



Ask Dr Olz Protocol: Fixing Constant Fatigue at the Root

Step 1: Test Deeper

→ We use functional tests for:

- Cortisol (adrenal rhythm)
- Nutrients (B12, iron, magnesium, CoQ10)
- Mitochondrial health
- Inflammation markers
- Gut microbiome (if needed)

Step 2: Rebuild Energy Pathways

→ Key nutrients often include:

- **CoQ10**
- **Magnesium glycinate**
- **Adaptogens** (like Rhodiola, Ashwagandha)
- **B-Complex** (methylated)
- **L-Carnitine**
- **Metagenics Adreset** for adrenal recovery

Step 3: Sleep, Stress & Sugar Reset

→ We help patients optimize sleep timing, reduce screen-time cortisol, and build blood sugar-stabilizing meals (protein + fat + fibre)


Step 4: Detox & Digest

→ Clear toxins using:

- Milk thistle
- NAC
- Binder blends (if necessary)
 - Support digestion with bitters + probiotics

Ready to Get Your Energy Back?

If you're tired of being told "everything looks fine," it's time to go deeper.

 At *Ask Dr Olz*, we offer virtual consultations to review your current blood work or guide you through advanced testing—and build a *real recovery protocol*.

Book Now or Submit Your Labs

- [[Book a Constant Fatigue Consultation](#)]
 - [[Submit Your Blood Test for Analysis](#)]
 - [[Shop Energy + Adrenal Support Products](#)]
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Fatigue isn't laziness. It's a *signal*. If you're listening to your body but not getting answers, we're here to help you crack the code.