



— FREE CHECKLIST —

5 Symptoms You Shouldn't Ignore After 35

Most doctors won't flag these until it's too late.

Use this checklist to take charge of your health now.

I've spoken with thousands of people told their symptoms were 'just stress' or 'just aging.' They weren't. These 5 patterns kept showing up — and every one had a real, fixable cause. This checklist is what I wish someone had handed me at 35.

01 Energy & Fatigue



02 Hormonal Changes



03 Sleep Issues



04 Mood & Mental Clarity



05 Digestive Health



YOUR HEALTH IS WORTH THE CHECK.

THE 5 SYMPTOMS — EXPLAINED

What your body is actually telling you — and what to do about it

01 Energy & Fatigue

WHAT MOST PEOPLE THINK: "I just need more sleep or more coffee."

WHAT IT MIGHT ACTUALLY MEAN:

Persistent fatigue after 35 is often a sign of declining NAD+ levels — the cellular fuel that powers every system in your body. It is biochemistry, not laziness.

→ *Tru Niagen NMN + B-Complex, GenuinePurity or PepTonic.*

Tru Niagen NMN

B-Complex

GenuinePurity

Pep Tonic

02 Hormonal Changes

WHAT MOST PEOPLE THINK: "This is just what getting older feels like."

WHAT IT MIGHT ACTUALLY MEAN:

Hormonal shifts after 35 affect cortisol, estrogen, and thyroid simultaneously — driving mood swings, weight changes, and fatigue that doctors too often dismiss as normal.

→ *Provestra, DIM + Vitex & Métabo-Cycle 45.*

Provestra

DIM

Vitex

Métabo-Cycle 45

03 Sleep Issues

WHAT MOST PEOPLE THINK: "I've always been a light sleeper."

WHAT IT MIGHT ACTUALLY MEAN:

Waking at 2-4am is cortisol spiking too early. Poor sleep after 35 disrupts growth hormone, immunity, and weight regulation — not just your energy the next day.

→ *CortiSync, Magnesium Glycinate + L-Theanine before bed & The Sleep Reset*

CortiSync

Magnesium Glycinate

L-Theanine

The Sleep Reset

04 Mood & Mental Clarity

WHAT MOST PEOPLE THINK: "I'm just stressed. Everyone feels foggy sometimes."

WHAT IT MIGHT ACTUALLY MEAN:

Brain fog and low motivation after 35 are often driven by gut-brain axis disruption and declining neurotransmitter support — not stress alone. This is measurable and fixable.

→ *Lion's Mane + Omega-3. Neuro-Thrive or BrainPill for cognitive support.*

Lion's Mane

Omega-3

Neuro-Thrive

BrainPill

05 Digestive Health

WHAT MOST PEOPLE THINK: "Bloating is just normal for me."

WHAT IT MIGHT ACTUALLY MEAN:

Chronic bloating after 35 signals gut microbiome imbalance — directly linked to your energy, mood, weight, and immune response. It is not just your stomach.

→ *Targeted probiotics + digestive enzymes. LeanBiome gut health protocol.*

Probiotics for women

Probiotics for men

TonicGreens

LeanBiome

WHAT HAPPENS NEXT

Pick Your Symptom. Get Your Protocol.

Each protocol is a free, step-by-step plan — no fluff, no upsells.

Just the information that actually makes a difference.

SLEEP ISSUES



7-Day Cortisol Reset Protocol

[READ NOW →](#)

ENERGY & HORMONES



Natural Energy Reset Protocol

[READ NOW →](#)

MOOD & BRAIN FOG



Nootropic Focus Stack Protocol

[READ NOW →](#)

WEIGHT & METABOLISM



Natural GLP-1 Reset Protocol

[READ NOW →](#)

DIGESTIVE HEALTH



Gut-Brain Fix Protocol

[READ NOW →](#)

symptomtosolution.com

You'll also receive 5 short emails this week:

- Day 1:** Your checklist — plus why these 5 symptoms are connected
- Day 2:** The sleep fix most people overlook (it's not melatonin)
- Day 3:** Why your energy crash is cellular — not lifestyle
- Day 4:** The one supplement I'd take first if I had to pick just one
- Day 5:** How to build your personal health protocol in 20 minutes

I created Straight Health Talk because I got tired of vague answers.

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This checklist is for informational purposes only and does not constitute medical advice.