

FEELING STUCK?

USE OUR ROOT CAUSE CHECKLIST TO FIND YOUR MISSING PIECE



You've done the blood work. You've waited for the follow-up call, hoping for an answer to why you feel like a shell of your former self. And then you hear those four words that every frustrated patient dreads: *"Your labs are normal."*

If your labs are "normal," why do you still have debilitating fatigue? Why is your brain fog making it impossible to focus at work? Why does every meal end in bloating and discomfort?

At Lakeline Wellness Center, we specialize in the "Second Opinion." We work with the "stuck", the people who have been dismissed by the standard medical model because they don't fit into a neat diagnostic box. We know that "normal" on a standard lab report often just means you aren't in acute organ failure. It doesn't mean you are thriving.

To help you navigate this frustration, we've developed the **Root Cause Checklist**. This is more than just a list of symptoms; it's a framework for identifying the missing pieces of your health puzzle.

Why a Checklist? Because "Normal" Isn't Functional

Standard lab ranges are based on a bell curve of the general population, a population that is, statistically, quite unwell. If you fall within two standard deviations of the average, you are told you are "fine." But there is a massive difference between *clinical normalcy* and *optimal function*.

For example, your fasting glucose might be 98 mg/dL. In a standard setting, that's "normal" (under 100). In a functional setting, we see that you are knocking on the door of insulin resistance and need to pivot now. We look for the "Silent Alarm", the subtle markers that indicate your body is under stress long before a disease state manifests.

Our Root Cause Checklist helps you stop chasing symptoms and start looking at the systems driving them.

Breaking Down the Root Cause Checklist

The checklist is divided into four distinct tiers. By auditing these areas, you can begin to see where the "leak" in your "health bucket" is occurring.

1. The Foundation (Sleep, Hydration, Movement)

We cannot build a high-performance engine on a crumbling foundation. Even the most advanced intracellular nutrient testing won't fix a body that is chronically dehydrated or sleep-deprived.

- **Sleep Hygiene:** Are you getting 7-9 hours of restorative sleep? Is your circadian rhythm aligned, or is your [brain in overdrive](#)?
- **Hydration & Electrolytes:** Are you drinking enough water, and more importantly, is it getting into the cells?
- **Functional Movement:** Are you moving your lymphatic system daily, or are toxins stagnating?

2. The Red Flags (Fatigue, Brain Fog, Bloating)

These are the symptoms that most people try to "caffeinate" or "medicate" away. On our checklist, these are the primary signals of systemic dysfunction.

- **Chronic Fatigue:** This isn't just "being tired." It's a sign of mitochondrial dysfunction.
- **Cognitive Decline/Brain Fog:** Often linked to neuroinflammation or gut-brain axis disruptions.

- **Gastrointestinal Distress:** Bloating after meals can point to hidden drivers such as dysbiosis, low stomach acid, or food allergies that are disrupting digestion and immune signaling.

3. The Body Ecosystem (Gut, Stress, Toxins, Hormones)

This is where the Root Cause Analysis (RCA) gets deep. We look at the body as an interconnected web, not a collection of isolated organs.

- **The Gut:** If the intestinal barrier is compromised (Leaky Gut), it triggers systemic inflammation.
- **Stress & HPA-Axis:** Chronic cortisol elevation depletes your nutrient stores.
- **The Toxic Load:** From environmental pollutants to [toxic rations in military service](#), your toxic burden might be silencing your health.
- **Hormonal Balance:** We don't just look at total testosterone or estrogen; we look at how they are metabolized.

4. The Lakeline Discovery Map (Functional vs. Standard Labs)

The final tier of the checklist is the **Lakeline Discovery Map**. This is where we differentiate between basic screenings and deep-dive diagnostics.

- **Intracellular Nutrient Testing:** Standard serum panels only show what's floating in your blood. We check what's actually [inside your cells](#).
- **Advanced Lipids:** We go [beyond the standard lipid panel](#) to look at particle size and inflammatory markers like Homocysteine.
- **Food Intolerance Testing:** This helps identify immune-mediated food reactions that may be contributing to gastrointestinal distress, inflammation, skin issues, or chronic fatigue.
- **Neurotransmitter Analysis:** We assess signaling patterns that can influence focus, mood, sleep quality, stress resilience, and cognitive function.
- **Total Toxins:** We evaluate toxic burden from environmental toxins, mycotoxins, heavy metals, and PFAs that may interfere with detoxification, endocrine balance, and mitochondrial performance.
- **Organic Acids Testing:** This gives insight into mitochondrial health, microbial metabolites, nutrient cofactor needs, detoxification patterns, and broader metabolic function.
- **Oxidative Stress Analysis:** We look for evidence of excessive free radical burden and impaired antioxidant defense, both of which can accelerate inflammation and cellular damage.
- **Metabolic Markers:** We investigate the [Mitochondrial Endosymbiosis](#) to see if your cellular energy plants have "broken their alliance" with your body.



What's Possible: Real Results

A 57-year-old male business owner, JR, came to us because he was struggling with persistent attention issues that were affecting his work performance and daily focus. His standard checkups had not identified any meaningful abnormalities. On paper, everything looked "fine." Functionally, he was not operating at an optimal level.

Using our **Lakeline Discovery Map** approach, we expanded the evaluation beyond routine screening and used **NeuralChek**, a neurophysiologic assessment designed to identify functional brainwave imbalances.

This testing revealed elevated **Delta wave** activity. Delta waves are slow brainwaves that are expected during deep sleep; when they are elevated during waking hours, they can correlate with sluggishness, impaired focus, and reduced cognitive efficiency.

Once the root cause pattern was identified, we implemented **Gamma wave Entrainment**, a targeted intervention intended to support healthier brainwave regulation and improve cortical activation. As JR's Delta dominance resolved and Gamma activity was supported, his attention and mental clarity improved.

This is the clinical value of root-cause care. Standard evaluations are useful for ruling out major pathology, but they often do not explain why a patient still feels unwell or underperforms cognitively. The Discovery Map is designed to identify the functional disturbances beneath the surface so that care can be directed at the actual driver, not just the symptom.

How to Use the Root Cause Checklist

This resource is designed to be your roadmap. Here is how we recommend integrating it into your wellness journey:

1. **Download the Checklist:** Keep it as a digital reference or print it out.
2. **Audit Your Symptoms:** Be honest about your "Red Flags." Don't normalize them.
3. **Cross-Reference Your Labs:** Take your "normal" labs and see if they address the areas mentioned in the Discovery Map. (Hint: They usually don't).

Finding the Missing Piece

If you have been searching for a "Second Opinion" because your current path isn't leading to health, it's time to change the map. The Lakeline Discovery Map and our Root Cause Checklist are designed to help you stop the guesswork.

When we identify the root cause, whether it's a [Homocysteine crossroads](#) issue or a hidden gut infection, the path to wellness becomes clear. You aren't "stuck" because your body is broken; you're "stuck" because you haven't found the right lever to pull yet.

Ready for a deeper dive?

If you've completed the checklist and realized there are significant gaps in your current care plan, we are here to help. Our team specializes in uncovering the complex variables that standard medicine often misses.

Book your consultation and start your Discovery Map today:

<https://www.lakelinewellness.com/appointments-and-portals.html>