

## A TO Z SYMPTOMS CHECKLIST

The truth is, you can feel like yourself again. Understanding the root causes of your signs, symptoms and diagnoses, and how they affect all systems in your body, is a key part of restoring your health. If any of the symptoms listed in the A to Z Checklist below persist for you, please consider that your approach to restoring your health still has room for improvement. I'm excited to help you see how!

Go ahead and check or highlight any lingering symptoms that you experience below.

- Anxiety
- Bloating
- Body aches
- Chronic candida
- Cold all the time and/or cold extremities
- Constipation or sluggish bowels
- Depression
- Difficulty losing weight
- Diffuse hair loss
- Dry skin and hair
- Eczema
- Fatigue
- Fibromyalgia
- Frequent infections, colds or flus
- Gluten sensitivity
- GERD (gastroesophageal reflux disease)
- Heavy feeling throughout body
- Hormonal dysregulation (adrenal fatigue, PMS, PCOS)
- Irritability
- Insulin resistance
- Joint pain and stiffness
- Kidney stones, infection or disease
- Low ferritin, low iron (anemia)
- Low vitamin D levels
- Muscle aches
- Nutrient deficiency, despite good diet
- Neck discomfort or pain
- Osteopenia or Osteoporosis
- Pale skin
- Palpitations
- Poor concentration, memory or motivation
- Puffy eyes
- Quality of life compromised due to symptoms
- Run down
- Shortness of breath
- Sluggishness
- Skin problems (dryness, eczema)
- Throat discomfort, swelling or frequent sore throats
- Thinning eyebrows
- Unease
- Vitiligo
- Voice change or hoarseness
- Water retention
- Weakness
- Wake feeling tired
- Xeric (dry, deficient in moisture)
- Yellowish skin or nails
- Zero energy

## A TO Z SYMPTOMS MATRIX KEY

Based on your completed Symptoms Checklist, here is a key to start mapping your signs and symptoms. We often find that some of these symptoms belong in even more than the categories I've listed here! This is part of the beauty of understanding the full body systems. For now, just make sure that each symptom you checked is listed in at least one place.

SYMPTOM	MATRIX LOCATION(S)
Anxiety	hormones & neurotransmitters; mind/spirit
Bloating	gastrointestinal status
Body aches	structural integrity
Candida	gastrointestinal status; immune & inflammatory balance
Cold extremities	hormones & neurotransmitters; structural integrity
Constipation	gastrointestinal status; hormones & neurotransmitters
Depression	hormones & neurotransmitters; mind/spirit
Difficulty losing weight	hormones & neurotransmitters; environmental inputs
Diffuse hair loss	hormones & neurotransmitters
Dry skin and hair	hormones & neurotransmitters
Eczema	gastrointestinal status; detoxification
Fatigue	oxidative stress & energy
Fibromyalgia	structural integrity; oxidative stress & energy
Frequent infections	gastrointestinal status; immune & inflammatory balance
Gluten sensitivity	gastrointestinal status; immune & inflammatory balance
GERD	gastrointestinal status
Heavy feeling through body	oxidative stress & energy
Hormonal dysregulation	hormones & neurotransmitters
Irritability	hormones & neurotransmitters
Insulin resistance	hormones & neurotransmitters
Joint pain and stiffness	structural integrity
Kidney issues	detoxification; oxidative stress & energy
Low ferritin and/or iron	oxidative stress & energy
Low vitamin D	immune and inflammatory balance



## SYMPTOM

## MATRIX LOCATION(S)

Muscle aches and pains	structural integrity
Nutrient deficiency	oxidative stress & energy; environmental inputs
Neck discomfort	structural integrity
Osteopenia or osteoporosis	structural integrity; hormones & neurotransmitters
Pale skin	oxidative stress & energy
Palpitations	oxidative stress & energy
Poor concentration, motivation	hormones & neurotransmitters
Puffy eyes	immune and inflammatory balance; detoxification
Quality of life compromised	mind, spirit, emotions, community
Run down feeling	oxidative stress & energy
Shortness of breath	detoxification
Sluggishness	oxidative stress & energy
Skin problems	gastrointestinal status; detoxification
Throat discomfort	immune and inflammatory balance; hormones & neurotransmitters
Thinning eyebrows	hormones & neurotransmitters
Unease	mind, spirit, emotions, community
Vitiligo	immune and inflammatory balance
Voice change or hoarseness	immune and inflammatory balance; hormones & neurotransmitters
Water retention	detoxification, hormones & neurotransmitters
Weakness	structural integrity
Wake feeling tired	hormones & neurotransmitters; oxidative stress & energy
Xeric (dry feeling throughout)	hormones & neurotransmitters
Yellowish skin or nails	immune and inflammatory balance
Zero energy	hormones & neurotransmitters; oxidative stress & energy

