

WellnessPlus

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QUICKIES

Mitochondria

WAIVER OF LIABILITY

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I have zero energy but cannot figure out if its my mitochondria, adrenal axis, thyroid or other hormones!

Chances are... its a combination of all that and possibly the liver too since they are all on the same axis.

Root cause reasons

1. Research and understand the sex hormone-liver-adrenal-thyroid axis and how it might be impacting your health. Adrenal axis dysfunction feels more like “wired but tired” that eventually progresses to severe fatigue and brain fog
2. Mitochondrial health is separate and feels like: heaviness, pins and needles sensations, brain fog and difficulty recalling words, severe fatigue
3. Environmental toxicities-certain HLA genotypes are more sensitive and cannot get toxicities out of the body easily without help once their bodies are overwhelmed

Solutions

1. Have your doctor check a full thyroid panel including a TSH, free T3, free T4, TPO and anti TG antibodies, iodine levels, reverse T3
2. Have your doctor check a saliva cortisol test to track out your cortisol response throughout the day and night. If abnormal, consider adaptogenic herbs
3. Have your doctor check for mold which ruins mitochondria
4. Check out the Mold Finders in our store for how to help with a moldy home or at least check an ERMI to rule out mold in your home
5. Have your doctor check an organic acids test by Great Plains lab or an 8-OH-dg lab to rule out mitochondrial dysfunction
6. Learn to mitigate stress in a healthy way
7. Consider DNRS (dynamic neural retraining system) if you do not feel grounded and safe in the world
8. Consider MitoATP, binders, PQQ, CoQ10, NAD IVs, NADH orally, alpha lipoic acid, sunlight. Acetyl L carnitine, carnosine, zinc
9. Consider 3 meals per day with adequate good carbohydrates; do not skip meals all the time or graze throughout the day
10. SLEEP well!
11. Breathwork/forgiveness/gratitude