5 Questions Anyone Can Ask

This is not about becoming a diagnostician. It is about recognizing what you are seeing, and knowing what to ask, of a student, a friend, or yourself.

1. Have you had a full thyroid panel? Not just TSH, but Free T3, Free T4, Reverse T3, and both antibodies, TPO and TgAb.
2. Do you know your ferritin? Not just your iron. Your ferritin, your iron storage.
3. Has anyone checked your sex hormones? Estrogen, progesterone, testosterone.
4. Have you had your cortisol mapped across the day? A simple saliva test, four times, morning to night.
5. Has anyone read your labs through optimal ranges, not just the normal ranges on the printout?

> The one sentence that points the way
>
> “What you're describing might have a physiological root. Let's find someone who can look at the full picture.”

This card is a companion to The Midlife Journey Workshop: From Cell to Soul to Spirit, with Daniela Hess and Kim Beekman. Keep it in your office, your studio, or your wallet.

With Great Energy and Great Love,
Daniela

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