

Thrive Functional Wellness *Blog Post Copy*

Tone: Professional. Approachable. Educational. Language: American English.

Target Audience: Men & Women Suffering from Medical Issues. People of All Ages.

Green: SEO Keywords/Phrases. **Blue:** CTA Button Text.

Grey Text: Not part of the copy and not included in word count.

[Blog Post 1]

2022 Is All About *You*

How To Start **Taking Better Care of Your Health**

The new year is rolling full steam ahead, but some of us aren't exactly jumping for joy at the thought of setting resolutions. For some of us, a new year brings excitement and adventure. For others, it brings disappointment and stress.

Well, this year really can be *your* year. No, we mean it! This time, the difference is that you're not going to be listening to that little voice in your head saying you need to work harder, look better, and impress people you don't really care about with things you don't really need.

This year, you're going to be listening to your body.

Looking In the Rear-view Mirror

Before we start powering ahead, we need to take a minute to look at some of things that didn't work out last year. Did you try to lose some weight and end up binging every weekend? Did your

anxiety keep you from trying new things? Why are you depressed? Why haven't you learned [how to stop being so tired?](#)

Identifying The Speedbumps That Held You Back

Now that you know what didn't work for you in 2021, you can start thinking about what these things all have in common. By listening to [what your body is trying to tell you](#), you can start looking at the real underlying causes that are leaving you feeling unsatisfied, unhealthy, and seriously unimpressed with your progress for the year.

Asking The Real Questions

Thrive Functional Wellness is here to help you ask the "why" and "what if's" that you've been ignoring. Knowing why you might not have taken action yet is a valuable part of changing your habits. Understanding why you want to change in the first place is the starting point to planning how you'll reach your goals. Your "why's" are the determining factors to the "how's" that you need to follow!

Check Your Engine Light

You need to truly listen to [what your body is trying to tell you](#) if you want to start [taking better care of your health](#), planning for your future, and enjoying the present moment with more energy and positivity! Check in with yourself and how you're feeling, and start aligning your mindset with what you want to achieve.

Set A Roadmap

You won't get anywhere if you don't know where you're going first. With *Thrive Functional Wellness*, you'll learn how to create achievable goals – like eating healthy meals four times a week or going for a walk every Wednesday – and stick to them. With the right mindset, you can start putting yourself, your health, and your happiness first.

Call For Help When You Need It

You don't have to do it alone! [Book a free discovery call](#) with *Thrive Functional Wellness* today and let us give you the testing, support, and guidance you need and deserve to make 2022 for you!

For more information about our tests, treatments, and advice, [visit our website](#) now or [give us a call!](#)

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[Blog Post 2]

Beat The BLOAT

With Thrive Functional Wellness

We've all felt a little blown up after a particularly rich meal or a night out. Usually, that feeling goes away. Sometimes, it sticks around and makes our daily lives an uncomfortable and frustrating nightmare. Just like bloat, there are other health issues that we often ignore, even though they're signals that you need to pay attention to [what your body is trying to tell you!](#)

Thrive Functional Wellness is here to help you beat the BLOAT and start [taking better care of your health](#) this year.

What Does It Mean to Be BLOATED?

✓ **Brain Fog, Bloating, Back Pain, and more Bad "B"s**

You are constantly constipated, you struggle with your weight, and perhaps you even have leaky gut syndrome. This could be caused by a variety of things, including SIBO, digestive disorders, and even hormones.

✓ **Low Energy**

Your highest search term is "[how to stop being so tired](#) all the time", and your sleep schedule is basically non-existent. This could be blamed on anything from anemia to serious deficiencies in your diet and lifestyle.

✓ **Overweight**

You're struggling with belly fat, overeating, and hormonal imbalances.

✓ **Anxious**

Your stress and anxiety seem to get the better of you more often than not. This could be because of your lifestyle, food choices, sugar intake, or gut health.

✓ **Tired**

You're more than just sleepy – you're struggling to complete daily tasks because you feel so weak. This could be caused by anything from depression to medication side effects to food allergies.

✓ **Exhausted**

Need we say more about that mid-afternoon slump that leaves you feeling like a zombie?

✓ **Depressed**

While your environment can contribute to feelings of sadness and even depression, your mood can also be blamed on things like inflammation, an unhealthy lifestyle, hormonal imbalances, medication side effects, and even toxicity.

Stop Guessing

Because all of these issues have a variety of different (and similar) symptoms, you can't always know for sure what you're dealing with. You need a holistic, accurate, and research-backed solution that can help you treat everything from gut problems to hormonal issues, anxiety, fatigue, and even food sensitivities or sleep issues! How? By taking a look at everything from insulin resistance and thyroid inflammation to high blood pressure and diabetes.

Get A Test!

Taking better care of your health means stepping away from the keyboard and stepping into the office of experienced professionals who can help you gain real, accurate insight into what's really going on in your body.

With the help of our team here at *Thrive Functional Wellness*, you'll have the chance to treat each issue at the very root, instead of settling for temporarily treating your symptoms. Let our team help you figure out **what your body is trying to tell you**, and give you the tools, tips, and techniques you need to take better care of it.

[Visit our website now](#) for more information about our treatments or [book a free discovery call](#) with one of our team members!

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[Blog Post 3]

Sick and Tired of Feeling Sick and Tired?

Let 2022 Change That

Is the biggest skill you want to master this year the art of learning **how to not be so tired** all the time? You're not alone! Fatigue – regardless of what causes it – is an issue that millions of people around the world deal with on a daily basis.

Fatigue Isn't Just Being Tired

For those of us who struggle with fatigue, taking a nap or getting an extra hour or two of sleep isn't a cure. Fatigue is an intense, lingering feeling of being tired that might be affecting your relationships, your career, and even your physical health.

Unlike tiredness that can be treated with a good night's rest, fatigue is an ever-present and often perplexing issue that can be hard to define and even harder to treat.

Where Fatigue and Exhaustion Meet

Exhaustion is to fatigue what Red Bull is to a daily cup of coffee. Both of these issues involve feeling extremely tired to the point of not being able to keep **taking better care of your health**. Exhaustion – whether emotional or physical – is the intense, short-lived form of fatigue. If you're constantly exhausted, you might reach a longer-lasting feeling of fatigue that could eventually lead to severe burnout.

Why On Earth Are You So Tired?

Just like with so many other health issues that plague millions of people across the globe, the reason for your fatigue is hard to pinpoint. Some of the reasons could include, but are definitely not limited to:

- ✓ Thyroid or adrenal issues
- ✓ Dehydration
- ✓ Poor diet
- ✓ Leaky gut syndrome
- ✓ Insulin imbalances
- ✓ Poor sleep
- ✓ And more!

Your Body Might Be Getting Tired Too

Dealing with constant fatigue is taxing in so many different ways. It affects your physical, mental, and emotional wellbeing. Some of the common symptoms that usually accompany intense fatigue include:

- ✓ Slowed reflexes and responses
- ✓ Impaired judgement and decision-making
- ✓ Irritability and moodiness
- ✓ Sore and aching muscles
- ✓ Headaches
- ✓ And more

Listen To **What Your Body Is Trying to Tell You** By Getting To The Root of Your Symptoms

Your fatigue isn't just a by-product of a busy lifestyle or a particularly taxing week. It's a sign that there's something seriously wrong in your body's delicate ecosystem. *Thrive Functional Wellness* is here to help you find out exactly what might have thrown your body out of whack.

We take a holistic approach to finding the very root of what's been leaving you feeling so drained – instead of filling you with energy drinks and supplements. If you're ready to finally learn **how to stop being so tired** and take back the energy to truly enjoy your life and the experiences it brings, then give us a call!

*To find out more about our treatments and experience with fatigue, [please visit our website!](#)
We're also happy to [set up a free discovery call](#) where we'll walk you through our testing
process, rates, and the results you can expect after your treatment.*

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[Blog Post 4]

Give Gas and Bloat the Boot in 2022

And Start **Taking Better Care of Your Health**

Feeling a little gassy from time to time isn't that serious, right? Bloating after loading up on seltzer and rolls at Thanksgiving is totally normal, isn't it? Not necessarily. Just because these issues are common to millions of people around the world, doesn't mean that they should be downplayed or even ignored.

Why Are You Feeling Gassy or Bloating?

You could be dealing with a variety of different digestive issues or conditions that, while treatable, can seriously impact your quality of life. Some of these issues include:

- ✓ #1 GERD or Acid Reflux
- ✓ #2 Chronic Diarrhea
- ✓ #3 Chronic Constipation
- ✓ #4 Crohn's disease
- ✓ #5 IBS (Irritable Bowel Syndrome)

All of these issues are serious in their own right, and aren't always that easy to pick up if you're constantly treating their symptoms with antacids, laxatives, or Antidiarrheal medications. Now, we're not saying you shouldn't treat your symptoms. We're simply saying that you need to listen to **what your body is trying to tell you** so that you can treat the causes instead.

Sometimes, It's Something Else Entirely!

Just because you're bloated doesn't mean you're suffering from Crohn's or IBS. However, it could still be pointing to an issue that's keeping you from [taking better care of your health](#). Your digestive issues could be because your body isn't digesting proteins, sugars, or carbs down properly.

Perhaps there's a slight imbalance in the delicate gut bacteria that aid digestion. It could also be:

- ✓ Dehydration
- ✓ SIBO
- ✓ Gut infections or bowel obstructions
- ✓ Allergies
- ✓ Thyroid dysfunction
- ✓ And more!

Regardless of the "why", you need to work with a team that's ready to figure out the "how" of your treatment as soon as possible. It could be pointing to serious health issues that could cause painful and long-lasting damage later on. It could also simply mean that you need to change something small in your diet, lifestyle, or habits. Either way, don't guess or Google. Work with a professional team who can give you the real, accurate answers you need and the tools you need to use them!

Speak To Someone Who's Ready to Listen To [What Your Body Is Trying to Tell You](#)

Here at *Thrive Functional Wellness Centre*, we're passionate about helping you take a holistic, custom-made approach to your health. We want to give you tailored solutions based on your lifestyle, your goals, and your experiences.

You Deserve a Solution That Suits *Your Body*

We know *everybody* is different, which is why we take the time to run the tests, plan the strategies, and take a closer look at your body and what it's experiencing before we start treating the causes.

For more information on how our team can help you learn how to beat the bloat and gassiness that might have been holding you back, [reach out to us today](#). We'll be happy to [set up a free discovery call](#) where we'll walk you through every bloat of the way!

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Total Word Count: 2034



Research:

<https://thrivefunctionalwellness.com/>

<https://www.youtube.com/watch?v=usqr879hUkA>

<https://www.youtube.com/watch?v=usqr879hUkA>

https://www.medicinenet.com/why_am_i_so_bloated/article.htm

[https://www.webmd.com/balance/how-tired-is-too-](https://www.webmd.com/balance/how-tired-is-too-tired#:~:text=You%20may%20be%20too%20exhausted.or%20some%20other%20health%20condition.)

[tired#:~:text=You%20may%20be%20too%20exhausted.or%20some%20other%20health%20condition.](https://www.webmd.com/balance/how-tired-is-too-tired#:~:text=You%20may%20be%20too%20exhausted.or%20some%20other%20health%20condition.)

<https://www.mayoclinic.org/symptoms/fatigue/basics/causes/sym-20050894>

[https://familydoctor.org/condition/bloating/#:~:text=Bloating%20happens%20when%20the%20GI,intolerance%20\(problems%20with%20dairy\).](https://familydoctor.org/condition/bloating/#:~:text=Bloating%20happens%20when%20the%20GI,intolerance%20(problems%20with%20dairy).)

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How to stop being so tired (3)

Taking better care of your health (7)

What your body is trying to tell you (7)