

# 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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*Thynk 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

[roohealth.com](http://roohealth.com)