

ICEBERG THEORY:

There is much to explore beneath the surface of symptoms

Conditions

Anxiety and Depression Autoimmune Disease
Cancer Cardiovascular Disease Digestive Disorders
Fibromyalgia and Chronic Fatigue Obesity

Underlying Causes

Nutrient Imbalances and Suboptimal Diet
Inflammatory and Immune Dysregulation
Digestive, Absorptive, and Microbial Imbalances
Detoxification Imbalances and Exposure to Environmental Toxicants
Structural Imbalances
Mitochondrial Dysfunction
Chronic Stress and Hormonal Dysregulation
Trauma, Adverse Childhood Experiences, and Trapped/Unprocessed Emotions

