

## ➤ Getting Your Health Back on Track



### **“Where do I start to get healthy?”**

This is one of the most frequent questions I get when new patients join my practice. My answer typically is “You take the first step, however small that may be.”

As a functional medicine-trained practitioner, I look at the root causes of what’s impairing your body’s normal function, and then devise a game plan to restore your body’s innate healing potential. So rather than giving you bandaid solutions, I’d love for you to start thinking about the following:

### **When Your Lab Tests Come Back Normal**

Have your lab tests come back as normal - yet you don’t feel normal? It’s important to understand that “normal” is just an average of the population, not what’s “optimal” for you. So beyond what the lab tests say... what do you feel is not optimal?

### **Lifestyle Changes to Address Lifestyle Diseases**

A lot of people are looking for the “magic bullet” to fix their condition - whether it’s diabetes, acid reflux, IBS or autoimmune diseases. But for lifestyle-driven diseases, the fix is lifestyle changes. Reflect on where your lifestyle is sabotaging your health.

### **How Your Environment Influences Your Health**

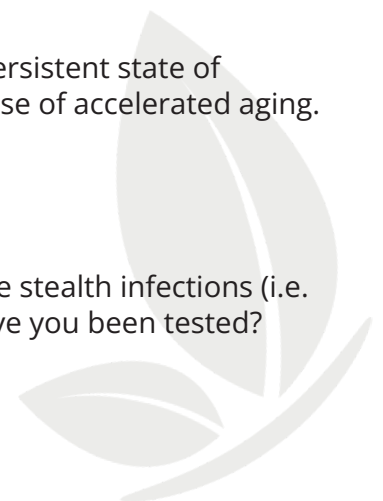
Many times, it could be things in your immediate environment (think mold in your home, poor water quality, toxic beauty products, or household cleaners) that can contribute to chronic wellness issues. Compile an inventory of items to review.

### **The Corrosive Nature of Stress & Chronic Inflammation**

Inflammation is a useful response after an acute injury, but when it turns into a persistent state of inflammation, it is often the silent driver behind many diseases and the major cause of accelerated aging.

### **Could Stealth Infections be to Blame?**

One of the often overlooked causes for low energy and chronic wellness issues are stealth infections (i.e. candida, SIBO, SIFO) that usually go undetected by conventional practitioners. Have you been tested?



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### Optimizing Metabolism & Energy

When your mitochondria (your body's energy generators) are not functioning optimally, it's no wonder that you're constantly fatigued. Nutrient deficiencies as well as impaired detoxification pathways could be to blame – so you may need to evaluate mitochondrial status.

### Hormone Imbalances

Hormones are the quintessential messengers that regulate critical functions in your body – so when your hormones are out of balance, everything is out of balance (think stubborn weight, fatigue, hot flashes, low libido and depression). What's your hormonal health?

### What to Look for in a Doctor

At Carolina Integrative Medicine, we believe that health is not just the absence of disease, but a state of profound wellness and resilience. As such, we feel it's important to optimize cellular health and prioritize prevention – rather than just fixing what's obviously broken. Do you feel adequately supported by your current health provider to tackle your chronic wellness challenges?

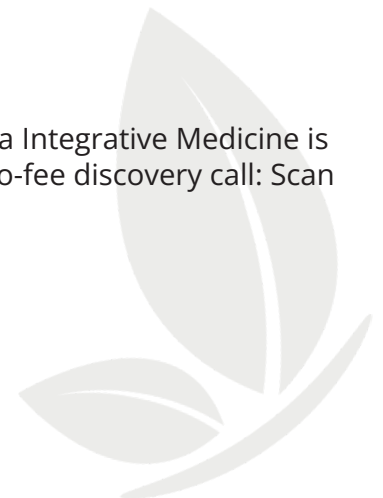
### Your Next Steps

As you make your way through my mini-course, jot down any questions that come up for you. Sometimes it's general questions, but oftentimes, it's very specific questions pertaining to your situation that deserve a more in-depth conversation.

Unlike conventional medicine health practitioners, we practice what's referred to as functional medicine – looking to identify the root causes for the symptoms you're experiencing, and then crafting a tailored solution perfect for you.



To figure out whether partnering with our team at Carolina Integrative Medicine is your best next move, please schedule a complimentary, no-fee discovery call: Scan the QR code with your camera, or visit our website.



## ➤ About Aimee Duffy, MD



Dr. Duffy grew up in Boulder, CO and graduated from Texas Lutheran University with a Bachelor of Science degree in Chemistry. She attended the University Of Texas School Of Medicine in San Antonio earning her medical degree in 2003 and continued her education at the Seneca Lakes Family Medicine Residency Program here in South Carolina. In her last year of residency, Dr. Duffy was recognized by the Upstate AHEC as "an outstanding role model for women in medicine".

In 2011, Dr. Duffy opened Carolina Integrative Medicine in Clemson, SC. She has treated thousands of patients, women and men, who have a desire and commitment to improving their quality of life.

### Dr. Duffy is a Member of:

- Hormones American Medical Association
- South Carolina Medical Association
- Oconee Medical Society
- American College for Advancement in Medicine

### Certifications

- Board Certified in Family Medicine
- Advanced Hormone Balancing
- American Board of Integrative Holistic Medicine

Dr. Aimee Duffy facebook.com/CarolinaIntegrativeMedicine  
Carolina Integrative Medicine: <https://www.carolinaintegrativemedicine.com/>  
Phone: (864) 722-9262

