

FREE ROOT CAUSE HEALTH CHECKLIST

Organize your symptoms, notice patterns, and prepare for a more productive health conversation.

Start here: You do not have to figure out the cause on your own. Use this checklist to gather the pieces - symptoms, timing, patterns, history, and questions - so the bigger picture is easier to see.

1. Your Symptom Snapshot

Check what has been showing up for you lately. Add anything important that is not listed.

- | | |
|---|--|
| ■ Fatigue or low stamina | ■ Brain fog or trouble concentrating |
| ■ Dizziness or lightheadedness | ■ Rapid heartbeat / palpitations |
| ■ Headaches or migraines | ■ Sleep problems |
| ■ Digestive changes | ■ Food reactions or sensitivities |
| ■ Skin changes, flushing, itching or rashes | ■ Joint or muscle pain |
| ■ Temperature intolerance | ■ Numbness, tingling or unusual sensations |
| ■ Hormonal or cycle changes | ■ Mood changes or increased irritability |
| ■ Shortness of breath | ■ Swelling or fluid retention |
| ■ Frequent infections or slow recovery | ■ Symptoms that move, change, or come in waves |

Other symptoms I want to remember:

The 3 symptoms that affect my daily life the most:

WHEN DID THINGS CHANGE?

Timing and triggers can reveal patterns that are easy to miss when symptoms are viewed one at a time.

2. When Did This Begin?

- After an illness or infection
- After surgery or a medical procedure
- After a medication change
- Gradually, with no obvious starting point
- After a major stressor
- After pregnancy or hormonal changes
- After a move, renovation, water damage, or new environment
- Suddenly, with a clear change from my usual health

The first change I remember was:

3. What Seems to Trigger or Worsen Symptoms?

- Standing for long periods
- Exercise or physical exertion
- Stress or emotional overload
- Certain foods
- Menstrual-cycle changes
- Strong smells or chemicals
- Infections or illness
- Dehydration
- Heat or hot showers
- Poor sleep
- Skipping meals
- Alcohol
- Weather or barometric changes
- New buildings / musty environments
- Travel
- No pattern I can identify yet

A pattern I have noticed:

4. What Helps - Even a Little?

- Rest or lying down
- Electrolytes / salt
- Avoiding certain foods
- Sleep
- Reducing stress
- Hydration
- Eating regularly
- Gentle movement
- Cooler temperatures
- Medication or supplements

Something that reliably helps:

CONNECT THE DOTS

When symptoms cross several body systems, the relationships between them may be worth discussing.

5. Which Areas Seem Connected?

- | | |
|-----------------------------------|---------------------------------------|
| ■ Digestive / gut | ■ Immune / inflammatory |
| ■ Nervous system / autonomic | ■ Hormonal / endocrine |
| ■ Cardiovascular / circulation | ■ Musculoskeletal / connective tissue |
| ■ Skin / histamine-type reactions | ■ Energy / metabolism |
| ■ Sleep / recovery | ■ Environmental exposure concerns |

Useful clue: If symptoms seem unrelated but repeatedly show up together, write that down. The relationship between symptoms can be as important as the symptoms themselves.

6. Important Health History

- | | |
|---|---|
| ■ COVID-19 or another significant viral illness | ■ Lyme disease or tick exposure |
| ■ Mononucleosis / EBV history | ■ Repeated antibiotics |
| ■ Autoimmune diagnosis or concerns | ■ Allergies / asthma / eczema |
| ■ Hypermobility or connective-tissue concerns | ■ POTS / dysautonomia symptoms or diagnosis |
| ■ MCAS / histamine-type symptoms or diagnosis | ■ Thyroid or other hormone concerns |
| ■ Major digestive illness or food poisoning | ■ Surgery, injury, or hospitalization |

Diagnoses I already have:

Medications and supplements I currently take:

YOUR ENVIRONMENT & RECORDS

Bring together the information that may help your practitioner understand what has already been explored.

7. Environment & Exposure Clues

- | | |
|--|--|
| ■ Known water damage or mold | ■ Musty odors at home or work |
| ■ Recent renovation or construction | ■ Frequent pesticide / chemical exposure |
| ■ Well water | ■ Occupational exposure |
| ■ Symptoms improve when I am away from home/work | ■ Pets, bites, outdoor/tick exposure |

Anything else about my environment that may matter:

8. Gather What You Already Have

You may not need to repeat every test. Gather what is available so your practitioner can see what has already been explored.

- | | |
|--------------------------|-------------------------------------|
| ■ Recent bloodwork | ■ Imaging reports |
| ■ Specialist notes | ■ Medication list |
| ■ Supplement list | ■ Previous diagnoses |
| ■ Food / symptom journal | ■ Wearable heart-rate or sleep data |

Recent tests or results I want to ask about:

Specialists I have already seen:

PREPARE FOR YOUR NEXT CONVERSATION

Turn a long health story into the questions and priorities that matter most to you.

9. My Top 3 Concerns

1.

2.

3.

10. Questions I Want to Ask

- Could several of my symptoms be connected rather than separate problems?
- Are there patterns in my history that suggest areas worth investigating further?
- Which testing would be most useful - and which testing may not add much?
- Are there nutrition, lifestyle, or environmental factors worth reviewing?
- What should we prioritize first so I am not trying to change everything at once?
- How will we measure whether the plan is helping?

My own questions:

Before your appointment: Circle the 3 symptoms that affect daily life the most. Star the 1-2 patterns you think matter most. Bring this checklist along with recent records and your medication/supplement list.

A Note from Nutritionally Yours

When symptoms are complicated, it can feel like you have a pile of disconnected information. The goal is to organize the pieces, look for patterns, and decide what makes sense to investigate next. You can use this checklist whether you are just beginning to look for answers or have already seen multiple practitioners.

Educational disclaimer: This checklist is for educational and organizational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease and does not replace individualized medical care. Seek prompt medical attention for new, severe, or rapidly worsening symptoms.