

Getting Your Health Back On Track

One of the most frequent questions I get when new patients join my practice is: “where do I start to get healthy?” My answer typically is: “you take the first step, however small that may be.”

As a functional medicine-trained physician, I look at the root causes of what’s impairing your body’s normal function, and then devise a comprehensive plan to restore your health by unlocking your body’s innate healing potential. So rather than giving you bandaids solutions, I’d love for you to start thinking about the following:

When Your Lab Tests Come Back Normal

Have your lab tests come back as normal – yet you don’t feel normal? It’s important to understand that “normal” is just an average of the population, not what’s “optimal” for you. So let’s look beyond what the lab tests say, and ask what about your health is not optimal?

Lifestyle Changes to Address Lifestyle Diseases

A lot of people are looking for the “magic bullet” to fix their condition – whether it’s diabetes, acid reflux, IBS or autoimmune diseases. But for lifestyle-driven diseases, the fix is lifestyle changes. So reflect on where your lifestyle is sabotaging your health.

How Your Environment Influences Your Health

Many times, it could be things in your immediate environment (think mold in your home, poor water quality, toxic beauty products or household cleaners) that can contribute to chronic health problems. Compile an inventory of items to review.

The Corrosive Nature of Stress & Chronic Inflammation

Inflammation is a useful response after an acute injury. But when it turns into a persistent state of inflammation, it is often the silent driver behind many diseases and the major cause of accelerated aging. How are you addressing physiological + mental stress?

Could Stealth Infections Be To Blame?

One of the often overlooked causes for low energy and chronic wellness issues are stealth infections (i.e. candida, SIBO, SIFO) that usually go undetected by conventional practitioners. Have you been tested?

Optimizing Metabolism & Energy

When your mitochondria (your body's energy generators) are not functioning optimally, it's no wonder that you're constantly fatigued. Nutrient deficiencies as well as impaired detoxification pathways could be to blame – so you may need to evaluate mitochondrial status.

Hormonal Imbalances

Hormones are the quintessential messengers that regulate critical functions in your body – so when your hormones are out of balance, everything is out of balance (think stubborn weight, fatigue, hot flashes, low libido and depression). How's your hormonal health?

Partnering with Us

At Caring for the Body, PLLC, we believe that health is not just the absence of disease, but a state of profound wellness and resilience. As such, we feel it's important to optimize cellular health and prioritize prevention – rather than just fixing what's obviously broken. We welcome the opportunity to partner with you to help you overcome your health challenges and thrive.

Your Next Steps

As you make your way through my mini-course, jot down any questions that come up for you. Sometimes it's general questions, but oftentimes, it's very specific questions pertaining to your situation that deserve a more in-depth conversation.

Unlike conventional medicine practitioners, we practice what's referred to as functional medicine – looking to identify the root causes for the symptoms you're experiencing, and then crafting a tailored solution perfect for you.

To figure out whether partnering with our team at Caring for the Body, PLLC is your best next move, please schedule a complimentary, no-fee strategy session with our patient care coordinator: [Click here to schedule your phone consultation.](#)

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About Dr. Cynthia Libert, MD, ABFM, IFMCP

Have you been struggling with your belly fat? Feeling bloated and sluggish and wishing there were an easier way to feel like yourself again without cutting out all the foods you love? Do you just want to look in the mirror again and be happy to see yourself naked? Are you ready to finally see a difference in your waistline?

AJ is a Naturopathic Doctor who has been helping people just like you lose weight, by teaching them that weight loss is all about your hormones, not calories. And hormone balance starts in the gut! Most of us feel bloated and uncomfortable and that's not normal despite being told it is! AJ can't wait to give you the power to understand why you feel like your body isn't listening to you anymore; because our health care system was designed to leave us wondering what is happening, rather than knowing.



So, she created a course just for that- a course to teach you all the things she has given all her bloated clients that wanted to lose weight.

If you're ready to heal your body by taking back your power, this course may be exactly what you need.

Cynthia Libert, M.D.