

INFLAMMATION



CHECK LIST

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I get it, we hit a certain age and we cannot loose weight anymore, we are more tired than normal, our heads are racing constantly and slowly the aches and pains creep in, we feel we eat right and we are doing all we can in the gym.....so what the heck gives? As a society we are trained to report to our doctors about the long term outcome of these imbalances. A very retroactive approach to health. We are much less likely to consult a doctor for the less serious conditions of fatigue, memory loss, low libido, poor concentration, cankles, difficulty releasing weight.....the compound effect of imbalances leads us to the retroactive visit to the doctors.

Many signs and symptoms of imbalance are mistaken as getting older, genetics or not even noticed. We have lost understanding the language of our body. Signs and symptoms are the way the body speaks to us to alert us to its needs and possible deficiencies.

If you can relate and say yes to more than one of these common symptoms, then we most likely will be able to work together and seek out individualized solutions, specific to you.

- Sagging
- thinning or wrinkling skinCellulite
- Eczema, skin rashes, hives, acne
- Menopause women Andropause men
- Poor blood pressure
- Depression
- Increased pain or poor pain tolerance
- Night eating
- Headaches or migraines
- High alcohol consumption
- Frequent gas or bloating
- IBS or IBD
- Sleep disturbances
- Love handles
- Type II diabetes
- Obesity, weight gain, overweight
- Autoimmune disease

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So many factors can be at the root cause of our ever growing list of symptoms. BUT you are here and this is the start! Awareness is key.

Listening to your body and gut instinct is the very first step! Congrats because now you can start incorporating a proactive approach to your health journey. Some of the most fat packing imbalances cannot be solved with dieting alone. These inflammation imbalances above and others, can prevent successful fat loss even when great diet and exercise plans are in place.

IF you are ready to stop using DR GOOGLE , sitting confused in a health food store in front of hundreds of supplements and tired of spending money on the next best magic pill.....then continue the conversation and book in your complimentary discovery call.

So many of my clients leave saying they feel empowered and recharged. A factor of being truly heard and someone acknowledging your gut instincts about your body and what it is telling you.

Sue xo