMPROVE LIVER FUNCTION AND PROMOTE THE FLOW OF BILE FROM THE GALLBLADDER

1. Remove the “toxic noise” and help your liver perform its detoxifying function. Eliminate artificial sweeteners, wheat/gluten, dairy, soy, corn, processed meats.
2. Use mantra: Protein + Plants when it comes to food for detox. Include food sources from grass-fed beef, organic chicken, Alaskan fish, cruciferous vegetables.
3. Curcumin could be used to bind toxic metals such as lead and cadmium.



PART II – SECTION 3

SMALL INTESTINE DYSFUNCTION

- If you got zero points you can skip this section and go to the next one.
- You may experience abdominal bloating 1-2 hours after eating, food and airborne allergies, or sinus congestion. You will want to pay special attention to this section so you can stop feeling bloated, relieve allergies and breath easily again.

Small intestine is the site for further digestion, and also absorption and assimilation of food and nutrients. Success in the small intestine is dependent on the proper digestion and enzymes production in the stomach, pancreas and gallbladder. Dysfunction in the small intestine will lead to the damage to the lining of the small intestine and development of leaky gut.

Leaky gut is a condition when gaps between the cells in the small intestine allow undigested food particles and toxins leak into the bloodstream. Immune system doesn't recognize these molecules and mounts an immune response leading to low grade chronic inflammation, allergies/ intolerances and sensitivities.

TOTAL POINTS:

0 No dysfunction

1-7 Low Dysfunction

8-12 Moderate Dysfunction

13+ Severe Dysfunction



TIPS TO IMPROVE MICROBIOME AND HEAL LEAKY GUT

1. Aim eating at least 1 pound of organic, whole food plants daily.
2. Starve pathogenic microbes by dodging sugar, highly processed foods, artificial sweeteners, bad fats.
3. Drink homemade bone broth (grass-fed) that provides amino acids and minerals that can help heal leaky gut.



PART II – SECTION 4

LARGE INTESTINE DYSFUNCTION

- If you got zero points you can skip this section and go to the next one.
- You may experience bad breath, bad body odor, constipation/diarrhea or yeast overgrowth. You will want to pay special attention to this section so you can have relief from constipation, bad breath and body odor.

In the large intestine water is being reabsorbed back into the body and the liquid chyme is transformed into feces for the body to eliminate. Success in the large intestine requires optimal peristaltic function and is dependent on the function of the rest of the digestive tract.

TOTAL POINTS:

0 No dysfunction

1-9 Low Dysfunction

10-14 Moderate Dysfunction

15+ Severe Dysfunction



TIPS TO IMPROVE PROKINETIC FUNCTION OF THE LARGE INTESTINE

1. Be sure to add high fiber foods such as green leafy vegetables, fruits (especially berries or apples) a little at a time so that your body gets used to the change.
2. Drink 8-16 ounces of clean filtered water every 2 hours while you transition to eating more fibers. Consuming more fiber without drinking enough can make constipation and abdominal pain worse!
3. Drink a glass of warm water infused with lemon first thing in the morning. It tends to relieve constipation.



PART II – SECTION 5

MINERALS, VITAMINS AND ESSENTIAL FATTY ACIDS NEED

- If you got zero points you can skip this section and go to the next one.
- You may experience the following symptoms: easily fatigued muscles, restless leg syndrome, dry flaky skin. You will want to pay special attention to this section so you can relieve these symptoms.

There are many different specific types of vitamins, each with its own specific function in the body, but all equally vital in maintaining optimal health. For example, B vitamins are crucial in many metabolic reactions including energy production.

Much like vitamins, minerals are also important for helping your body function properly. For example, magnesium deficiency can lead to symptoms like:

- Muscle pain/cramps
- Insomnia
- Migraine headaches

There are two types of essential fatty acids that your body can't synthesize: omega-6 and omega -3 fatty acids, so it's no surprise that you need to obtain them from the diet. An essential fatty acid deficiency can lead to symptoms like:

- Brittle fingernails
- Dry skin
- Dandruff

TOTAL POINTS:

- 0** No dysfunction
- 1-15** Low Dysfunction
- 15-24** Moderate Dysfunction
- 25+** Severe Dysfunction



TIPS TO IMPROVE VITAMINS, MINERALS AND ESSENTIAL FATTY ACIDS NEED

1. "Eat the Rainbow" of organic, whole foods.
2. Include foods high in omega 3 in your diet regularly: Alaskan salmon, sardines, cod liver oil, walnuts, hazelnuts, chia seeds, flaxseeds or pumpkin seeds.
3. Consider taking Omega-3 supplements. Choose a supplement with 500 to 1,000 milligrams of omega-3 fats (a ratio of roughly 300 EPA and 200 DHA is ideal).



PART II – SECTION 6

BLOOD SUGAR DYSREGULATION

- If you got zero points you can skip this section and go to the next one.
- You may experience frequent thirst or urination, sugar cravings, dizziness or excessive appetite. You will want to pay special attention to this section so you can relieve these symptoms.

As you consume a carbohydrate meal your pancreas releases the hormone insulin thus lowering total blood sugar. Insulin drives glucose into cells to be converted into energy. Ideally sugar blood levels should fluctuate within narrow range. Both hypoglycemia and hyperglycemia cause health problems.

Prolonged hyperglycemia will force the pancreas to secrete more insulin. With time the cells will require more insulin than usual to force sugar into cells. Persistently high levels of insulin over prolonged periods of time will lead to a condition called insulin resistance which always precedes diabetes.

TOTAL POINTS:

0 No dysfunction

1-6 Low Dysfunction

7-10 Moderate Dysfunction

11+ Severe Dysfunction



TIPS TO IMPROVE BLOOD SUGAR BALANCING

1. Eat 15-20gr of protein each meal, about palm sized (6-8 oz of meat, 2-3 eggs)
2. Eliminate high glycemic foods, refined carbohydrates like white breads, pasta, fast food.
3. Eat low glycemic fruits like avocado, olives, berries (no more than ½ cup), coconut.



PART II – SECTION 7

ADRENAL SECTION

- If you got zero points you can skip this section and go to the next one.
- You may experience difficulty falling asleep, trouble calming down, afternoon yawning or headaches. You will want to pay special attention to this section so you can fall asleep quickly, stay calm and feel energized throughout the day.

The adrenal glands are directly affected by stress. They are responsible for the “fight or flight” response. When stress becomes chronic adrenals become weaker and adrenal exhaustion develops. When adrenals are not functioning at the optimal level it creates imbalances in:

- blood sugar regulations
- hormone balance
- detoxification
- immune function

TOTAL POINTS:

0 No dysfunction

1-8 Low Dysfunction

9-13 Moderate Dysfunction

14+ Severe Dysfunction



TIPS TO IMPROVE ADRENAL FUNCTION

1. Avoid staying up at night. Sleep 8-10 hr a day. Hours between 10pm-6am are the best hours for regeneration.
2. Spend time in Nature.
3. Avoid negative people and self-talk. Make conscious choices to see life events as opportunities to learn and grow, not as obstacles that create stress. This is one of the most important steps to manage your adrenals.



PART II – SECTION 8

THYROID

- If you got zero points you can skip this section and go to the next one.
- You may experience difficulty losing weight, diffuse hair loss or feeling mentally sluggish. You will want to pay special attention to this section so you can get relief from these symptoms.

In the vast majority of time, thyroid problems are a secondary problem. It could be triggered by high levels of stress, inflammation, radiation, medications, fluoride, adrenal insufficiency, liver and kidney dysfunction, yo-yo dieting. What is unique about thyroid is that it almost always has an autoimmune component meaning your immune system attacks your own thyroid gland and diminishes the ability to create thyroid hormone.

TOTAL POINTS:

0 No dysfunction

1-6 Low Dysfunction

7-11 Moderate Dysfunction

12+ Severe Dysfunction



TIPS TO IMPROVE THYROID FUNCTION

1. Avoid all grains, even gluten free.
2. Eat one pound of high fiber vegetables a day. You can eat quinoa, kelp noodles, roasted seaweed, flaxseeds.
3. Consider taking a good multivitamin. In order to convert inactive form of thyroid hormone into active form your body needs selenium, zinc, vitamin A, iron and copper.



PART II – SECTION 9

MEN ONLY

- If you got zero points you can skip this section and go to the next one.
- You may experience interruption of urinary flow, feeling of urgency before urinating or incomplete evacuation after urination. You will want to pay special attention to this section so you can get relief from these symptoms.

This section refers to problems with the prostate or other male health issues. The most common condition developed in the prostate is called benign prostatic hypertrophy. Enlarged prostate exerts pressure on the urethra resulting in interruption of urinary flow.

TOTAL POINTS:

0 No dysfunction

1-4 Low Dysfunction

5-7 Moderate Dysfunction

8+ Severe Dysfunction



TIPS TO IMPROVE HORMONAL DYSFUNCTION IN MEN

1. Strength training promotes increase in the levels of free testosterone
2. Cut back on alcohol.
3. Consider botanicals. Synergistic effect of Saw Palmetto and Stinging Nettle Extracts has been shown to deliver significant improvement in BPH.



PART II – SECTION 10

WOMEN ONLY

- If you got zero points you can skip this section and go to the next one.
- You may experience mood swings during periods, fibroids, vaginal dryness or hot flashes. You will want to pay special attention to this section so you can start getting relief from these symptoms.

This section deals with issues of menstrual irregularity, female hormone imbalance, infertility, menopause. All of these conditions have a variety of causes. Many times, taking care of general health issues solves them. For example, poor liver function or inflammation in the gastrointestinal tract can cause imbalance between estrogen and progesterone. Menopausal hot flashes can be the result of poor adrenal function or essential fatty acids deficiency.

TOTAL POINTS:

- 0** No dysfunction
- 1-9** Low Dysfunction
- 10-14** Moderate Dysfunction
- 15+** Severe Dysfunction



TIPS TO IMPROVE HORMONAL DYSFUNCTION IN WOMEN

1. Eat healthy fats such as avocado, olive oil, coconut oil, nuts and seeds. Low progesterone is associated with low fat diet.
2. Maximize estrogen metabolism by eating plenty of cruciferous vegetables: broccoli, cabbage, Brussel sprouts, pomegranate, artichoke, watercress.
3. Minimize exposure to hormone disruptors: plastic bottles, toxic cosmetics, cleaning and body products, pesticides.



PART II – SECTION 11

CHRONIC INFLAMMATION

- If you got zero points you can skip this section.
- You may experience chronic joint pain, acne, depression for no apparent reason or “brain fog”. You will want to pay special attention to this section so you can decrease pain, start getting relief from depression and “brain fog”.

Every chronic illness is an inflammatory state. Joint pain, depression, anxiety, autoimmune conditions, heart disease, diabetes, stroke, obesity, dementia, neuropathy, cancer are all chronic inflammatory conditions. Chronic inflammation is caused by pathogens/ parasites in the digestive tract, loss of nutrients, insulin resistance, toxins, oxidative stress, emotional stress, injured tissues. In some cases, there is an obvious source of inflammation. And, in many instances, there are many hidden sources of inflammation that can be discovered by using functional medicine labs.

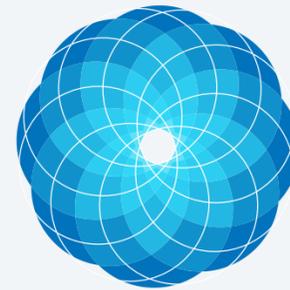
TOTAL POINTS:

- 0** Congratulations! Your body is not experiencing any inflammation symptoms.
- 1-14** You have mild inflammation, but your symptoms are not significant.
- 15-22** Moderate Inflammation. It deserves your attention.
- 23+** Inflammation has progressed significantly, and your body is screaming for help!



TIPS TO DECREASE CHRONIC INFLAMMATION

1. Add on anti-inflammatory foods: deeply pigmented vegetables and fruits, cherries, pineapple, healthy fats such as avocado, olive oil, nuts/ seeds
2. Eliminate inflammatory foods: simple sugar, gluten, refined carbohydrates, dairy, processed meats, unhealthy fats (safflower, sunflower, canola, soy, corn oils), fried foods, fast foods, soft drinks.
3. Optimize your blood sugar level.



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OWN YOUR BODY

If Total Points you calculated in any of the sections demonstrated moderate to severe dysfunction, I'd like to help you so you can finally begin your journey to be free of your symptoms.

Please schedule a free health strategy call [here](#).

[SCHEDULE A FREE HEALTH STRATEGY CALL](#)



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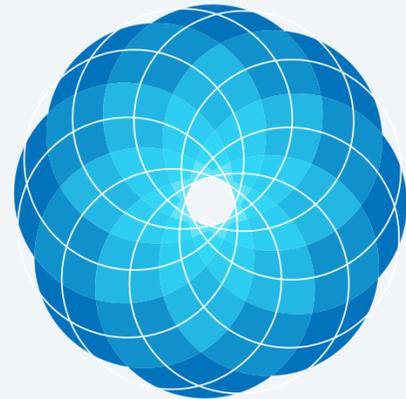
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