

Getting Your Health Back On Track

One of the most frequent questions I get when new patients join my practice is “Where do I start to get healthy?” 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 bandaied 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. So 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. How are you addressing physiological + mental stress?

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?

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.

Hormonal 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 Infinite Wellness, 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 Anchor Wellness Center is your best next move, please schedule a complimentary, strategy call: [Click here to schedule your strategy session](#)

Minni Malhotra, MD

Anchor Wellness Center

facebook.com/AnchorwellnessTX

Anchorwellnesscenter.com

Phone: 606-854-2551



About Minni Malhotra, MD

Dr. Minni specializes in patient-centered care and is a highly trained Doctor of Family Medicine and is also a Certified Functional Medicine Practitioner. Dr. Minni Malhotra has practiced traditional medicine for 10 years in the USA in addition to the previous 10 years in India. She is a diplomate of the Board of American Academy of Anti-Aging in addition to board certification from the American Academy of Family Medicine. Recognizing that healthcare in our country has turned into a disease-care system rather than healthcare management, she has actively trained to help people attain lifelong health and wellness through natural treatment.

