



Top 10 Chiropractic Health Targets

POTENTIAL UNDERLYING IMBALANCES

FUNCTIONAL NUTRITION THERAPY

LIFESTYLE TRIGGERS

Migraine & Headache

- Structural Integrity
- Communication (Neurotransmitters/Hormones)

- Magnesium
- Feverfew and Butterbur
- B Vitamins

- Hypothalamic microtrauma
- Stress, Sleep dysfunction
- Dehydration, Blood sugar imbalances

Fatigue

- Energy (Mitochondrial Function)
- Communication (Adrenal, Thyroid Imbalances)
- Assimilation (GI Imbalance, Absorption issues)

- B12
- Iron
- L-Carnitine
- Adaptogens

- Stress, Sleep dysfunction
- Vitamin, mineral deficiency
- Overtraining, sedentary

Overweight/ Obesity

- Communication (Metabolic Inflexibility, Insulin Resistance)
- Defense & Repair (Chronic Inflammation, Microbiome Dysbiosis)
- Biotransformation & Conjugation (Toxicity, Biotoxins)

- Catechins
- Probiotics

- Improper Diet, Sedentary
- Sleep Dysfunction
- Allostatic Load

Sleep Dysfunction

- Communication (Neurotransmitter Imbalance, Cortisol)
- Mental/Emotional/Spiritual

- Melatonin
- Theanine
- Ashwagandha
- Valerian
- Passionflower
- 5HTP

- Faulty Sleep Ritual
- Sleep Apnea, Medications
- Stress/Anxiety

POTENTIAL UNDERLYING IMBALANCES

FUNCTIONAL NUTRITION THERAPY

LIFESTYLE TRIGGERS

Brain Fog

- Energy (Mitochondrial Oxidative Stress)
- Communication (Dopamine/Serotonin Imbalance, Blood Sugar Imbalances),
- Mental/Emotional/Spiritual

- Bacopa
- Gingko
- Phosphatidylcholine
- Rhodiola

- High Glycemic Diet
- Sleep Dysfunction & Stress
- Food Allergies/Sensitivities

GI Imbalances

- Assimilation (Dysbiosis)
- Communication (Enteric Nervous System)
- Mental/Emotional/Spiritual

- Enzymes
- HCl
- Berberine
- Wormwood
- Probiotics

- High sugar/processed food diet
- Phytonutrient deficient, overeating
- Medication/antibiotics

Depression

- Communication (Neurotransmitter Imbalances)
- Assimilation (Dysbiosis)
- Mental/Emotional/Spiritual

- Magnesium
- B Vitamins
- St. John's Wort
- 5HTP
- Turmeric

- High Sugar Low Fat Diet
- Sleep Disruption & Allostatic Load
- Medications

Anxiety

- Emotional/Mental/Spiritual
- Communication (Neurotransmitters, Hormone Imbalance)

- B Vitamins
- Magnesium
- Lavender
- Kava
- Valerian
- Passionflower

- PTSD (Minor and Major)
- Sleep Disturbances
- Stress

Skin Disorders

- Assimilation (Dysbiosis)
- Communication (Reproductive Hormone Imbalances)
- Defense & Repair (Chronic Inflammation)

- Zinc
- Vitamin A
- Biotin
- Turmeric
- Collagen

- Inflammatory Diet
- Poor Hygiene

POTENTIAL UNDERLYING IMBALANCES

FUNCTIONAL NUTRITION THERAPY

LIFESTYLE TRIGGERS

Musculoskeletal Injuries

- Structural Integrity (Altered Biomechanics)
- Defense & Repair (Chronic Inflammation, overtraining, under recovery)

- Reaction Phase
 - a. Turmeric
 - b. Bromelain
 - c. Boswellia
 - d. Proteolytic Enzymes
 - e. Bioflavonoids

- Regeneration Phase
 - a. Methylsulfonylmethane (MSM)
 - b. Glucosamine Sulfate
 - c. Chondroitin Sulfate
 - d. Undenatured Type II Collagen
 - e. Magnesium/Calcium/D3

- Remodeling Phase
 - a. Magnesium
 - b. Collagen Peptides
 - c. Iron
 - d. B12

- Altered Biomechanics
- Chronic Inflammation
- Overtraining, under recovery

