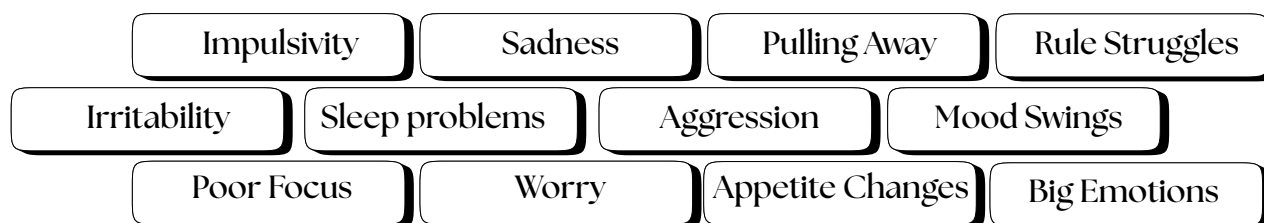


When a Child Is Struggling, It's Worth Looking Deeper

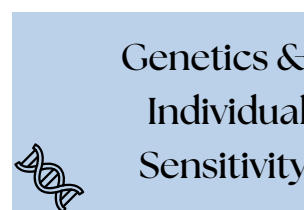
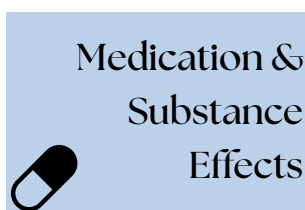
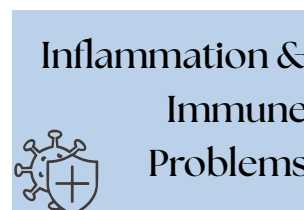
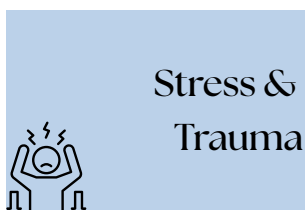
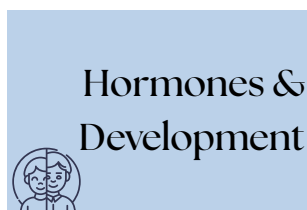
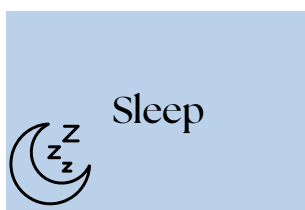
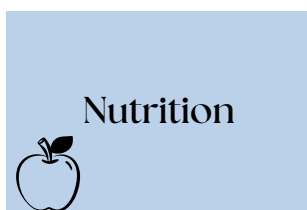
Mental health symptoms can have many causes —
not just “chemical imbalance.”

Before starting long-term medication, it's worth checking for other causes.

What we see are symptoms, not labels:



The Same Symptoms Can Have Many Possible Causes



Symptoms are worth understanding before making decisions.

Nutrition & Deficiencies <ul style="list-style-type: none"> • Iron, omega 3 • Vitamin D, B12, folate • Magnesium, zinc 	Sleep & Circadian Rhythm <ul style="list-style-type: none"> • Too much screen time • Late-night screens • Irregular sleep schedules 	Environmental Exposures <ul style="list-style-type: none"> • Lead • Mold • Pesticides
Hormones & Development <ul style="list-style-type: none"> • Puberty changes • Thyroid issues • Blood sugar swings 	Stress, Trauma & Environment <ul style="list-style-type: none"> • Social media • Academic pressure • Abuse 	Inflammation & Immune System <ul style="list-style-type: none"> • Standard diet leads to inflammation in the body • Allergies • Strong immune reactions (including to infections and vaccines)
Gut & Digestive Health <ul style="list-style-type: none"> • Food sensitivities • Constipation • “Leaky gut” 	Medication & Substance Effects <ul style="list-style-type: none"> • Stimulants, caffeine • Antihistamines, steroids • Antibiotics, acne rx 	Genetics & Individual Sensitivity <ul style="list-style-type: none"> • Family history • Differences in how fast or slow you break down drugs • Stress sensitivity

Before starting long-term psychiatric medication, it can help to ask:

- What symptoms are we trying to help?
- What else could be contributing to these symptoms?
- Have these possible causes been considered?
- How can we evaluate or investigate these other factors?
- How do we treat these other factors?

It's okay to take time before deciding.