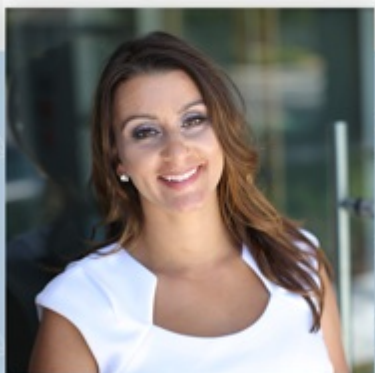


SPECIAL
REPORT!



The **9** Hidden
Reasons
Why You are
Sick, Fat &
Tired



RENEE YOUNG, N.D.

Founder of Young Naturopathic Wellness Center in Los Gatos, CA

About Dr. Renee Young

Dr. Renee Young, ND, specializes in Endocrinology, Autoimmune Disorders, Hormone Balancing and Metabolism.



Dr. Renee Young is a Naturopathic Doctor licensed by the state of California as a primary care doctor. While Dr. Young specializes in women's health, including hormone disorders, menopausal symptoms, and weight loss, she treats patients of all ages with a variety of conditions. In 2002 she earned her doctorate degree in Naturopathic Medicine at the University of Bridgeport in Bridgeport, Conn. She is also a graduate of Moravian College (Penn.) where she received a B.S. in both biology and psychology. She was one of the first Naturopathic Doctors licensed in California.

One of the things Dr. Young is most admired for amongst her patients is that she is passionate about taking the time to get to know you – not just your symptoms – so that she can deliver an individualized treatment plan specifically designed to restore and maintain your optimal wellness.

Personal experience with the limitations of traditional medicine in treating her own bouts with illness is what attracted Dr. Young to her field. The detective work done by a naturopathic doctor – asking lots of questions beyond the typical ones about symptoms and health history – was what finally got to the root cause of her illness and restored her to good health, a philosophy that is at the core of the way we practice medicine at Young Naturopathic Center for Wellness.

Dr. Young's extensive clinical experience includes her residency as a primary care doctor at the Weight Loss & Natural Medicine Clinic in Cheshire, Connecticut. During her residency she treated individuals with a variety of conditions that contributed to their weight gain, such as thyroid disorders, menstrual irregularities, peri-menopause, polycystic ovarian syndrome, autoimmune diseases, food allergies, and many more.

Dr. Young has trained with some of the country's leading Naturopathic and Medical doctors in the field of Alternative Medicine.

These include: David L. Katz, M.D., M.P.H., F.A.C.P.M., F.A.C.P. at Yale New Haven Integrative Medical Center, Griffin Hospital; Tori Hudson, ND, expert in women's health; Jonathan Wright, MD, bio-identical hormone replacement guru and Rick Marinelli, ND expert in prolo-therapy and pain management.

Dr. Young is a member of the California Naturopathic Doctors Association. She is also an active member of Backcountry Hunters And Anglers. She is passionate about land preservation for the purpose of sourcing food and enjoying the outdoors.

She lives in the Mountains of Los Gatos, California with her husband J.R. and their son Kasen. Their property is home to a beautiful organic garden, lots of fruit trees, a handsome German Sheppard – Vigo, as well as a three beehives and countless chickens.

Specializing in Endocrinology, Autoimmune Disorders, Hormone Balancing and Metabolism

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Young Wellness Center

Young Naturopathic Center for Wellness provides alternative healthcare solutions to patients in the U.S. and internationally.

Our founder, [Dr. Renee Young](#), is a world-renowned naturopathic doctor specializing in endocrinology, weight management and autoimmune conditions. She is well-known for helping individuals that have struggled with weight issues, fatigue, depression, chronic pain, immune problems and chronic illnesses. It is our goal is to help restore your body to optimum performance so you feel and look great.

Whether you are looking for preventive care, to enhance athletic performance or for someone to provide natural health care options for a specific condition, ranging from heartburn to hormonal issues to stubborn weight you can't seem to lose, we will create a personalized treatment plan to restore and maintain your optimal health.

At our Los Gatos, California based clinic, we have a full team of world-class Naturopathic Doctors and Medical Assistants dedicated to providing an array of natural modalities and treatments including:

- Natural Healthcare
- Hormone Balancing
- Nutritional IV Therapy
- Weight Loss Management
- Endocrinology & Autoimmune Disorder Management
- Natural Medical Aesthetics

For a complete list of our services, therapies and products, [please click here](#).

Introduction

Stress is a powerful phenomenon that has the ability to affect us physically, emotionally and chemically. Even though many of us are aware of this fact, stress is such a pervasive by-product of today's fast paced lives that we just choose to ignore it.



Whether the stress is physical, emotional or chemical doesn't matter. It is the number one cause of the reason that you are Sick, Fat & Tired.

Therefore, the consequences of not coping with stress are significant.

Stress can cause you illness. When we are stressed, it causes our bodies to produce higher levels of cortisol. Higher levels of cortisol suppress your immune system and leave you more susceptible to all different types of illness ranging from the common cold to autoimmune disease.

When your body is in that state of stress, it is exhausting! We call it being "Wired and Tired". You have to keep up with the demands of your life so we wire up with caffeine or "suck it up" and work on inadequate sleep. While intellectually you may be able to push yourself through this... your body reacts as though you are running from a lion all day long. This will cause a chronic feeling of fatigue.

When all this high stress is going on...your body responds to stress by storing energy in the form of fat (which further results in making you feel awful and draining you of energy leaving you tired). Why, you ask? Because stored energy is needed in times of stress to survive. Think about storing fat like saving money. Generally, when people know they have expenses coming up or that they are losing their job, they build a reserve. They do this by cutting back on all non-essential items and so that they can build their reserves.

Your body does the same thing: cuts corners and stores up fat "just in case".

What kinds of corners? Nice hair, teeth, skin and nails, and even the ability to reproduce are all affected as stress goes up. *What do these other corners have to do with this fat example?* Even though you're stuck doing the pants dance as your days as a Size 4 are turning into sizes you'd swear you'd never have to shop for, your body is really trying to help you. Fat, a form of energy, is the easiest reserve for your body to build so that you don't die in times of need.

That's why it's so important to identify your stress triggers, learn what causes them and modify your behaviors so that you can lose weight easily. Some of those triggers may be lifestyle, but there are also stress triggers you may already be suffering from and don't even know it.

Ready to Know Why You Are Sick, Fat and Tired?



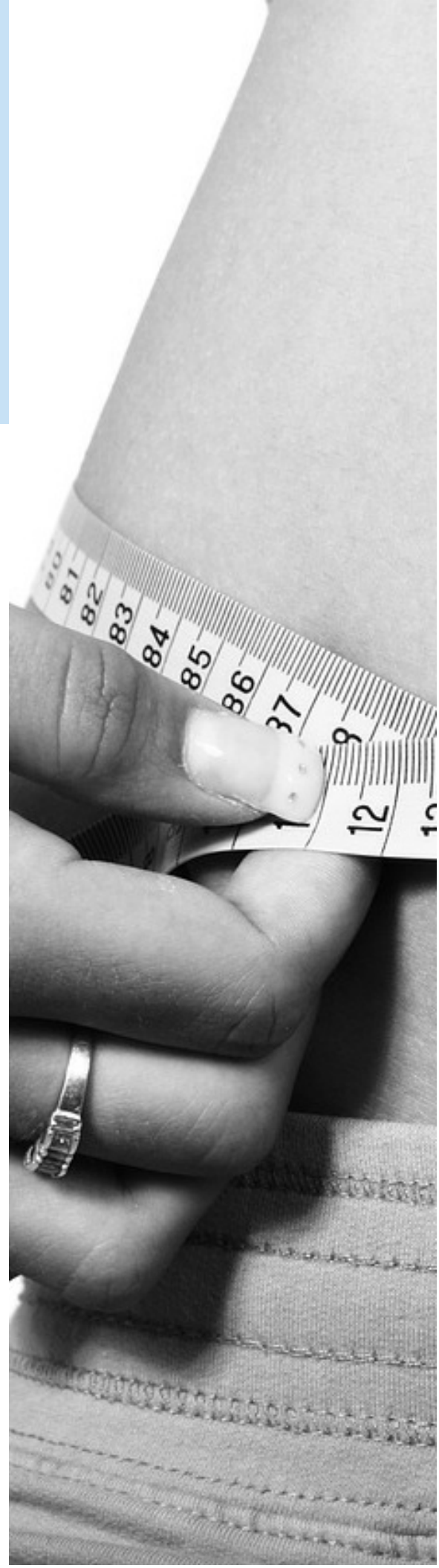
The 9 Reasons You Are Sick, Fat and Tired:

- Blood Sugar regulating problems
- Stress – adrenal dysfunction irregular circadian rhythms
- Sex Hormones
- Thyroid Disorders
- Mood Disorders
- Food Allergies
- Digestive Disturbances
- Environmental Factors: Genetics Toxicity and Infections
- Nutritional Deficiencies

If you think you are suffering from any of these conditions and would like to explore becoming a patient, please [Book a FREE Complimentary Consultation](#) with our Patient Care Concierge.

The Top 9 Causes of Weight Gain

1. **Blood Sugar regulating problems**
2. **Stress – adrenal dysfunction irregular circadian rhythms**
3. **Sex Hormones**
4. **Thyroid Disorders**
5. **Mood Disorders**
6. **Food Allergies**
7. **Digestive Disturbances**
8. **Environmental Factors: Genetics Toxicity and Infections**
9. **Nutritional Deficiencies**



Blood Sugar Regulating Hormones

Blood Sugar Regulation has a profound effect on weight. The way the body metabolizes sugar directly affects whether you burn fat or save it.



Why Blood Sugar Hormones Make You Sick, Fat and Tired

No matter what kind of diet you follow, stable blood sugar level is an essential component of your body operating in fat-burning mode.

The body stores a certain amount of sugar as a reserve for any unforeseen emergencies. Emergencies used to be situations like being chased down by a lion so they could drag your body back to the pride for dinnertime.

Today's emergencies are driven by needed-it-yesterday deadlines, long hours, juggling family responsibilities all while making time for something called "self care".

So what does blood sugar have to do with it?

When you're under stress, your pancreas releases insulin so you can shove sugar into your cells to give you that sugar boost you need to not be a lion's dinner. If you're not running, it just hangs out and starts building your reserves of junk in the trunk.

This does not bode well with the following fact: you want your blood sugar as low and stable as possible to burn fat. The higher your blood sugar is, the more likely your body will get into the habit of storing fat and burning carbohydrates. This is the premise for a ketogenic diet and using ketogenic supplements: severely restricting carbs forces you to burn fat – eating carbs allows you to store them in the form of fat.

The Types Of Blood Sugar Problems That Lead To Obesity Are:

- **Hypoglycemia:** Low blood sugar is referred to as hypoglycemia.
- **Adult Onset Type II Diabetes:** Diabetes that is onset later in life is due to overindulgence in food, alcohol or high stress. This is referred to as Type II non-insulin dependent Diabetes.
- **Insulin Resistance: A condition in which the** cells are **resistant to insulin**, leading to high blood sugar and obesity. Essentially your cells have failed to respond appropriately to insulin.

Know the Signs and Symptoms that indicate you need to rule out hypoglycemia, diabetes and insulin resistance:

- Fatigue, sleepiness or weakness during the day
- Irritability; worsens with missing a meal
- Mood swings including nervousness and anxiety
- Dizziness and lightheadedness
- Memory problems and confusion
- Inability to Concentrate
- Hunger or sugar cravings between and after meals
- Craving sugar & carbohydrate rich foods

What to do if you have these symptoms:

- Contact an expert
- Schedule the appropriate medical tests

We recommend the following tests:

- Blood sugar
- HA1c (hemoglobin a1c)
- Insulin
- GSP
- Leptin
- Adiponectin

Your medical professional may recommend more advanced tests on a case-to-case basis.

If you believe that you suffer from any of these blood sugar disorders, you are not alone. These are highly common conditions. However, you do not have to sit by and suffer idly; consult with a team of medical professionals.

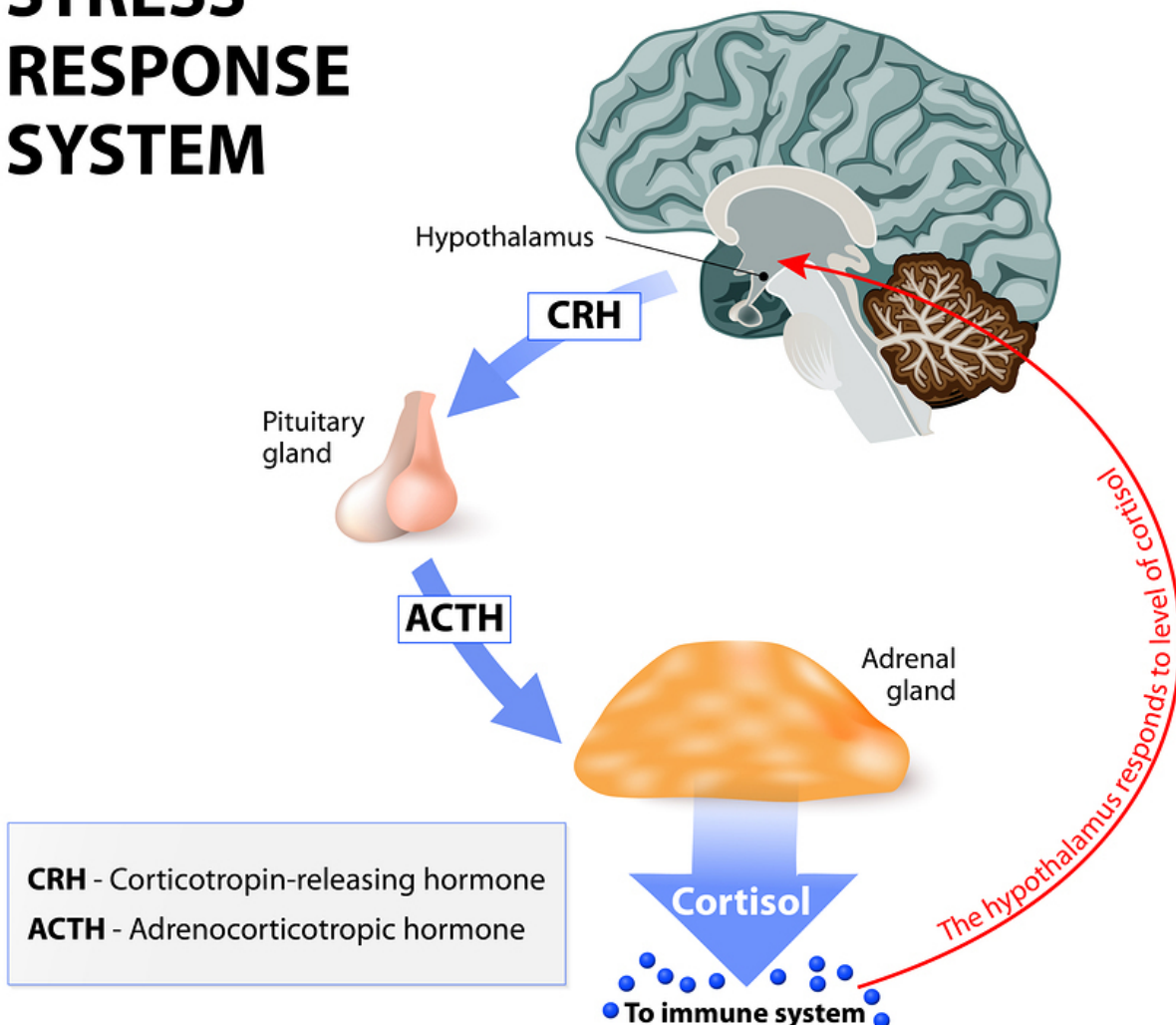
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Stress Hormones

Cortisol is our main stress hormone that is produced by our adrenal glands. Cortisol aids in immune function, assists in decreasing inflammation and maintains healthy metabolism. In the absence of normal cortisol functionality, inflammation can increase, your metabolism doesn't function properly and the stage is set for the ever-dreaded weight gain.

STRESS RESPONSE SYSTEM



Why Stress Hormones Make You Sick, Fat and Tired

Often long-term stress effects cortisol cycling, causing your body's metabolism to lose its rhythm as well as process adrenaline properly. Adrenal Fatigue is the term used to describe your adrenal glands inability to properly cycle and produce cortisol.

Signs and Symptoms

- Difficulty getting up each morning refreshed, even after a long sleep
- High levels of fatigue each day
- A weakened immune system
- Mild depression or anxiety
- Lethargy and lack of energy
- Increased effort to perform daily tasks
- Decreased ability to handle stress
- Dry and thin skin
- Low blood sugar
- Low body temperature
- Heart Palpitations
- Unexplained hair loss
- Alternating diarrhea or constipation

What to do if you have these symptoms:

The ability to handle stress, physical or emotional, is a cornerstone of human survival. Our body has a complete set of stress modulation systems in place, and the control center is the adrenal glands.

We recommend the following tests:

- Salivary, blood or urinary cortisol levels
- Check blood levels for DHEA
- Check blood or urinary levels of epinephrine and norepinephrine

Additionally we recommend that you....

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Stress is something that everybody has to deal with at different levels, but if you suspect that your body is not regulating it efficiently, we highly recommend getting tested. Health is your most precious asset and you would want to put your wellness in the hands of experienced professionals!

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Sex Hormones

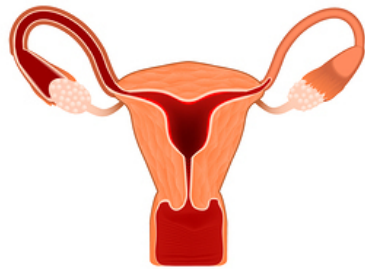
Changing, declining or deficient sex hormones are a major contributor to unwanted weight gain.



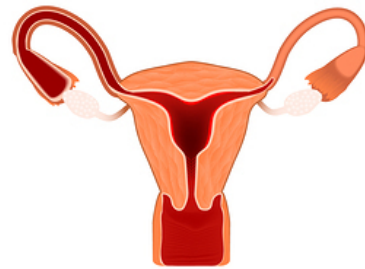
Why Sex Hormone Imbalances Make You Sick, Fat and Tired

As our hormones vary, many of us will struggle to lose weight and gain it back very easily. Weight is a tell-tail sign that you need your hormones checked.. There are many factors that can make your hormones change, some of which may even be just a normal part of life. Genetics, diet, lifestyle, stress and other hormones all influence our sex hormones.

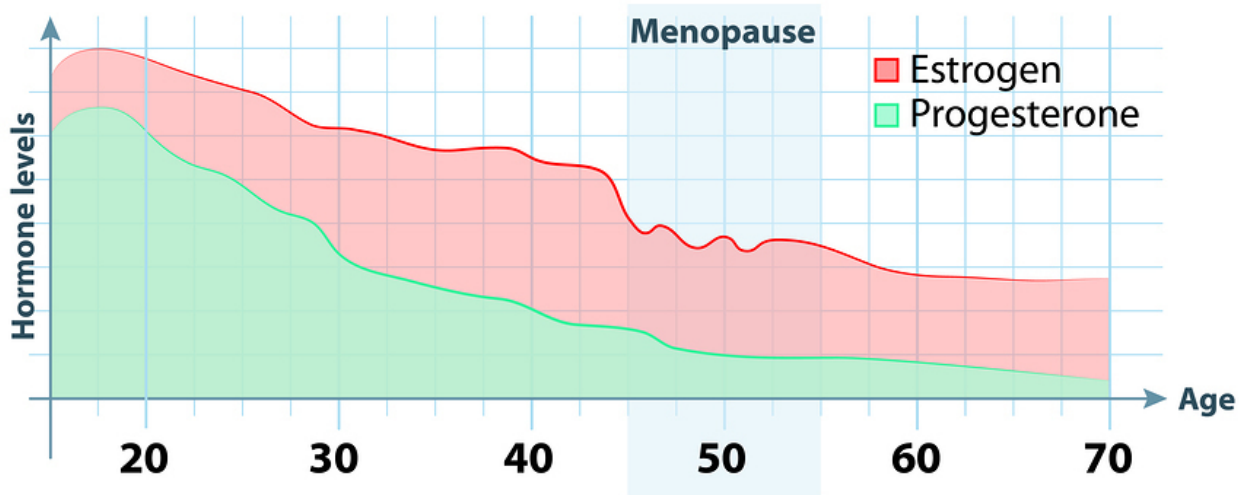
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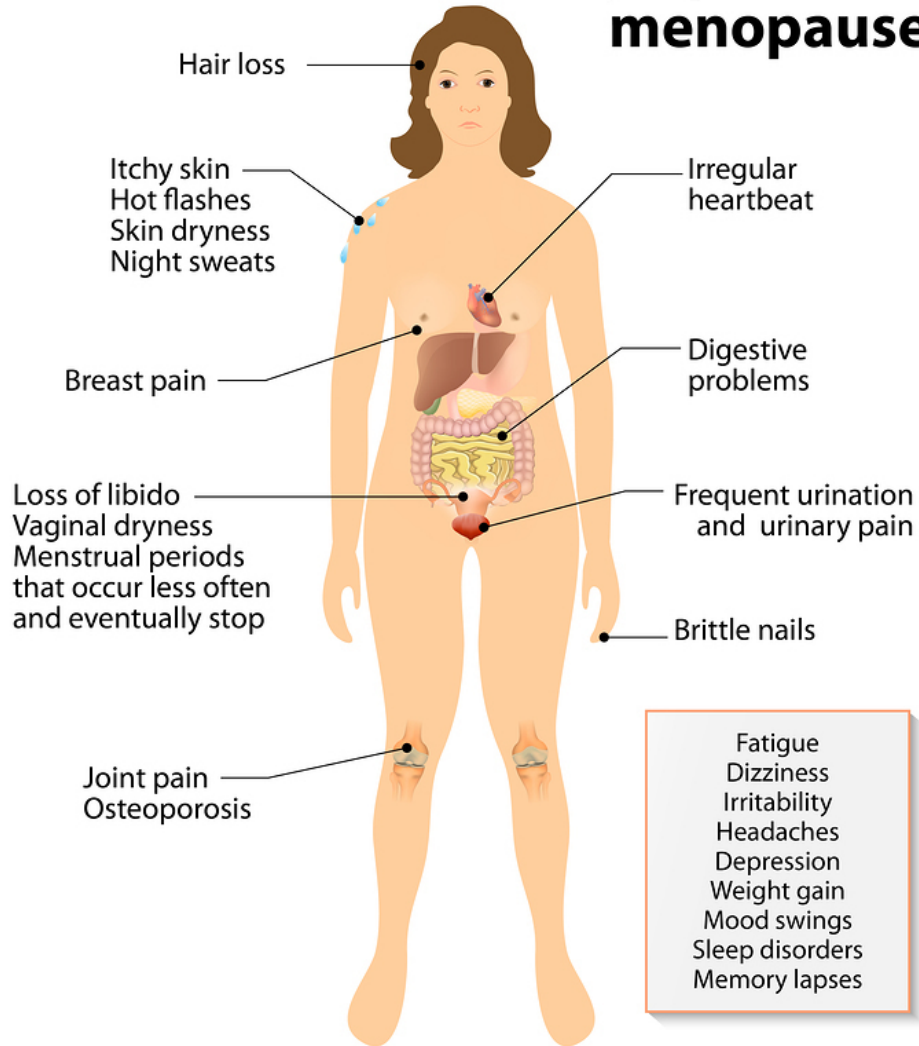
Older



Women on average reach menopause at approximately 50 years old. Menopause is the day that it has been 1 year since you have had a period; everything before is peri-menopause; everything after is post menopause. Menopause is considered normal as early as 42 or as late as 56.

Women who are suffering from unexplained weight gain may be experiencing any one of many different hormonal irregularities such as premature peri-menopausal or just plain peri-menopause, polycystic ovarian syndrome, unexplained hormone dominance, or sex hormone deficiencies.

Symptoms of menopause



Signs and Symptoms for Women Of Sex Hormone Irregularity:

- Weight gain, especially around the waist and thighs.
- Fatigue
- Decreased muscle mass
- Menstrual changes
- Hot flashes
- Increasing vaginal dryness
- Sleep problems
- Mood swings

- Breast tenderness
- Decreased sex drive
- Changes in hair and nails
- Weight gain, especially in the gut
- Fatigue
- Decreased muscle mass
- Decreased ability to achieve or maintain an erection
- Hot flashes
- Sleep disturbances
- Mood changes including irritability and agitation
- Breast tenderness



Signs and Symptoms for Men Of Sex Hormone Irregularity:

Men experience sex hormone changes just like women, and start to experience them in their forties. Without the tell tail sign of a period identifying irregular sex hormones in males presents more of a challenge.

Many men may blame a little too much beer for the extra pounds in the middle or their kids staying up late for the reason they can't get out of bed.

That said, let's give the guys a break – they experience a hormonal decline called andropause "aka male menopause", just like in women sometimes it is premature.

What to do if you think you have this:

- Get your sex hormones checked:
- FSH & LH
- Estradiol
- Progesterone
- Free and Total Testosterone
- DHEA
- Sex Hormone Binding Globulin

Sex hormones can wreak havoc on your body. Natural treatment methods can be highly beneficial and help you lead a happy, healthy life. Always put your wellness in the hands of experienced professionals!

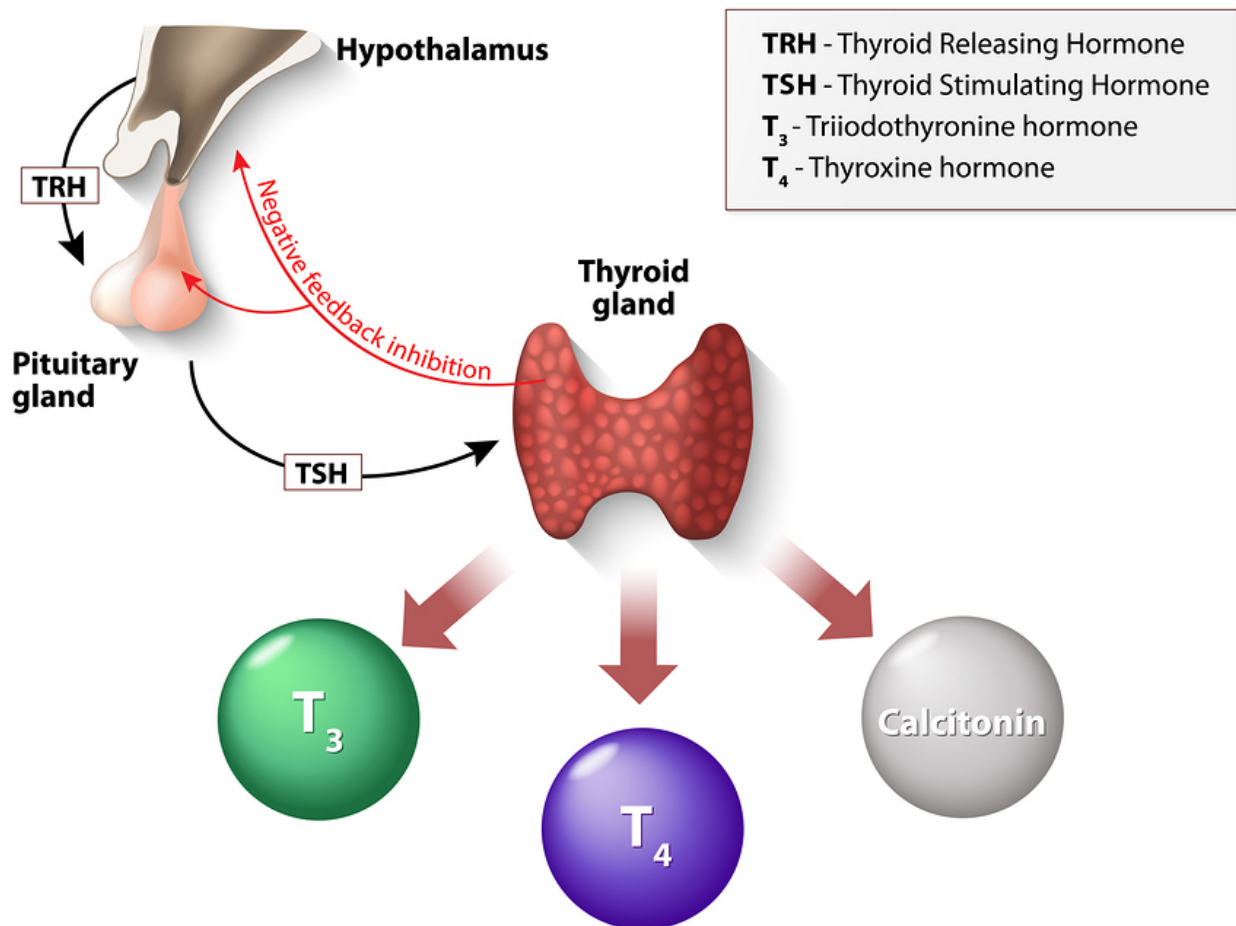
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Thyroid Hormones

The thyroid gland is the master metabolizer - it influences every cell in your body.

THYROID HORMONES



Why Thyroid Hormones Make You Sick, Fat and Tired

When a person has an issue with increased weight it is a standard practice in all medical fields to check for hypothyroidism or an under-functioning thyroid. The reason it is standard is due to how common of a medical condition it is.

Unfortunately, under testing for all of the thyroid markers is a major reason so many doctors misdiagnose this issue. The signs and symptoms of hypothyroidism vary greatly.

Generally, thyroid issues develop slowly, often over a number of years. If hypothyroidism is not treated, signs and symptoms can gradually become more severe.

Signs and Symptoms

Most people barely notice the symptoms of hypothyroidism or brush off symptoms thinking stress, lack of sleep, age or poor nutrition is the root of their issues. The first signs or symptoms of hypothyroidism are fatigue and sluggishness. But as your metabolism continues to slow, you may develop more obvious signs and symptoms.

Common Symptoms Include

- Unexplained weight gain
- Fatigue
- Dry and/or pale skin
- Sluggishness
- Cold intolerance and or cold hands and feet
- Constipation
- Hair loss
- A puffy face
- Changes in your voice, particularly hoarseness
- Increased blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Muscle weakness
- Menstrual irregularities in women
- Brittle fingernails
- Depression

If you have any of the above symptoms, we strongly recommend getting your thyroid tested. There is no reason not to rule this common cause of weight gain.

What to do if you think you may be suffering from Hypothyroidism

Seek out medical assistance for receiving the following tests:

- T4 (free and total)
- TSH
- T3 (free and total)
- rT3
- Thyroid peroxidase

Other tests that might be recommended as a supplement or alternative:

- Thyroglobulin
- Thyroid antibodies
- Thyroglobulin antibodies
- Thyroxine Binding Globulin

Thyroid problems can affect anyone, which is why the right therapy and testing is critical for optimizing wellness. Health is your most precious asset. Put your wellness in the hands of experienced professionals!

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Mood Disorders

Most people will never seek care for depression. They may feel it is situational or a character flaw.



Why Mood Disorders Make You Sick, Fat and Tired

The number of persons suffering from depression syndromes or symptoms of depression are much more difficult to detect or estimate than most other disorders. However, what is known is that people who are depressed have an increased likelihood of gaining weight; some studies claiming five times more likely.

Depression is the most common mood disorder seen in medicine. According to the CDC Percent of persons 12 years of age and older with depression in any 2-week period is 7.6% (2009-2012). The number of ambulatory care visits (to physician offices, hospital outpatient and emergency departments) with major depressive disorder as primary diagnosis is 8 million (average annual 2009-2010)

Data from the National Health and Nutrition Examination Surveys, 2005–2010

- Forty-three percent of adults with depression were obese, and adults with depression were more likely to be obese than adults without depression.
- In every age group, women with depression were more likely to be obese than women without depression.

There are many types of depression: some are considered a mood disorder and others are diagnosable diseases.

Types of Depression

- **Major Depressive Disorder:** The symptoms of depression are present, and they are more intense or severe. The cause of major depression can be a single traumatic event in your life, or slow onset due to numerous stressful situations and life disappointments.
- **Dysthymic Disorder:** Characterized by chronic depression for at least two years. People with this type of depression experience symptoms with less severity than that of a person with a major depression disorder.
- **Adjustment Disorder:** Is also known as reactive depression. The symptoms of adjustment disorder develop in response to a specific and identifiable psychosocial stressor.
- **Postpartum Depression:** Occurs after having a baby.
- **Seasonal Affective Disorder (SAD):** Is a type of depression which occurs at a specific time of the year when sunlight is low.
- **Anxiety Depression:** This is not really an official depression type (as defined by the DSM). However, anxiety often also occurs with depression.
- **Endogenous Depression:** Meaning from within the body. This type of depression is defined as feeling depressed for no apparent reason.

Signs and Symptoms Of Depression

- Loss of appetite and interest in food, or overeating, with weight gain.
- Decreased self-worth or feeling helpless or guilty without reason.
- Hopeless about the future, excessive pessimistic feelings.
- Irritability or restlessness or agitation.
- Decreased energy and chronic fatigue.
- Loss of memory, difficulty concentrating or making decisions.
- Loss of interest and pleasure in your usual activities.
- Sleep disturbances, either difficulty sleeping, or sleeping too much.
- Recurring thoughts of death, or suicidal thoughts or actions.

What To Do If You Think You Are Suffering From Depression

- Seek out a standard medical diagnosis by a psychiatrist or psychologist.
- Neurotransmitter testing is another way of testing your brain chemistry that may be affecting your mood. Also check for Sleep Disturbances, Insomnia and Sleep Apnea

Depression affects people from all different walks of life. If you, or anybody you know, are suffering from these symptoms, be proactive and don't avoid it thinking that there's something wrong with you! Health is your most precious asset and you would want to put your wellness in the hands of experienced professionals!

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Food Intolerance

Eating the wrong foods for your body can cause you to gain weight, feel tired and get sick often. There are a few different types of food reactions, but the two most common are food allergies and food intolerances.



Why Food Intolerances Make You Sick, Fat and Tired

Food allergies occur when your immune system reacts immediately and severely to a particular type of food. White blood cells, specifically mast cells, release large amounts of histamine. This type of allergic reaction to food can sometimes cause serious illness and even death. Common reactions are hives, severe congestion and difficulty breathing. Severe reactions are referred to as anaphylactic reaction.

Food intolerance occurs when your body mistakes a harmless food for something bad. Your immune system makes IgG antibodies, which trigger the release of inflammatory cytokines resulting in unwanted symptoms. Some of the symptoms include chronic headaches, fatigue, eczema, joint pain, psoriasis, bloating, flatulence, depression, insomnia and weight gain. Food Intolerance imitates many other conditions like acid reflux, irritable bowel syndrome, ADD, ADHD, asthma, migraines, and hypoglycemia. Reactions can occur up to 72 hours after the food is consumed.

Symptoms of Food Intolerance:

- Weight gain
- Headaches
- Brain Fog
- Inability to pay attention (adult ADD)
- Fatigue
- Insomnia
- Dark Circles Under Your Eyes (if you think you inherited this trait - your mom probably has food allergies, too)
- Constant post nasal drip
- Itchy or dry skin
- Ringing in your ears
- Sores in your mouth
- Constipation
- GERD or heart burn
- Bloating (the kind where you think to yourself "I should wear this to dinner because it stretches")
- Gas (Especially after eating)
- Diarrhea
- Joint aches
- Anxiety & Depression

What to do if you think you suffer from food allergies or food intolerance:

If you have had chronic, unexplained weight gain food allergies or intolerances could very likely be the culprit.. Most often people are aware of their IgE reactions if they are generally severe.

Often it is the IgG reactions that sneak by undetected. We suggest you get your food tested to figure out what to eliminate from your diet to reduce your weight, improve your immune function and put the pep back in your step.

If you are looking for a professional that can help you unlock the key to the right food to keep you healthy and lean, please contact our clinic and set up a time to see one of our experts who would love to get you on your path to wellness.

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Digestive Disturbances



Why Digestive Disorders Make You Sick, Fat and Tired

If your digestive system detects disturbances in the force, then it is likely unable to perform its duty of breaking down food, absorbing nutrients and eliminating toxins effectively. Your metabolism is also likely to be affected and needless to say, this all adds up to the perfect setting for weight gain.

If you're unable to distribute and use the nutrients that you ingest, you won't be able to absorb B-vitamins, iron, magnesium or any of the other nutrients required to burn calories. The result is fatigue and excess body fat.

Not only will you not be able to allocate energy and nutrients efficiently, but you'll be unable to eliminate waste properly. This causes toxic build-ups that contribute to the retention of body fat and excess water.

There are many different types of Digestive Disturbances Including:

- Heartburn
- Belching
- Constipation
- Diarrhea
- IBS
- Flatulence
- SIBO (small intestinal bacterial overgrowth)
- Infections such as h.pylori or candida

What causes digestive disturbances:

- Eating junk food
- Chronic stress
- Allergies or intolerance to food in your diet
- Not enough fiber
- Low water intake
- GI flora disturbances like low good bacteria (lactobacillus and all the other good guys in your probiotics)
- Infection with bacteria, fungus or yeast
- Lack of proper digestive enzymes
- Low stomach acid
- High stomach acid

Signs and Symptoms of Digestive Disturbances

- Sluggishness
- Bloating
- Diarrhea
- Gas
- Stomach pain
- Stomach cramps
- Puffiness
- Difficulty losing weight

What to do if you think you suffer from Digestive Disturbances:

Digestive disturbance triggers vary from person to person. Try to pinpoint your own triggers by asking yourself these questions: What foods, beverages, and eating patterns seem to upset your digestive tract?

It is worth it to you for the improved quality of life, not to mention the improved health, to get seek out professional testing so you can discover what foods you should and should not be eating.

Types of Digestive Disturbance Testing Include:

- Gut Flora
- Digestive enzymes
- Stool analysis

Simple ways to facilitate healthy digestion:

- Drink lemon water
- Drink apple cider vinegar
- Take bitters – before meals
- Eliminate alcohol
- Take a balancing GI flora supplement
- Change your dietary habits, increase your fiber intake

If you would like to make your digestive disturbances a thing of the past, we invite you to visit our naturopathic health care clinic where our team of professionals will work with you to identify digestive culprits and put you back on the plan to wellness.

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Environmental Factors

Often undetected reasons for patients not experiencing optimal health are environmental factors, genetics, allergies, toxins and infections.



Why Environmental Factors Make You Sick, Fat and Tired

Environmental factors are things like chemicals in our food or pesticides sprayed on the lawn or plastic in containers. These toxins can contribute to poor health. Our genetics also can change our metabolism, predispose us to nutrient deficiencies or even lead to uncontrolled illness.

The field of genetics is ever evolving we are finding more and more information about our metabolism and disease states by studying gene's.

Even better than just studying them we are learning how to manipulate our diet and lifestyles to avoid triggering unwanted pre-dispositions like obesity. We are also learning more about environmental toxins and infections – all factors that can make you sick, fat and tired, you just need the right person to help you assess your risks.

Environmental Factors

Every so many years a fast food restaurant is found to have a substance that looks like a yoga mat in it – azeocarbonamide; or a large scale farming industry is found to use known neuro or endocrine disruptors causing infertility, hormonal problems or nutrient deficiencies. The list can go on for hours. Assessing environmental risk and testing for exposure is an important part of determining why you are not well. If you are constantly exposed to chemicals it may be an obstacle in your way to be a healthier you.

Genetic Factors

Genetics: a blessing or a curse depending on the lottery of life.

Genes are what determine whether you can sit down with a pint of Chunky Monkey and still rock a slinky little dress or if you're one of those unfortunate souls who seems to gain three pounds just by driving by a McDonalds.

It isn't fair, but it is the way of the genetic code. Genetics play a part in obesity and weight gain by influencing the sense of fullness, your metabolism, what foods you crave, your body fat distribution, stress coping mechanisms and your appetite.

Inhalant Allergens:

If you have outdoor allergies to things like grasses, molds, animals etc., you are more likely to suffer from inflammation of the sinuses. This inflammation contributes to low-grade infections, which contributes to stress, which contributes to weight gain (see Reason #2).



Heavy Metals:

Heavy metals, despite the well-documented harmful effects, are not yet widely accepted by the medical industry. Fish have a high level of toxicity from heavy metals, which we ingest and store in our bodies.

Signs and Symptoms:

- You have been overweight for much of your life.
- Your efforts to lose weight through physical activity and low-calorie diets go unrewarded.

What to do if you think you suffer from Genetics, Allergies, Toxins and Infections

- Maintain proper water consumption 64 to 80 ounces per day.
- Think about regularly cleansing and using detoxification methods to clear your body such as using liver supporting herbs.
- Increase elimination of toxins by sweating with exercise at least 3-4 times per week.

Weight gain is a redundant problem, and you must change your eating habits and lifestyle. Get professional help and lead a healthy life.

Schedule a Complimentary Consultation with Us!

We work with clients globally. If you are interested in becoming a patient of our clinic, please click [here](#) to schedule your **Free Complimentary Consultation** with our Patient Care Concierge to learn next steps.

Nutritional Deficiencies



Why Nutritional Deficiencies Make You Sick, Fat and Tired

If you have nutritional deficiencies in your body, it can affect many systems and it stands to reason that those with low nutritional intake also have an increased risk of being overweight. In fact, studies have shown that people with lower intakes of vitamins and minerals often have higher Body Mass Indexes.

The following nutrients play key roles in weight gain and loss:

- Asparagine - this amino acid increases insulin sensitivity which helps the body store energy in muscle instead of storing it as body fat.

- Zinc - reduces leptin, a beneficial hormone that regulates appetite, which is reversed by zinc repletion.
- Biotin - boosts metabolism by improving glycemic control (stabilizes blood sugar) and lowering insulin, a hormone that promotes fat formation.
- Carnitine - carries fatty acids into cell so they can be burned for fuel; Helps reduce visceral adiposity (belly fat).
- Calcium - inhibits the formation of fat cells; Also helps oxidize (burn) fat cells.
- Lipoic Acid - improves glucose uptake into cells, which helps a person burn carbohydrates more efficiently.
- Chromium - makes the body more sensitive to insulin, helping to reduce body fat and increase lean muscle.
- Vitamin B5 - taking B5 lowers body weight by activating lipoprotein lipase, an enzyme that burns fat cells. One study linked B5 supplementation to less hunger when dieting.
- Magnesium - low magnesium in cells impairs a person's ability to use glucose for fuel, instead storing it as fat; correcting a magnesium deficiency stimulates metabolism by increasing insulin sensitivity. Magnesium may also inhibit fat absorption.
- Glutamine - reduces fat mass by improving glucose uptake into muscle.
- Cysteine - supplementation with this antioxidant reduced body fat in obese patients.
- Inositol - supplementation may increase adiponectin levels.
- Vitamin B3 (niacin) - treatment with B3 increases adiponectin, a weight-loss hormone secreted by fat cells; Niacin-bound chromium supplements helped reduced body weight in clinical trials.
- Vitamin A - enhances expression of genes that reduce a person's tendency to store food as fat; Reduces the size of fat cells.
- Vitamin E - inhibits pre-fat cells from changing into mature fat cells, thus reducing body fat.
- Vitamin D - deficiency strongly linked to poor metabolism of carbohydrates; Genes that are regulated by vitamin D may alter the way fat cells form in some people.
- Vitamin K - poor vitamin K status linked to excess fat tissue; Vitamin K helps metabolize sugars.

Signs and symptoms Of Nutritional Deficiency:

- Fatigue
- Depression
- Weight gain
- High cholesterol
- High blood pressure or High blood sugar
- Stroke or Heart disease
- Osteoporosis
- Dementia
- Cancer

What to do if you think you Suffer From Nutritional Deficiency

Consult a doctor if you feel you have problems associated with nutritional deficiencies. You need natural health care to feel better and you need a lifestyle transformation to lead a healthy life. Health is your most precious asset and you would want to put your wellness in the hands of experienced professionals!

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Frequently Asked Questions



What is Naturopathic Medicine?

Naturopathic medicine is a distinct system of primary health care that emphasizes prevention and the self-healing process through the use of natural therapies.

Naturopathic medicine addresses the root cause of illness or disease and promotes health and healing using natural therapies. Treatment modalities may include clinical nutrition, herbal and homeopathic medicine, physical treatments, vitamins, minerals, amino acids therapy, etc. The primary goal of Naturopathic medicine is to address the cause of the illness rather than simply treating or suppressing symptoms. While Naturopathic doctors can alleviate symptoms, they are primarily concerned with addressing the root cause of an illness: the focus is more on the *why* of a disease than the *what*.

How is a naturopathic physician different from a *regular* physician?

Naturopathic doctors focus on treatment of the whole person, not just the symptoms. For example, if you have chronic heart burn a traditional doctor may give you antacids and tell you to only follow up if they don't work. A Naturopathic Doctor would try to figure out if you had food intolerance, food allergies, chronic anxiety or even a bacterial infection – all of which can cause heart burn.

What conditions benefit from Naturopathic health care?

There are natural solutions for many medical health problems. Naturopathic medicine encompasses a wide range of treatments that can help the entire family, from newborns to the elderly.

Because naturopathy applies a holistic and preventative approach to treatment, one type of treatment or a combination of therapies may be used for a variety of common health concerns, including:

- | | |
|--|--|
| <ul style="list-style-type: none">• Allergies• Chronic fatigue• Gastrointestinal issues• Fibromyalgia• Hormone issues• Menstrual/Menopausal issues• Skin disorders | <ul style="list-style-type: none">• Cholesterol• Chronic inflammatory disorders• Diabetes• Heart disorders• Hypertension• Migraines• Thyroid |
|--|--|

Can Dr. Young be my primary care doctor?

Yes. Dr. Young is a primary care doctor for a majority of our patients.

Do you take insurance?

We do not accept insurance and Young Wellness Center is not an insurance provider under any insurance plans. California has not approved insurance coverage for naturopathic services.

We do accept payment via cash, check, Visa, MasterCard, and Discover.

While our doctors are not a network provider with any insurance plans, you may be able to receive reimbursement directly from your insurance company for your visit. Additionally, many of our laboratory tests ARE covered by insurance which offers are patients a significant savings.

Please check with your insurance company to determine if your plan includes out-of-network benefits. If so, you could submit a statement from your consultation directly to your insurance company for potential reimbursement.

Do you see patients that aren't in the Bay Area?

Absolutely! Unless you are receiving a specific treatment that requires you to be in our Los Gatos, CA office, our doctors see patients virtually all over the country and internationally.

What can I expect in my first appointment

We spend time during your first visit getting to know you – your health history, your lifestyle, your environment and your wellness goals.

After taking an extensive history, conducting the appropriate physical exams and ordering necessary laboratory testing we will develop an individualized treatment plan that perfectly fits your needs. We will develop a partnership with you to help you take an active role in the healing process. During our visits we will provide education so you not only get healthy, but stay healthy.

Health is your most precious asset. As such, you want to put your health and wellness in the hands of a professional who is knowledgeable, experienced and concerned about your well-being.

What is your cancellation policy?

As our doctors are in high demand (and often book out months in advance), 48 **business** hours notice is required to cancel appointments. If you miss your appointment or do not cancel at least 48 business hours prior to your scheduled appointment, you will be charged 100% of the appointment fee; this applies to both existing and new patients.

How soon can I be seen?

Our clinic is world renowned for the patient care we provide and is often booked out 6 weeks to 3 months. We do our absolute best to see new patients as soon as possible with the availability of your schedule and the schedule of the providers. We also have a wait list, so in the event that a new patient appointment becomes available, we will call you to get you seen sooner.

How much is a typical initial visit?

An initial visit with the doctor is \$345 for 45 – 60 minutes. If asked to complete a blood draw the cost of the blood draw is \$45.00 (this does not include the review of labs.)

Is blood work done in office or do I have to go to another location?

As a convenience to our patients, we provide the services for blood work in office the same day as your appointment. If you are out of the area, we will coordinate with a lab near you to do the testing. Lab results can take anywhere between 1-4 weeks to come in depending on the test that were ran through the blood work.

Are you open on the weekend?

Currently we are not open on weekends. We are currently open Monday – Friday 6:30am to 5pm.

Do you see kids?

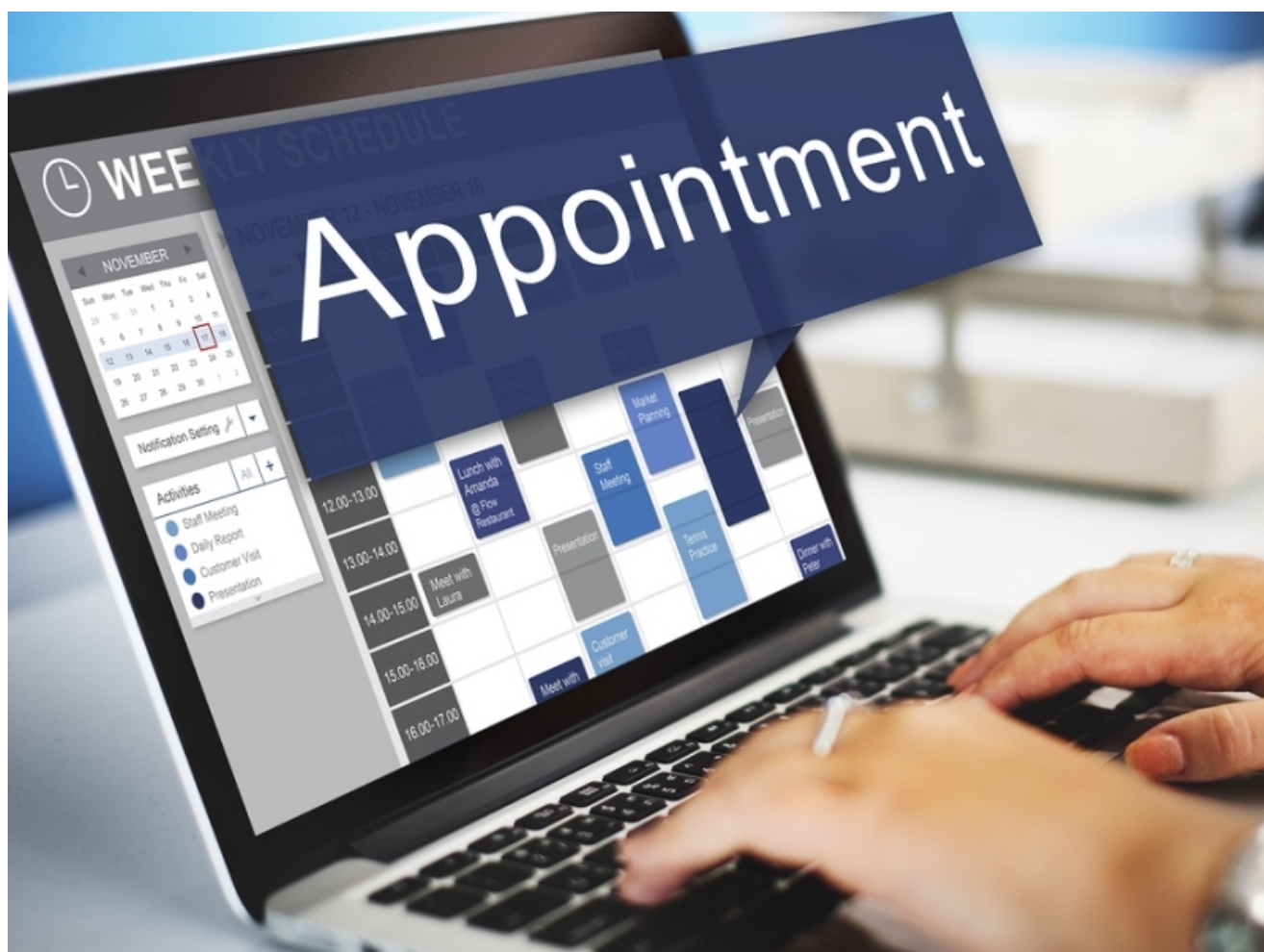
Yes, we see lots of tiny humans in our practice. In fact, once the primary patient comes in, it is typical for us to begin seeing the entire family. The only service we do not provide is a signature for vaccination on forms for school.

Schedule a Complimentary Consultation with Us!

[Book Your Complimentary Consultation Now](#)

Ready to Look and Feel Your Best?

Whether you are interested in working with a Naturopathic Doctor for a chronic health condition, preventative wellness or you aren't feeling well and need assistance with a diagnosis; our care team is committed to helping you live a vibrant, healthy lifestyle.



Our Patient Care Concierge is ready to get you started on your road to wellness.

Step 1: While some of our therapies and procedures require that you are first seen by one of our Naturopathic Doctors, some may not. So the very first step is to speak to our [Patient Care Concierge](#) about your specific needs and service interests.

Step 2: After your complimentary consultation with our Patient Care Concierge, she will either schedule your New Patient Appointment with one of our doctors... or schedule a Complimentary In-House Consultation with one of our medical assistants, depending on your specific concerns.

Step 3: After your appointment is booked, our Patient Care Coordinator will provide you access to our Private Patient Portal where you will have access to your intake forms as well as all of your health records from our Wellness Center. She will also provide you with any specific instructions for your appointment.

It's that easy! Ready to get started?

[Book Your Complimentary Consultation](#)



Young Naturopathic
CENTER FOR WELLNESS



Get to the root cause of your health concern
so that we can treat the cause not just the
symptoms.

SCHEDULE A COMPLIMENTARY CONSULTATION