"What happened?"

This is a checklist of triggers that can have significant impact on your overall wellbeing. Whenever you feel your health has gone "off track" and you're wondering what happened, see if any of these are responsible!

Change in barometric pressure

Lack of Vitamin D (sunshine)

Recent use of pesticides, herbicides

Exposure to fumes, exhaust, smoke

Recent dental cleaning or surgery

Excess emotional baggage and worry

Increased Wi-Fi exposure

New cookware or appliances

Increased consumption of sugar, gluten, inflammatory foods

Not drinking enough water

Not enough colorful fruits and vegetables, nuts and seeds

Poor sleep quality

Change in bowel routine

New bedding, carpeting, or linens

Lack of movement or exercise

Recent use of household cleaners

Exposure to industrial fumes (glue, paint)

Increased work stress and hours

Recent antibiotics or change in prescription or vitamins

Excess intake of wine, beer, or liquor

Change in routine due to travel

New personal products (lotion, makeup, etc)

Relationship stress, isolation, or conflict

Caring for the Body, PLLC
Center for Functional Medicine