

THE FUNCTIONAL BLUEPRINT OF A DIAGNOSIS

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MENTAL & EMOTIONAL

- Unhealed trauma
- Chronic stress
- Inability to relax (parasympathetic)
- Poor sleep (apnea, circadian rhythm disruption, 3rd shift)
- Stuck thought patterns (codependency, attachment, glorifying being 'busy')
- Lack of self-care as priority
- Fixed vs growth mindset
- Social isolation
- Toxic relationships

EXPOSURES

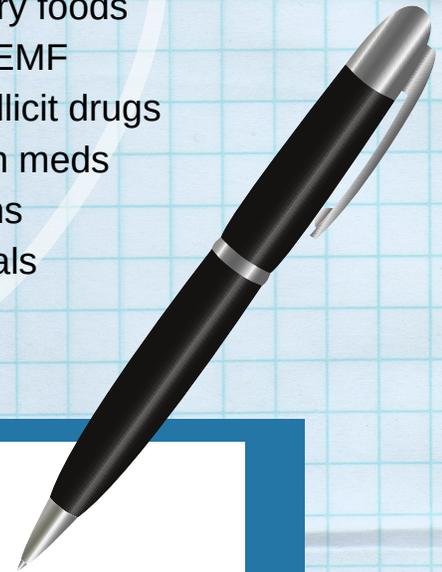
- Mold (mycotoxin)
- Chemical burden (toxins)
- Lyme (biotoxin)
- Inflammatory foods
- Excessive EMF
- Alcohol or illicit drugs
- Prescription meds
- Vaccinations
- Heavy metals

PHYSICAL

- Musculoskeletal imbalance
- Soft tissue restrictions
- Previous accident/injury/fall
- Concussion and TBI
- Restricted flow (lymph, CSF)
- Abnormal position (bones, organs))
- Vagal nerve dysfunction
- Over-stimulated sympathetic NS
- Periodontal disease
- Fascial (tissue) strain

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ICD-10:



GENETIC

- Methylation
- SNPs (like ApoE 4)
- Family history
- Liver Phase 1 or 2 dysfunction

GASTROINTESTINAL

- Motility issues (elimination)
- Candida (yeast) overgrowth
- Clostridia overgrowth
- Bacterial dysbiosis
- Insufficient enzymes
- Inflammatory foods, sugar
- IgG food sensitivities
- Hidden parasites
- Hypochlorhydria (low acid)

IMBALANCES

- Xenoestrogen exposure
- Estrogen dominance
- Neurotransmitter imbalance
- Thyroid imbalance
- Mitochondrial insufficiency
- Nutrient depletions
- Adrenal dysfunction (cortisol)

