

YOUR PERSONAL ROOT CAUSE ANALYSIS FROM



taken on 2/8/2021, 1:13:07 PM by info@complexhealthsolutions.com

Demographics:

Gender: Female, Age: 40-49

Smoking: Many years ago, Alcohol: Occasional

Invoice #1612807987637

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If you have any questions or feedback, please contact us at: basic-report@complexhealthsolutions.com

Thank you for completing the RootFinder™ questionnaire and congratulations on taking the first step on your path to a healthier you!



The body is an interconnected system that requires balance for optimal function. When any part of this system is out of balance, your body sends out signals that you experience as symptoms.

Analyzing the combination of symptoms that you reported, our expert RootFinder tool, backed by over a decade of the most current scientific research and clinical evidence to-date, has identified the following most likely root causes of your current health issues.

Whenever possible, it is best to verify these as active problems through objective testing. This personalized report will help you work with your healthcare provider to identify potential tests you may wish to pursue. As you work with your provider to address the true root causes of your health concerns, it will be critical to repeat the RootFinder questionnaire to monitor your improvement over time and adjust your treatment plan accordingly.

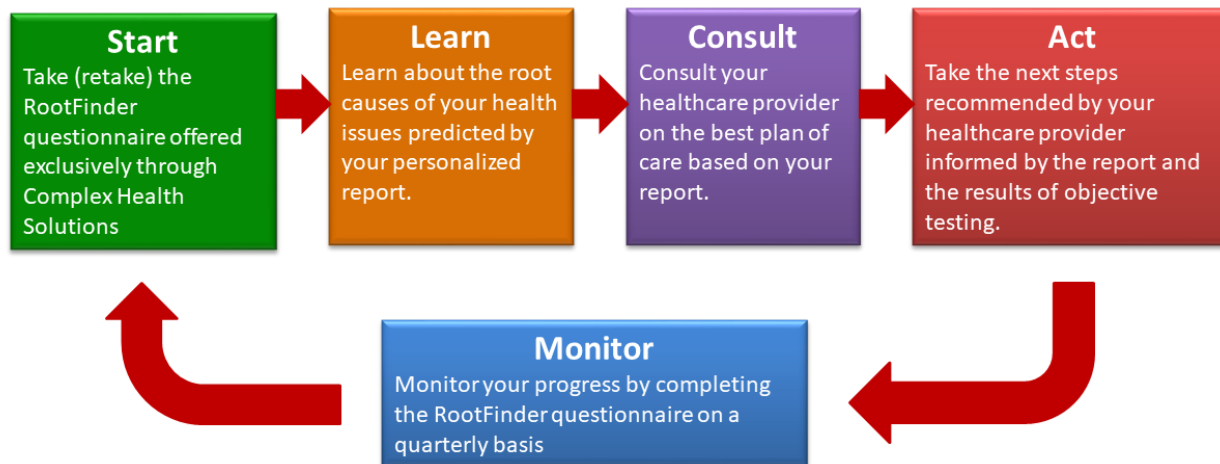
It is important to understand that the goal of Complex Health Solutions is to identify and prioritize potential root causes that are not typically pursued comprehensively or at all by mainstream practitioners. Sometimes, the #1 root cause in your report is not the area that needs the most attention, and each root cause is interrelated, requiring a coordinated approach to your treatment plan. Therefore, this report is not a substitute for working with a qualified healthcare professional, because it does not provide you with any medical diagnoses, advice or management of your medical condition. However, the results from this report empower you to regain control of your health and arm you with important insight into your current health concerns so that you are better prepared to seek meaningful and effective medical care.

How does Complex Health Solutions determine your Root Causes?

We have harnessed the power of computing and advanced software algorithms to create an analytical engine. This engine takes into account over one hundred symptoms, their relationship with various root causes, and information about the strength of such relationships. Under the supervision of our founder, Andrew Lenhardt, M.D., our team of professionals curates the information and the knowledge provided to our analytical engine, on an on-going basis. Our technology experts ensure that these on-going updates are used by the engine correctly and completely.



The Path to a Healthier You



Armed with new knowledge from this report, you can learn more about the root causes of your health issues.

Next, consult a healthcare provider to establish a plan of care.

Some general considerations when choosing a practitioner to support you in your journey to a healthier you:

It is important to note that a qualified practitioner who works on chronic, complex health issues might come from a variety of backgrounds including a medical doctor (M.D.), a doctor of osteopathic medicine (D.O.), a naturopathic doctor (N.D.), a doctor of philosophy (Ph.D.), a registered pharmacist (R.Ph.), a doctor of chiropractic medicine (D.C.), a licensed acupuncturist (LAc), and others.

Complex Health Solutions encourages you to research as much as possible to try to find someone with experience in managing the potential root causes identified by our analysis. For some of these areas, it may be more challenging to find a person knowledgeable in that particular area. Even so, it is strongly recommended that you find a qualified practitioner to help you navigate this complicated path.

Some of these providers will do remote visits through Skype and other systems, but we encourage you to try and find someone local if possible, as there is no substitute for a visit in person.

Some sources that can help find someone local to you:

- The Institute for Functional Medicine: <https://www.ifm.org/find-a-practitioner/>
- The Functional Forum: <https://functionalforum.com>
- Internet search for “functional provider/practitioner”, “naturopathic provider/practitioner”, or “holistic provider/practitioner”

ROOT CAUSE ANALYSIS RESULTS

Complex Health Solutions has calculated a score that represents the severity of your chronic health issues. Your current Illness Index Score is:

ILLNESS INDEX: 32

This score ranges from 0 to 100 and can be used as a reference point going forward to assess whether the management plan recommended by your healthcare practitioner is showing benefit and, if so, to what extent. It can be highly beneficial to complete this survey every 3-4 months to monitor your progress and work with your provider to adjust your care plan as needed.

TOP FIVE LIKELY ROOT CAUSES

The analysis completed through the Complex Health Solutions system has generated the following as your top 5 underlying issues. These issues require the opinion of a qualified healthcare professional who will put them in the context of your symptoms and other relevant factors. Objective testing is often necessary as a next step to clarify the extent to which these underlying issues are active problems that require management.

It is recommended that you discuss this potential underlying root cause with a qualified healthcare professional who understands the subject matter.

Your top five likely root causes are:

Rank	Root Cause	Score
#1	Low Testosterone	62/100
#2	Low DHEA	60/100
#3	Low Estrogen	55/100
#4	Chronic Tickborne Disease	51/100
#5	Low Cortisol	49/100

Root cause #1 Low Testosterone (Score: 62)



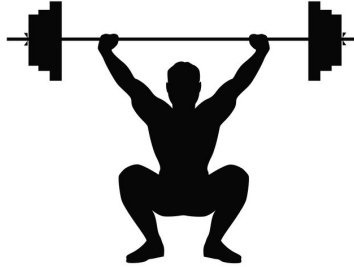
The most likely Root Cause predicted by Complex Health Solutions with a likelihood of **62 out of 100** is **Low Testosterone**

RootFinder predicts that you might have an issue with Low Testosterone. Testosterone is the predominant male sex hormone, but is important for both men and women.

Low testosterone is one of the most common and important hormone imbalances. The medical world has focused on low testosterone in males after middle age, but this health issue is at epidemic levels in men and women of all ages. Some of the signs and symptoms of low testosterone include low libido, chronic fatigue, brain fog, muscle weakness, depressed mood, difficulty focusing and a lack of motivation.

The next step to evaluate this potential root cause would be to check a testosterone profile through a traditional lab that includes total testosterone, free testosterone, SHBG, and bioavailable testosterone levels. A DHEA level may also be worthwhile to get a more complete picture of the testosterone hormone pathway.

Root cause #2 Low DHEA (Score: 60)



The second most likely Root Cause predicted by Complex Health Solutions with a likelihood of **60 out of 100** is **Low DHEA**

RootFinder predicts that you might have an issue with Low DHEA (dehydroepiandrosterone), a form of male hormone or androgen.

DHEA and DHEA-S are precursors to other hormones including testosterone and certain forms of estrogen, but also have action themselves within the body. There are potential benefits of DHEA in terms of mood, energy, bone density with other impacts on quality of life and long-term health.

The next step to evaluate this potential root cause would be to check a DHEA and/or DHEA-S level in the blood. DHEA is a precursor to testosterone, so checking testosterone levels would likely have value as well.

Root cause #3 Low Estrogen (Score: 55)



The third most likely Root Cause predicted by Complex Health Solutions with a likelihood of **55 out of 100** is **Low Estrogen**

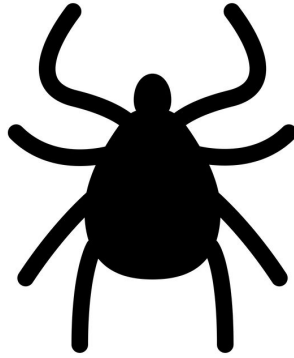
RootFinder predicts that you might have an issue with Low Estrogen. Estrogen is a hormone that both males and females produce although females tend to produce significantly higher amounts relative to body mass.

Low estrogen or estrogen deficiency is most common in women after menopause. Some of the signs and symptoms of low estrogen include mood swings, hot flashes, headaches and tendency to get urinary tract infections.

Low estrogen is less common in males but Root Finder may predict this as an issue in the context of a testosterone imbalance.

Next steps based on this potential root cause might include a comprehensive hormone profile like the Dutch profile from Precision Analytical, Inc. For more information, read the book *The Hormone Cure* by Sara Gottfried, MD

Root cause #4 Chronic Tickborne Disease (Score: 51)



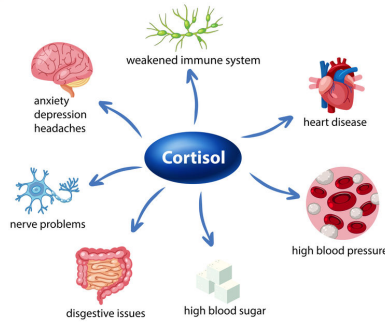
The fourth most likely Root Cause predicted by Complex Health Solutions with a likelihood of **51 out of 100** is **Chronic Tickborne Disease**

RootFinder predicts that you might have an issue with Chronic Tickborne Disease. This is often referred to as "Chronic Lyme Disease." Whenever possible, it is best to verify this as an active problem through objective testing, but for tick-borne disease in particular this can be challenging.

This is one of the most complex and controversial areas in all of medicine. As with the majority of these potential underlying root causes of chronic health problems, there is significant disagreement between mainstream practitioners and those providers that pursue a more integrative holistic approach. The basic view of this topic says that people can be infected with a bacterium *Borrelia burgdorferi* from a deer tick and exhibit certain signs and symptoms including a bull's eye rash, diffuse joint pains, fever, fatigue and/or headaches. The focus of this site is on the topic of chronic Lyme disease, not acute Lyme disease. The person diagnosed with chronic Lyme disease may have other active "co-infections" that add to the complexity of management. Some of these would include *Bartonella*, *Babesia*, and others.

The next step to evaluate this potential root cause is often to do a standard Lyme test in a regular laboratory. Most labs will start with an ELISA test to check for antibodies against the primary bacteria associated with Lyme disease *Borrelia burgdorferi*. If the ELISA is negative, that is typically the last step for many providers. If the ELISA is positive, usually the lab will use the same sample to then check a Western Blot antibody test for confirmation. This protocol is widely accepted in mainstream medicine, but most providers who manage Chronic Lyme disease and other chronic tick-borne disease feel these tests are inadequate alone to rule out Chronic Lyme. The best step after this type of initial testing is to do some research online and find someone in your area experienced in the complex subject matter of diagnosing and managing chronic tick-borne illness.

Root cause #5 Low Cortisol (Score: 49)



The fifth most likely Root Cause predicted by Complex Health Solutions with a likelihood of **49 out of 100** is **Low Cortisol**

RootFinder predicts that you might have an issue with Low Cortisol. Cortisol is a steroid hormone produced by the adrenal glands and is often described as the “stress hormone.”

Cortisol, as with other hormones, should not be considered good or bad. Stress, caffeine, lack of sleep, excessive amounts of vigorous exercise, stimulant medications for ADD and other factors can all affect adrenal function and cortisol output. Cortisol serves a variety of important functions in the body and helps regulate blood sugar, metabolism and inflammation. If a person has inadequate production of cortisol, they tend to be sluggish with brain fog and often feel worse after vigorous exercise.

The next step to evaluate this potential root cause might be to get a salivary cortisol profile from a lab like Great Plains. Checking a random or even a fasting blood cortisol level is of minimal value because they don't provide enough information about the adrenal cortisol output.