

Your Body Is Connected

Check every symptom that feels familiar — even if it seems unrelated.

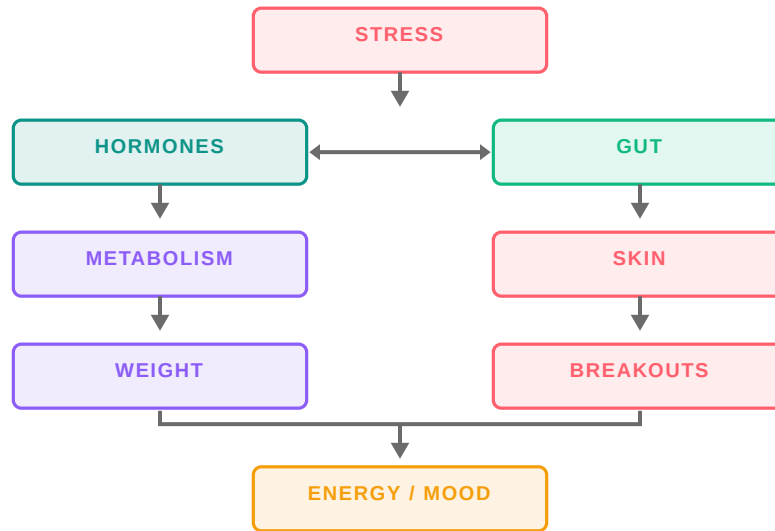
SKIN	GUT	HORMONES	ENERGY & MOOD	METABOLISM
☐ Breakouts (jawline/chin)	☐ Bloating after eating	☐ Weight that won't budge	☐ Tired but can't sleep	☐ Always cold
☐ Breakouts (forehead/cheeks)	☐ Constipation	☐ Hot flashes or night sweats	☐ Afternoon crash	☐ Puffy or swollen
☐ Dry/dull/aging faster than expected	☐ Loose stools or IBS symptoms	☐ Heavy or painful periods	☐ Brain fog or memory issues	☐ High cholesterol despite eating well
☐ Redness or flushing	☐ Heartburn or reflux	☐ PMS or mood swings	☐ Anxiety that came out of nowhere	☐ Slow healing
☐ Eczema or psoriasis flares	☐ Reacting to more foods than before	☐ Low sex drive	☐ Feeling flat or unmotivated	
☐ Hair thinning or loss	☐ Sugar or carb cravings	☐ Irregular cycles	☐ Can't handle stress like you used to	
☐ Dark under-eye circles				

NAME _____

DATE _____

Here's How Your Symptoms Connect

Notice how it's not just one category? That's the part everyone misses. Your doctor looked at your skin. Your GI looked at your gut. Your OB looked at your hormones. But nobody put them on the same page. That's what we're doing right now.



Everything talks to everything. When one system is off, it pulls the others with it. The question isn't "what's wrong with my skin" or "why can't I lose weight" — it's "where did this start, and what's driving it?" That's what we map together.

Your Pattern

Based on what you circled, here's the story your body has been telling.

The root system:

It's connected to:

Which is showing up as:

This isn't 5 different problems. It's one story your body has been trying to tell you.