

Physiological Stressors Checklist

-30 Hidden Causes of Stress-

- Bacterial Infections/Dysbiosis
- Parasites
- Viral Infections
- Yeast/Fungus
- Mycoplasma
- Immune System Dysfunction
- Impaired Detoxification Pathways
- Food Sensitivities/Allergies
- Nutrient Deficiencies
- Poor Quality Drinking Water
- Lack of Quality Sleep
- Exposure to Radiation
- Digestive Imbalances
- Chronic Inflammation
- Liver Congestion
- Emotional Stress
- Mental Distress
- Heavy Metals
- Refined Sugars
- Mercury Amalgams
- Pesticides
- Household Toxins
- Physical Stress
- Molds
- Blood Sugar Dysregulation
- Environmental Allergens
- Environmental Pollutants
- Increased Intestinal Permeability (Leaky Gut)
- Hormone Imbalances
- Electromagnetic Frequency Radiation (EMFs)