My path to AFH
Existing healthcare options did not work for me.
AFH is open to all types of health concerns
Ways in which I found AFH
I was desperate to find an alternative to improve my health.
I consulted external doctor(s) before AFH
I felt unheard by external doctors
I had comprehensive assessments with functional medicine
I was open to investigate my environment.
I was told I was overdramatic by external doctors and that my symptoms were normal.
I had serious health issues.
Was already diagnosed with Hashimoto's
Was looking for a holistic approach to address my health issues.
I had a lot of aches and pains in my body
I had specific symptoms and concerns I wanted to improve at AFH.
My relationship here is for just mind-wellness.
I had a lot of aches and pains in my body
Pain
Fatigue
Brain fog
Gut issues
Hormonal issues
Weight issues
Skin issues
Mood issues
Sleep issues
Digestive issues
Energy issues
Joint pain
Inflammation
Autoimmune issues
Hashimoto's
Thyroid issues
Adrenal issues
Gut issues
Leaky gut
Candida
Parasites
Bacterial overgrowth
Mold toxicity
Heavy metal toxicity
Lyme disease
Mold exposure
Chronic fatigue
Fibromyalgia
Anxiety
Depression
Mood swings
Brain fog
Memory issues
Concentration issues
Sleep issues
Insomnia
Hormonal imbalance
Estrogen dominance
Low libido
Infertility
Miscarriage
Endometriosis
PCOS
Thyroid issues
Adrenal fatigue
Weight gain
Weight loss
Metabolic issues
Diabetes
Pre-diabetes
Insulin resistance
Cholesterol issues
Heart issues
Blood pressure issues
Autoimmune issues
Lupus
Rheumatoid arthritis
Psoriasis
Eczema
Skin issues
Acne
Rosacea
Hair loss
Nail issues
Digestive issues
Bloating
Gas
Constipation
Diarrhea
IBS
IBD
Crohn's disease
Ulcerative colitis
Leaky gut
SIBO
Candida
Parasites
Gallbladder issues
Liver issues
Kidney issues
Bladder issues
Prostate issues
Cancer
Tumors
Lymphoma
Leukemia
Blood disorders
Anemia
Vitamin deficiencies
Mineral deficiencies
Nutrient deficiencies
Food allergies
Food sensitivities
Environmental allergies
Seasonal allergies
Asthma
Respiratory issues
Sinus issues
Ear issues
Eye issues
Vision issues
Hearing issues
Tinnitus
Vertigo
Dizziness
Headaches
Migraines
Neurological issues
Multiple sclerosis
Parkinson's disease
Alzheimer's disease
Dementia
Seizures
Epilepsy
Stroke
Heart attack
Chest pain
Shortness of breath
Coughing
Wheezing
Allergies
Asthma
Bronchitis
Pneumonia
Tuberculosis
Lung disease
Kidney disease
Liver disease
Gallbladder disease
Pancreatitis
Hepatitis
Cirrhosis
Jaundice
Yellowing of skin
Yellowing of eyes
Swelling
Edema
Fluid retention
Weight gain
Weight loss
Appetite changes
Nausea
Vomiting
Diarrhea
Constipation
Abdominal pain
Stomach pain
Intestinal pain
Rectal pain
Hemorrhoids
Anal fissures
Anal fistulas
Anal abscesses
Anal cancer
Colon cancer
Rectal cancer
Polyps
Colonoscopy
Endoscopy
Biopsy
Surgery
Medications
Prescriptions
Over-the-counter medications
Supplements
Herbs
Vitamins
Minerals
Probiotics
Prebiotics
Enzymes
Digestive enzymes
Bile salts
Gallbladder supplements
Liver supplements
Kidney supplements
Detox supplements
Cleansing supplements
Fasting
Juicing
Raw food diet
Vegan diet
Vegetarian diet
Paleo diet
Keto diet
Low-carb diet
Low-fat diet
Low-sugar diet
Gluten-free diet
Dairy-free diet
Soy-free diet
Nut-free diet
Egg-free diet
Shellfish-free diet
Fish-free diet
Meat-free diet
Organic diet
Non-GMO diet
Whole30 diet
Intermittent fasting
Calorie restriction
Exercise
Yoga
Meditation
Mindfulness
Breathwork
Tai chi
Qigong
Acupuncture
Chiropractic
Massage therapy
Physical therapy
Occupational therapy
Speech therapy
Psychotherapy
Counseling
Support groups
Online communities
Forums
Blogs
Books
Podcasts
Documentaries
Movies
Conferences
Workshops
Seminars
Webinars
Courses
Certifications
Degrees
Research
Studies
Clinical trials
Experimental treatments
Alternative therapies
Complementary therapies
Integrative therapies
Functional medicine
Naturopathy
Homeopathy
Ayurveda
Traditional Chinese medicine
Western medicine
Conventional medicine
Allopathic medicine
Osteopathic medicine
Chiropractic medicine
Naturopathic medicine
Homeopathic medicine
Ayurvedic medicine