

Finding Your Hidden Health Triggers: A Guide to Feeling Like Yourself Again

What are Hidden Triggers?

Sometimes, your immune system stays on "high alert" even when you don't feel like you have a cold or the flu. This is often caused by **hidden triggers**: old viruses that are "sleeping" in your body but occasionally wake up, or tiny amounts of chemicals and mold from our environment. Think of these like background apps running on a phone—you can't see them, but they are constantly draining your battery.

Why This Matters For You

- **Reclaim Your Energy:** By identifying these triggers, we can stop the "battery drain" so you have more energy for your daily life.
- **Calm the Confusion:** When chemicals or old germs stick to your healthy cells, your immune system gets confused and starts attacking your own body. Clearing these triggers helps your body recognize "self" again.
- **Clear the Fog:** Many people find that once they address these hidden factors, their "brain fog" lifts and they feel sharper and more focused.

What You Can Do Today

1. **Play Detective:** Think back to a time in your life when you "never felt the same" after an illness, a move to a new house, or a stressful event. Write down when that was and what changed.
2. **Check Your Surroundings:** Look around your home and workspace. Is there any history of water leaks or mold? Do you use strong-smelling cleaners or perfumes? Reducing these small exposures can take a big load off your immune system.
3. **Prioritize "System Maintenance":** Your body needs extra support to handle these triggers. Focus on drinking plenty of filtered water, getting 8 hours of sleep, and eating colorful vegetables to help your body's natural cleaning process.

Questions to Discuss with Your Practitioner

- "I remember having a very bad case of Mono (or another virus) years ago. Could that still be affecting my energy today?"

- "Could my history of living in a damp or moldy building be a reason why my immune system feels out of balance?"
 - "Which 'hidden trigger' should we look for first based on my personal history?"
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