



Top 10 Overlooked Causes of Depression, Anxiety and Brain Fog (and Most Chronic Symptoms!)

Dr. Tracy McCarthy
Functional Medicine Psychiatry



Here is the bad news...

Depression, anxiety and brain fog can ruin your life.

If you're dealing with these symptoms, you may also be struggling with other problems, like digestive issues, fatigue, PMS, autoimmune disease and more.

This is because the underlying causes driving your symptoms can show up in multiple ways.

Are you frustrated, not getting answers from conventional medicine?
Do you feel like no one is really listening?

Have you been told your labs are "normal", even though you know something is wrong?

Are you tired of being offered medication after medication that doesn't address the CAUSE of your symptoms? We've been there.

You probably feel stuck, and you may be losing hope,

It's scary to feel like you just keep getting sicker and no one has answers or solutions that are working.



Here's the good news!

The scientific research shows us there are a whole host of underlying, root causes that can lead to your symptoms.

Here's a list of the top 10 most commonly overlooked causes I see every day in my functional medicine practice:

1.) Nutritional deficiencies

Many key nutrients, some you may never have heard of, may be missing from your diet or not getting absorbed in your gut.

2.) Bacterial & yeast overgrowths in the gut and sinuses

These bacteria and yeast are highly inflammatory and trigger leaky gut. They produce chemicals that interact with your immune and nervous systems, and dramatically effect how you feel.



3.) Parasitic & intracellular infections

These stealthy bugs can shut down proper gut function, trigger an overactive immune system, and evade standard medical testing. They lead to a wide range of debilitating symptoms.

4.) Blood sugar imbalances

Riding the blood sugar rollercoaster is a common trigger of anxiety, energy crashes, insomnia, and weight gain, leading to a vicious cycle of increased inflammation and symptoms.

5.) Thyroid problems

This sensitive organ can be disrupted in many ways and the resulting hormone imbalances affect every cell in your body, showing up as depression, fatigue, constipation and more.

6.) Hypothalamic-Pituitary-Adrenal Axis dysregulation (“Adrenal fatigue”)

Actually a brain problem and not an adrenal problem, this critical feedback loop can turn your life upside down when it isn't working right. The resulting hormone imbalances lead to a host of symptoms.

7.) Sex hormone imbalances (Progesterone, Estrogen, Testosterone)

Depression, PMS, weight gain, low libido, insomnia, cognitive decline, the list goes on and on. Identifying and correcting sex hormone issues can be life changing.



8.) Mold toxicity

Water-damaged buildings are common and under-recognized. Mold toxicity dysregulates the immune system, impacts your brain in many scary ways, and puts you at risk for gut issues, autoimmunity, dementia, and other serious diagnoses. Toxicity can persist and symptoms can mount years after being in a moldy environment, such as a school, workplace, or home.

9.) Autoimmune disease

An triggered immune system can attack your own organs and tissues, causing a lot of suffering. Often people go many, many years before this gets diagnosed, and then conventional treatments are limited to steroids and expensive medications with very dangerous side effects.

10.) Mast Cell Activation

Only recently recognized and yet very common, this syndrome can be triggered by the problems listed above, and adds to suffering in many ways: extreme sensitivity and seemingly inexplicable reactions to foods and anything in your environment, fatigue (see MCAS list of symptoms)

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You may be thinking that some of these can seem pretty scary, and have no idea which one(s) are key for you and how to fix them.

That's where working with our team of experts comes in. As an M.D. and Institute for Functional Medicine Certified Practitioner, I'm trained in both conventional and Functional Medicine, so I get to combine the best of both worlds and have become an expert on finding and treating the underlying causes of chronic illness.

Our team of coaches has expertise in nutrition, health coaching, and the critical mindset and lifestyle skills that can help you harness your body's natural healing ability to feel better.

Your body is actually always trying to heal, and I've found that the key is to give it what it's asking for, and remove the blocks to healing.

Working with your body is what our approach is all about.

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CatalystHealth
Center For Functional Medicine

Here's what our patients say:

“I had tried everything to treat my anxiety, depression, fatigue, stomach issues and headaches: therapy, prescription drugs, supplements, and even ECT. Dr. McCarthy and her team transformed my life. I will be forever grateful!”

-V.Q.

“My life before the program sucked big-time. I couldn't function. I quit socializing, exercising and doing things I used to enjoy. Now I have my life back. I have the life I thought was gone forever. My brain fog has lifted and my energy is back. Honestly, I'm a walking testimony to the program's effectiveness.”

- A.P.

You deserve to feel better. Get real answers and start healing. Talk to a team member about your health problems and see if we're a fit: [shedule a call](#)



We Can Help

Don't put off addressing your symptoms any longer. The sooner you start healing, the sooner you can focus more on living life to the fullest, and enjoy the peace of mind that you have created the foundation for health.

Schedule a free, no-obligation phone consultation with Catalyst Health to learn more about how we can partner with you to heal your gut-brain connection so you can thrive!

*Must be a California Resident

Visit our website at catalysthealthcfm.com, or [click here](#) to schedule your free consultation.



About Dr. Tracy McCarthy,

Dr. Tracy McCarthy is a board certified psychiatrist and Functional Medicine Physician.

Through her online programs and in her practice, she helps people with anxiety, depression, brain fog, digestive issues and other frustrating symptoms, to identify and resolve the overlooked root causes of their symptoms.

She teaches them how to tap into their body's natural healing ability so they can feel their best and thrive.

