



HolistIQ

PRECISION WELLNESS THROUGH HUMAN PATTERN INTELLIGENCE™
FREE GUIDE

5 Signs Your Body Is Out of Balance That Standard Tests Won't Show

Your bloodwork can come back perfectly normal while you still feel exhausted, foggy, and just off. Here are five quiet signals your body sends long before anything shows up on a lab report.

Dr. Anubha Goel, PT, DPT, AADP

Board-Certified Holistic Health Practitioner · Plainview, Long Island, NY

Your labs said normal. You still feel off.

So here's the thing about "normal." It's a really wide range. A lab test is mostly built to catch disease, the stuff that's already gone wrong. It's not great at catching the slow drift that happens way before that.

And that drift is exactly where most people live. Not sick enough for anything to flag on a panel, but definitely not feeling like themselves either. You know something's off. You just can't point to a number that proves it.

Your body, though, has been talking the whole time. It sends **signals** long before a blood test would ever notice. Little patterns in your energy, your sleep, your digestion, your weight. Most of us learn to ignore them or just push through.

This little guide is five of those signals. Not to scare you. Just so you know what your body might be trying to say, and so you can stop feeling crazy for noticing.

Normal on a test and optimal in your life are two very different things.

01 SIGN ONE

You're exhausted but somehow still wired

— WHAT IT FEELS LIKE

You drag through the whole day running on empty. Then the second your head hits the pillow, your brain switches on. Wide awake. Tired but wired is the phrase people use, and it's exactly right.

— WHAT'S LIKELY GOING ON

This usually points to a nervous system that's stuck in the on position. When your body has been in go-go-go mode for too long, it forgets how to power down. So you get exhaustion and restlessness at the same time. It's not a willpower thing, and more coffee won't fix it.

| *Your nervous system may be running the show before anything else can settle.*

02 SIGN TWO

The afternoon crash you plan your day around

— WHAT IT FEELS LIKE

Mornings are fine. Then somewhere around 2 or 3pm you hit a wall. Foggy, heavy, reaching for coffee or something sweet just to make it to dinner. And you've kind of accepted it as normal.

— WHAT'S LIKELY GOING ON

That daily crash is often a sign your body's energy handling has gotten a little unsteady. It's riding a rollercoaster instead of holding a steady line. Standard tests may look fine because they only catch one moment, not the ups and downs you actually feel all day.

| *A steady energy pattern is something your body can be supported back toward.*

03

SIGN THREE

You do everything right and nothing moves

— WHAT IT FEELS LIKE

You eat clean. You move. You sleep okay. You're honestly doing the things. And your body just does not respond. It's the most frustrating one, because it makes you feel like you're broken or doing it wrong.

— WHAT'S LIKELY GOING ON

A lot of the time this comes back to how well your body is actually using what you give it. If digestion and absorption are under stress, you can do everything right and still not get the payoff. The inputs are good. The processing underneath needs a look.

When the body absorbs and uses nutrients well, your effort finally starts to count.

04

SIGN FOUR

Weight showing up in brand new places

— WHAT IT FEELS LIKE

Same habits you've always had, but suddenly it settles around your middle. Or it just won't budge no matter what. Your body feels like it changed the rules on you without asking.

— WHAT'S LIKELY GOING ON

Shifts like this often trace back to hormones quietly changing how your body stores and uses energy. Perimenopause, a long stressful stretch, sustained cortisol, all of it can move things around. It's adaptation, not a personal failing, and it makes way more sense once you can see it.

Hormonal patterns can be identified and gently supported, not just fought.

05

SIGN FIVE

Puffy, achy, and catching every bug going around

WHAT IT FEELS LIKE

You feel a bit swollen or heavy. Little aches that hang around. And you seem to catch whatever's floating through the house. Run down in a way that's hard to explain to anyone.

WHAT'S LIKELY GOING ON

This can be the sign of low-grade inflammation, the quiet fire that never quite goes out. When your body is busy defending itself in the background, there's not much left over for energy, recovery, or feeling good. It rarely shows on a routine panel until it's much further along.

Calming that background load is often where people start feeling like themselves again.

THE COMMON THREAD

Notice the pattern?

None of these five show up on a standard panel. Not because they're nothing, but because they're not disease yet. They're your body **adapting**, doing its best to keep you going. That's the good news. A signal isn't the final word, it's the early version of the story, back when it's still easy to change the ending.

Your body isn't broken. It's **adapting. And adaptation can be understood.**



YOUR NEXT STEP

Curious which of these is happening in you?

You don't have to keep guessing, and you don't have to commit to anything to find out. Start with a free 15-minute call. Just a real conversation about what you've been feeling and whether looking at your patterns makes sense for you.

Free · 15-Minute Consultation

- ✓ A real talk with the HolistIQ team, no pressure and no sales pitch
- ✓ We listen to what's actually going on with you
- ✓ We help you see which of these patterns might be at play
- ✓ If it's a fit, we walk you through what comes next

When you're ready to go deeper, the Discovery Assessment is where your full HealthPrint™ scan and personal plan begin.

Book Your Free 15-Minute Consultation

CALL +1 516 946 1201

EMAIL info@holistiqscan.care

INSTAGRAM [@theholistiq](https://www.instagram.com/theholistiq)

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