

- [Abdominal Fat Gain](#)
- [Acne](#)
- ADD/ADHD
- Addiction
- Adrenal
- [Adrenal Fatigue](#)
- Adrenal Stress
- Allergies and Respiratory Health
- Allergies/Asthma
- Alopecia areata
- Alzheimer's disease
- Anemia
- Antibiotic recovery microbial balance
- Anxiety/Panic Attacks
- Arthritis, Osteo and Rheumatoid
- Atopic dermatitis
- Autism Spectrum Disorders
- Autoimmune Diseases (such as: Addison's disease, Alopecia areata, Ankylosing spondylitis, Celiac disease, Crohn's disease, Cushing's disease, Graves' disease, Hashimoto's thyroiditis, Juvenile arthritis, Lupus, Multiple sclerosis, Myasthenia gravis, Pernicious anemia, Polymyalgia rheumatic, Psoriasis, Rheumatoid arthritis, Scleroderma, Temporal arteritis, Type 1 Diabetes, Ulcerative colitis, Vasculitis, Vitiligo, etc)
- Behavioral disturbances: addictions, binge eating, impulsivity
- Bell's palsy
- Bio-Identical hormone replacement therapy (BHRT)
- Bladder infections (UTIs)
- Blood pressure, high or low
- Brain fog
- Breast Health
- Cancer adjunctive care
- Candidiasis and fungal overgrowth
- Cardiovascular Health
- Carpal tunnel syndrome
- Celiac Disease and Gluten intolerance
- Cholesterol & cardiovascular support
- Cholesterol, Triglycerides and Lipid Management
- Chronic Conditions
- Chronic Fatigue
- Common Cold
- Concussions
- Constipation
- COPD (Chronic obstructive pulmonary disease)
- Crohn's disease
- Crush injuries
- Dementia
- Depression
- Detoxification
- Diabetes, Pre-Diabetes, Diabetes Prevention, Insulin Resistance
- Diarrhea

- Digestive System Conditions
- Dizziness upon standing (Orthostatic hypotension)
- Dry skin
- Dysbiosis
- Eczema
- Endometriosis

Environmental Medicine: Influence of one's environment on one's health, such as pesticides, tobacco smoke, exhaust fumes, air and water pollution, household chemicals, electromagnetic radiation, microwaves, cell phones, and many others.

- Estrogen dominance/Progesterone deficiency
- Exercise & Fitness | Sports Performance: Effective ways to exercise for each individual.
- Exocrine pancreatic insufficiency
- Fatigue
- Fatty Liver
- Fertility
- Fibromyalgia
- Food Sensitivities
- Gallbladder disease
- Gangrene
- Gastroesophageal Reflux Disease (GERD)
- General Practice
- Gout
- Graves' disease
- Hair loss in Women
- Hashimoto's thyroiditis
- Headaches and Migraines
- Heart disease
- Heavy Metal Toxicity
- Herpes
- High and Low Blood Pressure
- High: Cholesterol, Triglycerides, Lipids
- Hives
- Hormone replacement therapy (HRT)
- Hot flashes/Night sweats
- Hypertension
- Hypoglycemia (low blood sugar)
- Immune Enhancement
- Inflammation – Acute and chronic
- Inflammatory bowel disease (IBD)
- Insomnia | Sleep Disorders

Integral health: An integral perspective promotes our capacity to thrive, even under the most adverse circumstances. As emergency room physician, William Benda, MD, writes: "Integral Medicine proposes to be the

- next step in health care, one that incorporates all dimensions of healing, from physical to spiritual, and ecological to cosmological. This evolution is not only necessary but inevitable and fundamental to solving the conundrum that is our current health care system.
- Iron deficiency anemia
- Irritable Bowel Syndrome
- Kidney disease
- Lactose intolerance

- Leaky gut/Intestinal hyperpermeability
- Lichen Planus
- Low body temperature
- Low Libido: Neurotransmitters, Hormones and Health
- Lupus
- Malabsorption
- Male Andropause: Decline of testosterone and general well-being
- Memory issues (Alzheimer's Disease, Dementia)
- Men's Health
- Menopause
- Menstrual Problems | Premenstrual issues
- Mental health
- Migraine headaches
- Mold
- Mood disorders (depression, mood swings, irritability)
- MTHFR (folic acid gene)
- Neurological conditions
- Neurotransmitters, Hormones and Health
- Non-Healing wounds
- Nutritional healing
- Obesity
- Optimizing Health | Blood testing
- Osteomyelitis
- Osteoporosis/Osteopenia
- Oxidative Stress
- Pain
- Panic attacks
- Parasites
- Parkinson's disease
- Perioral dermatitis
- PMS
- Polycystic Ovarian Syndrome (PCOS)
- Prostate enlargement (BPH)
- Psoriasis
- Psoriatic arthritis
- Repetitive Strain Injuries/Carpal Tunnel
- Rosacea
- Shingles
- Skin problems: acne, eczema, psoriasis
- Small intestinal bacterial overgrowth (SIBO)
- Small intestinal fungal overgrowth (SIFO)
- Sports Medicine – sprains & strains
- Stress Management
- Strokes
- Tendonitis
- Thyroid conditions (Graves, Hashimoto's, hypothyroidism, hyperthyroidism)
- Traumatic brain injuries (TBIs)
- Ulcerative Colitis

- Ulcers
- Urinary incontinence
- Urinary Tract Infections (UTIs)
- Uterine fibroids
- Vaginal Yeast Infection
- Varicose Veins
- Vegan/Plant-based optimal nutrition
- Vertigo
- Vitamin B12 deficiency
- Vitamin D optimization
- Weight Loss
- Yeast overgrowth