

Your health journey and recovery may require evaluating and treating just a few or even a majority of the areas of concern before you can heal and live vibrantly. EVND physicians are ready to help guide and support you along your health journey toward optimal function. By taking the time to review these 27 concerns you will be ready to better share with your doctor both your concerns and your goals and greatly influence the direction of your health journey.

The Top 7 Diseases of Premature Aging & Reduced Health Span

☐ **#1 Heart Disease**

Heart disease remains the leading cause of mortality in the US, often progressing silently for decades before symptoms appear. At East Valley Naturopathic Doctors, we go beyond standard cholesterol checks by assessing advanced cardiovascular markers such as apoB, oxidized LDL, and inflammatory metrics, alongside vascular imaging such as Carotid Ultrasound and CT calcium scores. Guided by Medicine 3.0 principles, we personalize lifestyle, nutrition, and supplement protocols to reduce arterial inflammation, reduce plaques, improve metabolic health, and reverse early endothelial dysfunction—empowering patients to extend both lifespan and cardiovascular resilience.

☐ **#2 Diabetes**

Type 2 diabetes is a major contributor to reduced healthspan, driving systemic inflammation, vascular damage, cognitive decline, and premature aging. EVND doctors treat it as a reversible metabolic disease, not a chronic inevitability. We use continuous glucose monitoring (CGM), GLP-1 prescription and herbal agonists, fasting, and functional nutrition strategies to restore glycemic control and metabolic flexibility. Through mitochondrial support, therapeutic movement, and individualized care, we address the root causes and help patients reclaim energy, vitality, and metabolic health for the long term.

☐ **#3 Neurodegenerative Disorders**

Alzheimer's, Parkinson's, and cognitive disorders (think brain fog) are rising rapidly and often begin decades before diagnosis. These conditions steal cognitive function and independence, diminishing quality of life in the most essential ways. Starting after 40 years of age we implement early detection tools such as QEEG brain mapping, early Tau protein detection, homocysteine testing, APOE genotyping, hearing evaluations, and extensive functional lab testing to identify risk early. Our neuroprotective strategies—rooted in exercise, anti-inflammatory nutrition, mitochondrial optimization, detoxification, TRUDose IV platelet therapy, neurofeedback, hyperbaric oxygen therapy, and photobiomodulation—support memory, focus, and executive function, aiming not just to delay decline but to preserve optimal brain health throughout life.

☐ **#4 Hormones**

Menopause

The hormonal shifts of menopause impact everything from cardiovascular risk and bone density to cognition and mood. At EVND, we use precision hormone testing to assess estrogen, progesterone, DHEA, cortisol, and more—then craft individualized plans using bioidentical hormones, botanical support, adrenal therapy, and lifestyle optimization. By addressing menopause proactively, we help women maintain strength, clarity, sexual health, and resilience well into later life.

Andropause

Testosterone decline in men leads to fatigue, muscle loss, abdominal weight gain, low libido, mood instability, and cardiovascular vulnerability. At East Valley Naturopathic Doctors, we measure total and free testosterone, DHEA, insulin, and cardiovascular markers to understand the broader picture. We use lifestyle optimization, resistance training, targeted supplementation, and bioidentical testosterone therapy when appropriate—restoring vitality, confidence, and long-term metabolic protection.

☐ **#5 Osteoporosis**

Bone loss dramatically increases the risk of fractures, frailty, and long-term disability, especially with aging. Osteoporosis compromises both healthspan and independence. At EVND, we assess not just bone density and BoneScore, but the systemic factors that contribute to bone breakdown, including hormonal imbalances, nutrient depletion, gut absorption issues, and chronic inflammation. Our comprehensive strategy includes resistance training, vitamin D/K2 synergy, bioidentical hormones, and collagen support—helping patients maintain structural integrity and mobility for a vibrant and active life.

☐ **#6 Cancer**

Cancer is not only a leading cause of death, but also a significant source of suffering, loss of vitality, and long-term disability. At East Valley Naturopathic Doctors, we believe prevention starts with identifying and modifying the terrain that allows cancer to thrive. By evaluating toxin burden, chronic inflammation, insulin resistance, and immune function, we create proactive strategies including detoxification, immune optimization, fasting-mimicking diets, and botanical oncology support. Genetic and cancer blood markers are expanding our ability to find cancers in the early stages providing opportunity for effective and less toxic interventions. This approach aligns with Medicine 3.0's vision of reducing cancer risk before it becomes life-altering.

☐ **#7 Muscle Pain**

Chronic pain from joint or muscle dysfunction is a major driver of reduced mobility, depression, and diminished quality of life. At EVND, we recognize that pain is often a symptom of deeper issues: ligament and tendon laxity, inflammation, fascial restriction, mitochondrial dysfunction, or neurological dysregulation. Rather than masking it, we investigate root causes through functional assessments, imaging, and labs. Treatment includes regenerative injections such as PRP and Exosomes, Frequency Specific Microcurrent, myofascial therapies, and anti-inflammatory nutrition to restore tissue function and movement, keeping patients active and independent.

The Top 8 Patient Complaints

☐ **#1 Fatigue & Low Stamina**

Fatigue and low stamina are among the most common complaints in our practice—and one of the most misunderstood in general medicine. Rather than dismiss symptoms or rely on stimulants, East Valley Naturopathic Doctors use the Medicine 3.0 framework to uncover the deeper causes: microbiome imbalance, mitochondrial dysfunction, nutrient depletion, sleep dysregulation, hormone imbalances, and chronic infections. We assess metabolic pathways, adrenal health, and oxygen utilization, then apply targeted therapies such as mitochondrial nutrients, antimicrobials, IV support, stress recovery protocols, and metabolic conditioning—helping patients regain sustainable energy and physical resilience.

☐ **#2 Brain Fog**

When patients report mental cloudiness, forgetfulness, or trouble focusing, they're often told it's "just stress" or "aging." At EVND, we know brain fog is a warning sign—not a diagnosis. Using a Medicine 3.0 approach, we investigate neuroinflammation, blood sugar dysregulation, mold or toxin exposure, gut-brain axis

dysfunction, and hidden infections. With QEEG brain mapping, organic acid testing, food intolerance testing, and cognitive biomarkers, we craft individualized plans using nootropics, detoxification, gut repair, and neurofeedback and hyperbaric oxygen therapy to sharpen cognition and restore mental clarity.

☐ **#3 Poor Sleep**

Restful sleep is the foundation of healing, cognition, metabolism, and emotional regulation. Yet many patients struggle with falling asleep, staying asleep, or waking unrefreshed. At East Valley Naturopathic Doctors, we assess circadian rhythms, cortisol patterns, melatonin production, neurotransmitter balance, and breathing quality using lab testing and wearable data. We restore sleep through personalized support with adaptogens, sleep hygiene practices, targeted nutrients, FSM therapy, and nervous system retraining—because quality sleep isn't optional, it is a necessary therapeutic.

☐ **#4 Acne & Aging Skin**

Acne and premature aging of the skin often reflect deeper systemic imbalances—not just surface issues. At EVND, we understand that skin health is influenced by hormone fluctuations, gut dysbiosis, inflammation, detoxification pathways, and oxidative stress. Our integrative dermatologic protocols include food sensitivity testing, parasite treatment, microbiome balancing, hormone mapping, nutrient repletion, and topical botanical and modern prescription treatments. Using the Medicine 3.0 lens, we address skin as a mirror of internal function—rejuvenating it from the inside out for clear, vibrant, resilient skin.

☐ **#5 ADHD**

ADHD in both children and adults is more than just an attention issue—it's a brain-body interaction shaped by inflammation, nutrient status, sleep, gut health, and emotional stress. At EVND, we use QEEG brain mapping, food sensitivity testing, neurotransmitter support, and gut-brain protocols to uncover the causes behind distraction, impulsivity, and poor focus. Through neurofeedback, dietary changes, and targeted supplementation, we help retrain attention and executive function—supporting both brain performance and emotional regulation.

☐ **#6 Depression**

Depression is not just a serotonin or dopamine deficiency—it's often the end result of systemic inflammation, trauma, gut dysfunction, mitochondrial fatigue, and hormonal shifts. At EVND, we approach depression through a Medicine 3.0 lens, identifying biomarkers like homocysteine, cortisol, B12, vitamin D, and inflammatory cytokines. We offer personalized treatment plans including photolight therapy, nutritional psychiatry, botanical medicine, neurofeedback, and trauma-informed care—empowering patients to heal both the mind and the systems that influence it.

☐ **#7 Anxiety**

Anxiety is one of the most reported and misunderstood symptoms in modern medicine. At East Valley Naturopathic Doctors, we explore the biological, neurological, immune, and emotional roots of anxiety—such as gut dysbiosis, nutrient imbalances (e.g., magnesium, B6), hormonal shifts, adrenal dysregulation, hidden infections, and unresolved trauma. Using QEEG brain mapping, lab testing, and mind-body assessments, we offer natural tools like heart rate variability training, neurofeedback therapy, herbal nervines, FSM therapy, and breathwork to calm the nervous system and restore a sense of safety and control.

☐ **#8 PMS & Menstrual Irregularities**

Irregular cycles, mood swings, cramps, and hormonal acne are not normal—they're signs of endocrine imbalance, inflammation, and often gut-liver dysfunction. At EVND, we assess estrogen metabolism, progesterone production, cortisol patterns, and micronutrient levels to decode the root cause. Through

botanical support, hormone regulation, detoxification, and gut-liver healing, we bring cycles into balance—helping women feel grounded, energized, and in harmony with their natural rhythms.

The Top 12 Root Problems of Chronic Disease and Common Complaints

☐ **#1 Poor Diet**

Poor dietary choices are a primary driver of nearly every chronic disease—fueling inflammation, insulin resistance, vascular damage, and oxidative stress. At East Valley Naturopathic Doctors, we assess each patient's dietary patterns through a metabolic lens, identifying sugar overload, processed fats, and micronutrient gaps. Using personalized nutritional therapy and functional food prescriptions, we guide patients toward anti-inflammatory, nutrient-dense eating strategies that restore metabolic flexibility, protect against chronic illness, and nourish longevity from the cellular level up.

☐ **#2 Nutrient Deficiencies**

Deficiencies in key nutrients—such as magnesium, B vitamins, omega-3s, and vitamin D—undermine immune function, bone strength, cognitive resilience, and mitochondrial energy. These deficiencies often go undiagnosed in conventional care. At EVND, we use comprehensive lab testing to identify and correct hidden imbalances that contribute to fatigue, blood sugar instability, bone loss, inflammation, and cognitive decline. Replenishing the body's core building blocks is foundational to restoring vitality and defending against chronic disease.

☐ **#3 Parasites**

Parasitic infections are under-recognized contributors to GI dysfunction, nutrient malabsorption, brain fog, fatigue, and chronic immune activation. We use advanced stool testing and serological markers to detect hidden parasitic infections. Our comprehensive protocols include herbal or pharmaceutical antiparasitics, gut healing, immune rebalancing, and detox support—clearing the root cause and rebuilding vitality in both the gut and the immune system.

☐ **#4 Candida Overgrowth**

Candida overgrowth, especially in the GI tract, can lead to systemic inflammation, skin issues, fatigue, and hormonal disturbances. It often follows antibiotic use, sugar-heavy diets, and immune compromise. At EVND, we test for fungal overgrowth via stool analysis or organic acid testing, then implement tailored antifungal protocols using botanicals, dietary changes, and probiotics. By restoring fungal balance, we relieve chronic symptoms and prevent progression to more serious metabolic and inflammatory conditions.

☐ **#5 Microbiome Imbalance**

An imbalanced microbiome underlies nearly every chronic illness—from autoimmune disease, autism, diabetes, depression, neurodegenerative disorders, and osteoporosis. At EVND, we assess the gut terrain with functional stool testing and food intolerance screening to evaluate diversity, dysbiosis, pathogens, leaky gut, and microbial communication. We rebalance using botanicals, prebiotics, probiotics, and dietary therapy. Healing the microbiome allows the immune system, hormones, brain, and bones to thrive—making it foundational to the Medicine 3.0 approach.

☐ **#6 SIBO (Small Intestinal Bacterial Overgrowth)**

SIBO is a major but often hidden contributor to IBS, brain fog, fatigue, skin issues, and nutrient malabsorption. Left untreated, it drives chronic inflammation and systemic stress. At East Valley Naturopathic Doctors, we use breath testing and functional stool analysis to diagnose SIBO and tailor treatment with herbal or

pharmaceutical antimicrobials, motility agents, and gut-healing strategies. Restoring small bowel integrity is key to reversing GI-driven inflammation and protecting long-term health.

☐ **#7 Hidden Infections**

Stealth infections—such as Epstein-Barr, Lyme, Bartonella, CMV, and other persistent pathogens—often drive chronic fatigue, joint pain, brain fog, and autoimmune flares. At East Valley Naturopathic Doctors, we test for latent infections using serology, immune markers, and clinical history. We tailor care with botanical antivirals, ozone therapy, immune modulators, and drainage support to reduce pathogen burden and restore immune tolerance—allowing the body to focus on repair, not defense.

☐ **#8 Mold / CIRS (Chronic Inflammatory Response Syndrome)**

Mold exposure and biotoxin-related illness can trigger systemic inflammation, fatigue, brain fog, immune dysfunction, and hormonal disruption—often misdiagnosed for years. At EVND, we identify mold-related illnesses through mycotoxin urine testing, mold focused blood labs, VCS screening, MARCoNS testing, and genomics. Our stepwise CIRS protocols include binders, nasal sprays, glutathione support, limbic retraining, and immune modulation—restoring the terrain and reversing the multi-system impact of mold toxicity.

☐ **#9 Environmental Toxins**

Every day, we're exposed to chemicals that silently disrupt hormones, mitochondria, and immune balance—contributing to cancer, neurodegeneration, infertility, and metabolic disease. At East Valley Naturopathic Doctors, we test for heavy metals, plastics, pesticides, and endocrine disruptors using advanced diagnostics. Our detoxification protocols include chelation therapy, sauna therapy, binder use, liver and lymphatic supports, and nutrient repletion—empowering the body to safely eliminate the toxic load that accelerates disease and aging.

☐ **#10 Chronic Stress**

Chronic stress and emotional disconnection are silent saboteurs of health—driving cortisol dysregulation, inflammation, hormonal imbalances, and neurodegeneration. At East Valley Naturopathic Doctors, we assess HPA axis function, sleep quality, and vagal tone while also exploring purpose, social connection, and emotional health. Through breathwork, adaptogens, mindfulness, neurofeedback, and trauma-informed care, we help patients reconnect to their resilience—because no protocol is complete without addressing the nervous system, improving connection, and finding purpose.

☐ **#11 Physical Deconditioning**

Loss of muscle mass, strength, and aerobic capacity contributes to nearly every major disease—from cardiovascular decline to insulin resistance, bone loss, cognitive impairment, and joint instability. At EVND, we assess grip strength, VO₂ max, and functional mobility to personalize exercise prescriptions that reverse deconditioning. Guided by Medicine 3.0, our approach includes resistance training, Zone 2 cardio, balance work, and flexibility—restoring physical resilience, reducing fall risk, and extending healthy longevity.

☐ **#12 Aging**

Aging is the most universal risk factor for all chronic diseases, but it is also the most modifiable. While conventional medicine often waits for disease to appear, we intervene early with assessments of biological age, mitochondrial health, and systemic inflammation. At EVND, we use longevity-focused strategies including hormone optimization, fasting protocols, detoxification, senolytics, and resilience-building routines to slow aging at the cellular level. Our Medicine 3.0 approach aims not only to add years to life, but to enhance the quality of every year lived.