



Root Causes

- Gut imbalances
- Long-term stress
- Chronic inflammation
- Environmental triggers
- Genetics

Take Control of your health

The site offers plain-language explanations, gentle education, and ideas to discuss with a healthcare provider. It doesn't diagnose, but it does help people feel less lost.

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Think Unlimited

Root Health

Health starts at the root



Welcome

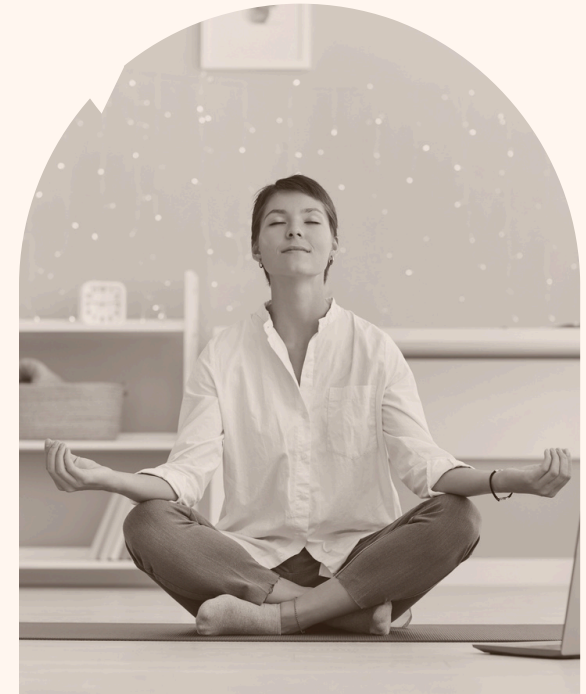
Root Health is a learning space for people dealing with possible autoimmune symptoms, gut issues, and chronic inflammation.

What is Autoimmune

Autoimmune conditions happen when the immune system mistakenly attacks healthy tissue. They can impact the thyroid, skin, joints, gut, brain, and more.

Common Signs/symptoms

- Ongoing fatigue
 - Brain fog
- Digestive issues
- Joint or muscle pain
 - Skin changes
- Food sensitivities



Improved Health and Well-being

roothealth.com