

# 10 Holistic Wellness Tips for Women Experiencing Unexplained Symptoms



By Joleen Mutchman, BCND, FBWS



Hi Friend. I'm absolutely delighted you've chosen to explore this guide, "10 Holistic Wellness Tips for Women Experiencing Unexplained Symptoms".

Not too long ago, my husband was experiencing symptoms that seemingly nobody knew how to fix. We went to many doctors in multiple states. There was no diagnosis. No medication. No treatment plan. Just "you'll have to live with it". But that wasn't good enough for us. Because in this situation....."just living with it" was going to be a death sentence.

At that time, we didn't know anything about holistic health. We only knew of traditional medical options. And when those were getting us nowhere, we were desperate and willing to try anything.

There is truth to the saying, "if you keep doing what you've been doing, you'll keep getting what you've been getting." The thing is...at that time, we didn't know how to do anything differently. It was when we found someone practicing holistically that we were educated differently and able to make changes that created positive improvement. With our practitioner's guidance, we made significant lifestyle, dietary, and supplementation changes. Those made my husband feel better and be able to function. And we thought he was "better". But I always felt like we were missing something. So I decided to put myself through natural health school. After many years of holistic training, I took a functional bloodwork course. And THAT was when I was able to find the missing pieces - the root causes to the symptoms he had developed years earlier.

It has now become my life's mission to help women heal their bodies by addressing their root causes at the cellular level so that nobody has to go through the despair and hopelessness that we did so many years ago.

The tips in this guide will get you headed in a positive direction. But if you would like to truly find the root causes of your symptoms, I'd love to dive deep and uncover those with you. Book a call on my calendar and we can talk through what that might look like. I look forward to speaking with you.

**JOLEEN MUTCHMAN, BCND, FBWS**

# 10 Holistic Wellness Tips

## **1. Keep a Journal:**

Track your daily symptoms, mood, food intake, water intake, elimination pattern, sleep, energy levels, and supplements. Having these written down can help to identify patterns and triggers for certain symptoms.

## **2. Prioritize Gut Health:**

Your gut is often called the "second brain." Reduce sugar and include enzymes, probiotics, fiber-rich foods, and fermented products in your diet to support digestive health, which can impact everything from mood to elimination patterns to energy levels.

## **3. Balance Your Hormones Naturally:**

Consider lifestyle changes that support hormonal balance, such as reducing sugar intake, managing stress through mindfulness, and incorporating healthy fats like avocado, nuts, olive oil, and grass-fed butter.

## **4. Water, water, water:**

Many people are significantly dehydrated even though they drink liquids all day. But coffee, soda, and other caffeinated beverages are actually dehydrating. This dehydration can impact our brain and nervous system as well as every other cell and organ in our body. Aim for at least 64 ounces of pure, filtered water per day and up to half of your body weight in ounces of water. Add some electrolytes or trace minerals for extra absorption. When you are well hydrated, you'll feel the difference!

## **5. Get Quality Sleep:**

Your body heals when it is sleeping, so if you don't sleep enough, you won't feel rested when you wake up. Plan for 7-9 hours of sleep per night. If you are having difficulty staying asleep, consider taking magnesium glycinate or other herbs designed to help calm the mind and body and promote restful sleep. Create a calming bedtime routine to improve sleep quality. Consider reducing screen time before bed, using calming essential oils, or practicing deep breathing exercises.

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## **6. Embrace Gentle Movement:**

Incorporate low-impact exercises like yoga, tai chi, or walking into your daily routine. These activities can reduce stress, improve mood, and boost energy levels without overwhelming your body. Then consider adding resistance exercises to strengthen your body and your mind.

## **7. Support Your Mental Health:**

Explore holistic approaches to managing anxiety and depression, such as meditation, deep breathing exercises, and herbal supplements like ashwagandha or St. John's Wort.

## **8. Detox Your Environment:**

Reduce your exposure to toxins by avoiding plug-ins and choosing natural cleaning products and skincare products, filtering your water, and opting for organic foods when possible. Environmental toxins can contribute to unexplained symptoms and other health issues.

## **9. Explore Functional Blood Testing:**

Go beyond standard blood tests with functional blood testing. This can reveal hidden imbalances, underlying infections, and other key markers that could be contributing to your symptoms. This was the piece that we had been missing for 15 years that finally allowed me to uncover the root causes wreaking havoc in my husband's body, even though he had been told over and over that his bloodwork was "normal".

## **10. Consider Personalized Support:**

Work with a holistic practitioner to identify nutritional deficiencies and root cause instigators so that together you can develop a personalized supplementation plan to detox the body and support your overall health and wellbeing. It would bring me great joy to be able to help you in this area. If you're ready to take the next steps to regain your health, book a call on my calendar.

# Additional Bonus Info

**If your body is not functioning at 100%, there is a reason.**

**It could be nutritional deficiencies.**

**Maybe we need to look to your diet.**

**Or maybe it is absorption issues due to  
the condition of your gut. We can fix that!**

**Or possibly you have one (or more) of these underlying root causes that need to be  
detoxed out of your body:**

Heavy Metals	Parasites
Pesticides	Bacteria
Herbicides	Viruses
Glyphosate	Fungus
Plastics	Mycotoxins
Chemicals	Candida
Lyme	Pharmaceuticals
Mold	Food additives
Environmental Toxins	Negative emotions

**These troublemakers wreak havoc  
on your organs, systems, and cells.**

**I have tools to determine what you may be struggling with  
and how to address these root causes.**

**Book a call on my calendar if you are ready to start feeling better.**

*"Joleen was able to zero in on the exact treatment my body required and provided me with the digestive supplements and other remedies to support my healing. I experienced major improvements within one week of treatment and have continued improving over the last several months. She is also highly intuitive and empathetic and uses these gifts to guide her approach to improving her clients' health."*

- L. Willan

# Medical Disclaimer

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