



# Whole Life Health MD

## Dr. Dawn DeSylvia



### Dr. Dawn's Top Five

To Help You Start Feeling Better Today!

While this is not a substitute for the importance of working with an Integrative doctor to customize a plan to meet your unique needs (and are not intended to treat, cure, or diagnose), these are suggestions to start you on the road to your optimal health.

\*Email my office for more information on products or testing at [info@wholelifehealthmd.com](mailto:info@wholelifehealthmd.com)

### Dr. Dawn's Top 5 Supplements for Gut / Brain/ Foundational Health

Contact Us To Order

1. **Pruvit Ketosis Powder.** My favorite new supplement for immediate brain clarity and energy! To order go to: <https://pruvitnow.com> Promoter Code: drdawn2017
2. **Probiotics.** People have individual needs but these are some of my favorite brands. Mega Spore, Klaire Labs, and Orthomolecular. \*\* If probiotics make your gut symptoms worse get tested for SIBO – see next section.
3. **Glutathione.** For detoxification, brain health and liver support. IV glutathione is the most effective, but Integrative Therapeutics Recancostat, and Researched Nutraceuticals Glutathione are good oral supplementations.
4. **Restore.** To support gut health and restoration.
5. **Butyrate.** To aid in gut lining restoration and integrity. In the past butyrate is known for it's terrible taste! However, a new company has created a revolutionary technology to eliminate this taste and improve delivery! It's due out next month.

### Get Tested!

#### Top 5 Tests to Ask Your Doctor For

*(And if they don't know about them or say you don't need them, find an Integrative Doctor who does)*

1. Know your MTHFR gene status.
2. Know your Vitamin D level.
3. Screen for potential allergies and food sensitivities (many manifest in atypical ways and can be disrupting your health and immune function).
4. Know your toxic metal load (Urine Challenge test needed, blood levels only show recent exposure).
5. Know your gut health (can test for microbiome diversity, hidden infections, leaky gut, and SIBO if indicated by your symptoms).

### Top 5 Tools to Improve Your Health

1. Love your workouts—or at least some of them. Chose activities that bring you joy and do them frequently!
2. Make a daily gratitude list of 3 things you were grateful for that day. Boost the immune and brain enhancing benefits of this by sharing it with a friend or loved one.
3. Turn off your Wi-Fi at night and use EMF protection on your phones and electronics.
4. Read the "Dirty Dozen from the EWG" found on my website under resources at: <http://wholelifehealthmd.com>
5. Set an intention for your day and check in with it throughout the day.

11695 National Blvd • Los Angeles, CA 90064

t: 310-914-3400 • e: [info@wholelifehealthmd.com](mailto:info@wholelifehealthmd.com) • [wholelifehealthmd.com](http://wholelifehealthmd.com)