


Leyla weighs in: The difference

written by Leyla Muedin MS, RD, CDN | January 31, 2014

Recently I was asked to look at the labs of a woman in her late 40s complaining of fatigue and malaise, despite eating healthfully and exercising regularly.

Basically, her physician looked for anemia and low thyroid—*both are possible causes of fatigue*—and finding that all were within normal limits said,

“You’re  healthy!” and sent her on her way.

There are many reasons for fatigue and malaise, but unfortunately she was only tested for two of them. Such as it is in mainstream medicine.

From an integrative and functional medicine standpoint, a more comprehensive investigation would have been undertaken including (but not limited to) the following:

- Epstein-Barr virus (among other viruses)
- Lyme disease
- Adrenal function/cortisol levels
- Micronutrient deficiencies
- Blood sugar disturbances
- Candida
- Leaky gut
- Environmental toxins
- Gut toxicity
- Heavy metal toxicity
- Hormones (perimenopause)
- DHEA
- Food allergy or intolerance
- Gluten sensitivity
- Celiac disease

In my experience, I will tell you that 99 percent of the time the cause of fatigue is revealed in one or more of these tests.

The objective is to treat the cause of fatigue, not just the symptom.

To your health!