



Symptom Guide

**UNCOVER THE ROOT CAUSE OF YOUR
SYMPTOMS & IMPLEMENT HEALING
STRATEGIES THAT HELP YOU FEEL
BETTER, SOONER**

Information provided in this guide is for educational purposes only and should not be substitute for advice from your general practitioner.





Low Testosterone Levels

POTENTIAL ROOT CAUSES

Primary Hypogonadism (Testicular Issues): The testicles themselves are not producing enough testosterone. This can be due to aging, genetic conditions (like Klinefelter syndrome), physical damage (trauma, infection like mumps, cancer treatment), or other medical conditions affecting testicular function.

Secondary Hypogonadism (Brain Signalling Problems): The testicles are healthy, but the brain (specifically the hypothalamus or pituitary gland) isn't sending the correct signals (LH and FSH) to stimulate testosterone production. This can be caused by pituitary tumours, hypothalamic disorders (like Kallmann syndrome), head injuries, or certain chronic illnesses.

Hormonal Imbalances & Metabolic Factors: Conditions that disrupt the body's overall hormonal balance or metabolism play a significant role. Key examples include obesity (which increases testosterone conversion to estrogen), type 2 diabetes, and specific medical conditions like hemochromatosis or chronic kidney disease.

Lifestyle & External Influences: Everyday habits and external exposures can contribute. This includes certain medications (e.g., opioids, corticosteroids), chronic stress, poor sleep, excessive alcohol consumption, and the use of anabolic steroids, which suppress natural testosterone production.

TEST, DON'T GUESS

Blood Hormone Levels are Primary: Initial diagnosis relies on morning blood tests for Total Testosterone. Further blood tests for LH, FSH, SHBG, Free Testosterone, and Prolactin help differentiate between testicular problems (primary hypogonadism) and brain signalling issues (secondary hypogonadism), while other blood tests (glucose, iron, thyroid) rule out contributing metabolic or systemic conditions.

Imaging for Structural Issues: If brain signalling problems are suspected, an MRI of the pituitary gland is performed to check for tumours or other abnormalities. If testicular issues are indicated, a testicular ultrasound can assess their structure and identify any damage or masses.

Comprehensive Assessment for Underlying Causes: Beyond hormone levels, a thorough physical examination and detailed medical history are crucial. Additional tests like bone density scans or genetic testing may be used to identify long-term impacts or specific genetic predispositions contributing to low testosterone.

Healing Strategies

- **Optimise Nutrition:** Focus on a balanced diet rich in whole foods, healthy fats, and essential nutrients like Vitamin D, Zinc, and Magnesium. Limit processed foods, sugar, and excessive alcohol.
- **Exercise & Sleep:** Incorporate regular strength training and high-intensity interval training, while avoiding overtraining. Prioritize 7-9 hours of quality sleep nightly, as testosterone is produced during deep sleep.
- **Manage Stress & Weight:** Effectively manage chronic stress through practices like meditation or yoga, as high cortisol can suppress testosterone. Maintain a healthy body weight, as excess fat increases testosterone's conversion to oestrogen.
- **Environmental Awareness:** Be mindful of and reduce exposure to environmental toxins (like certain plastics and pesticides) that can disrupt hormonal balance.



Acne & Skin Issues

POTENTIAL ROOT CAUSES

Hormone imbalances, such as high androgens (DHEA or testosterone)

You may also experience hirsutism, weight gain, irregular periods, and hair loss

Gut dysbiosis, an overgrowth in bacteria that causes inflammation, impacting the gut-skin axis

You may also experience bloating, constipation, diarrhoea, anxiety, depression, and thyroid dysfunction

Liver detoxification issues from poor nutrient and mineral status, environmental toxins and mould, poor bile flow, or poor lifestyle

You may also experience anxiety, irritability, mood swings, and poor digestion

Gut pathogens like H Pylori which increase cortisol, inflammation, and impact nutrient absorption vital for healthy skin

You may also experience heartburn or acid reflux, frequent belching, nausea, bloating, and bad breath

TEST, DON'T GUESS

The GI Map: This stool test evaluates the gut microbiome for dysbiosis, infections like H. pylori, Candida, and markers of gut inflammation and leaky gut. It helps identify gut imbalances that may contribute to acne through systemic inflammation and impaired detoxification

DUTCH Complete Test: This advanced hormone test provides a detailed analysis of sex hormones, adrenal hormones (cortisol), and their metabolites. It can identify imbalances like oestrogen dominance or high androgens, which are common drivers of acne

Organic Acids Test: The OAT measures metabolic by-products in the urine, indicating yeast overgrowth (eg Candida), bacterial imbalances, oxidative stress, and nutrient deficiencies. These factors can influence skin health and systemic inflammation, contributing to acne

Healing Strategies

- **Dietary Optimisation:** Adopt a low-glycemic diet, limiting refined carbs and sugar. Consider reducing dairy intake and significantly increase omega-3 fatty acids. Focus on whole, nutrient-dense foods rich in vitamins and minerals (like A, C, E, Zinc) and ensure adequate hydration.
- **Gentle & Targeted Skincare:** Implement a consistent routine of gentle cleansing twice daily with non-comedogenic products. Use mild chemical exfoliants (like salicylic acid) a few times a week, moisturize with an oil-free product, and always use broad-spectrum SPF. Consider natural topicals like diluted tea tree oil or aloe vera.
- **Lifestyle & Stress Management:** Prioritize stress reduction techniques (meditation, yoga) as stress can worsen acne. Ensure 7-9 hours of quality sleep nightly, engage in regular exercise (showering afterwards), and avoid touching or picking at blemishes. Maintain good hygiene with pillowcases and anything touching your face.
- **Supportive Supplements (with guidance):** Consider supplements like Zinc, Vitamin D, and Omega-3 fatty acids for their anti-inflammatory and skin-supportive properties. Probiotics can also aid gut health, which is linked to skin condition. Always consult a professional before starting supplements.



Constipation

POTENTIAL ROOT CAUSES

Gut motility issues which can be due to structural issues or bacterial overgrowths in the large and small intestine
You may also experience bloating, alternating diarrhea, anxiety, headaches

SIBO, or small intestine bacterial overgrowth
You may also experience chronic bloating, upper abdominal stomach pains, foul-smelling gas

Candida overgrowth in the large intestine
You may also experience fungal acne, chronic yeast infections, eczema or psoriasis, and white film over your tongue

Hypothyroidism, which slows down metabolic function and contributes to slow motility
You may also experience fatigue, weight gain, cold hands and feet, dry skin, and hair loss

Low stomach acid as a result of acid-lowering medications, low-protein diets, stress, low zinc and sodium levels.
You may also experience acid reflux, bloating, nutrient deficiencies, belching, brittle hair and nails, and hormone imbalances.

TEST, DON'T GUESS

The GI Map: This stool test evaluates the gut microbiome for dysbiosis, infections like H. pylori, Candida, and markers of gut inflammation and leaky gut. It helps identify gut imbalances that contributes to constipation

Full thyroid panel (bloodwork) to evaluate thyroid function
HTMA: Identifies imbalances in zinc, calcium, sodium, and magnesium, which are all vital for digestion and stomach acid production

Organic Acids Test: The OAT measures metabolic by-products in the urine, indicating yeast overgrowth (e.g. Candida), bacterial imbalances, oxidative stress, and nutrient deficiencies
SIBO Breath Test to identify bacterial overgrowth in the small intestine

Healing Strategies

- **Prioritise Diet & Hydration, Gradually:** Men over 40 should focus on slowly increasing diverse fiber intake (from whole foods, prunes, psyllium husk) to reach 30g daily, always paired with ample water (at least 2 litres) to soften stools. Be mindful of potential food sensitivities that may develop with age.
- **Stay Active & Review Medications:** Consistent, moderate physical activity is vital to stimulate sluggish bowels often seen with age. Critically, men over 40 should review all their medications with a doctor, as many common prescriptions can cause constipation as a side effect.
- **Address Age-Related Factors & Habits:** Manage chronic stress, as it impacts gut function. Be aware that the urge to defecate may lessen with age, so establishing a routine and responding promptly is key. Consider proper toileting posture (e.g., using a footstool).
- **Rule Out Underlying Conditions:** While holistic approaches are beneficial, it's essential for men over 40 to consult a doctor if constipation is new, severe, persistent, or accompanied by "red flag" symptoms (like bleeding or unexplained weight loss), as it could signal a more serious age-related health issue.



Anxiety

POTENTIAL ROOT CAUSES

Blood sugar dysregulation, which can exacerbate symptoms of anxiety

You may also experience weight gain, light-headedness, mood swings, and cravings

Neurotransmitter imbalances due to poor gut health, high stress, and nutrient deficiencies
You may also experience sleep disturbances, migraines, chronic pain, fatigue, and depression

Gut-brain axis dysfunction due to poor gut health/leaky gut, high stress, vagus nerve dysfunction, and toxin exposure (mould, pesticides, heavy metals)

You may also experience low libido, digestive issues, brain fog, emotional dysregulation, and heart palpitations

Low Testosterone (Low T/Hypogonadism):

Testosterone levels naturally decline by about 1% per year after age 30 or 40. While "male menopause" is a debated term, significant drops can lead to various symptoms including fatigue, reduced motivation, decreased libido, irritability, difficulty concentrating, and often, increased anxiety and depressive symptoms. These emotional changes can be compounded by physical symptoms like loss of muscle mass, increased body fat, and erectile dysfunction, leading to a loss of confidence and self-esteem that further fuels anxiety.

TEST, DON'T GUESS

Bloodwork (Fasting insulin, Glucose panel):
Identifies issues with blood sugar stability

DUTCH Adrenal Test: Measures cortisol levels and its metabolites, helping to identify patterns of HPA axis dysfunction and chronic stress

HTMA: Identifies imbalances in calcium, copper, and magnesium, alongside heavy metal levels, which can all influence mental health, adrenal health, and blood sugar stability

The GI Map: This stool test evaluates the gut microbiome for dysbiosis, infections like H. pylori, Candida, and markers of gut inflammation and leaky gut. It helps identify gut imbalances that may contribute to neurotransmitter imbalances, gut-brain axis dysfunction, and systemic inflammation

Healing Strategies

- **Mind-Body Connection & Stress Reduction:** Actively engage in practices like mindfulness, meditation, deep breathing exercises, yoga, or Tai Chi to calm the nervous system and build resilience against stress, which is often heightened in this age group.
- **Optimized Nutrition & Supplements:** Prioritize a balanced, nutrient-dense diet rich in Omega-3s, Magnesium, B vitamins, and Vitamin D, all crucial for brain health and mood regulation. Support gut health with probiotics and limit stimulants (caffeine, alcohol) and processed foods that can exacerbate anxiety.
- **Consistent Physical Activity & Quality Sleep:** Regular exercise of any enjoyable form helps reduce anxiety and improves sleep. Aim for 7-9 hours of quality sleep nightly, as adequate rest is fundamental for mood stability and stress management.
- **Lifestyle & Professional Awareness:** Foster social connections and avoid self-medicating with substances. Men over 40 should also consider potential hormonal shifts, ensure underlying medical conditions are managed, and be aware of medication side effects, seeking professional medical or psychological support for persistent or severe anxiety.



Fatigue

POTENTIAL ROOT CAUSES

Adrenal dysfunction and imbalances in the daily cortisol/melatonin pattern

You may also experience insomnia, afternoon crashes, caffeine dependency

Under-eating/chronic energy deficits

You may also experience weight loss resistance, anxiety, headaches, irregular periods, and muscle loss

Depleted mineral and nutrient levels, often a result of chronic stress, poor diet, and poor gut health/leaky gut

You may also experience digestive issues, irregular periods, hair loss, acne, and hormone imbalances

Mitochondrial dysfunction from toxin exposure, poor lifestyle, poor sleep, infections, antioxidant deficiencies, chronic inflammation, and genetic mutations

You may also experience premature aging, muscle weakness, brain fog, depression, anxiety, and weight gain

Hypothyroidism, as the thyroid plays a significant role in energy production

You may also experience constipation, weight gain, cold hands and feet, dry skin, and hair loss

TEST, DON'T GUESS

Organic Acids Test: measures markers of cellular energy production and oxidative stress

DUTCH Adrenal Test: Measures cortisol levels and its metabolites, helping to identify patterns of HPA axis dysfunction and chronic stress that can impact sleep quality and energy

HTMA: Identifies imbalances in minerals that are vital for energy production and adrenal strength

Full thyroid panel (bloodwork) to evaluate thyroid function.

The GI Map: This stool test evaluates the gut microbiome for dysbiosis, infections like H. pylori, Candida, and markers of gut inflammation and leaky gut. It helps identify gut imbalances that may contribute to poor nutrient absorption and deficiencies

Healing Strategies

- Increase antioxidants like glutathione, alpha-lipoic-acid, resveratrol, and coenzyme q 10
- Daily cold exposure (showers or cold plunging) to improve stress resiliency and activate the parasympathetic nervous system
- Eat protein-forward meals, rule out under-eating Manage stress and prioritize quality sleep
- Support your circadian rhythm through daily sunlight exposure and reducing blue light in the evenings
- Support the gut and liver to improve nutrient absorption and thyroid function



If you are looking for hands-on support in your wellness journey from a root-cause lens, our team of experienced functional practitioners are here to support you.

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OUR FUNCTIONAL
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