



*Overcome the
Medication Merry-Go-Round
Once and For All*

ROOT CAUSE SOLUTION

———— *A Better Way* ————



Dr. Douglas J. Pucci

DC, FAAIM - Functional Medicine, Neurology & Nutrition

* Introducing a FREE Informational Series That Medical Doctor's Don't Want You to See *

“Are You Fed Up With Taking Medications That Only Cover Up Symptoms Instead of Solving The Root Causes of Your Health Problems?”

If You Answered “YES”, Then Be Sure to Watch This Important Video...



[\[FREE Informational Series\] Learn About Functional Medicine](#)

- Dr. Douglas J Pucci, DC, FAAIM -

Functional Medicine Pioneer With 30 Years of Experience
In Functional Medicine, Neurology & Nutrition

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* Introducing The Root Cause Solution *

Uncommon Knowledge, Unique Insights & Powerful
Functional Medicine Secrets That'll Transform Your Health

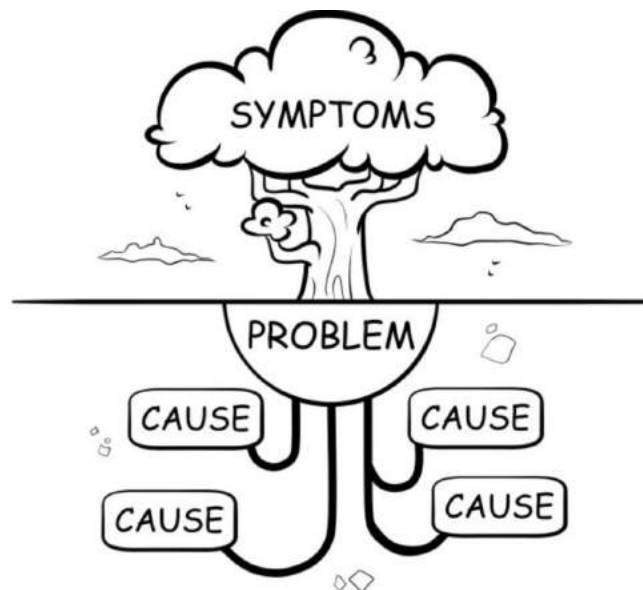
The Root Cause Solution contains some of the biggest health breakthroughs and insights I've discovered over the past 30 years in my practice regarding Functional Medicine. This is uncommon knowledge that most doctors either don't want you to know or are too afraid to share with you.

The goal of this free 10-part informational video series is a simple one...

To help you make the positive shift from being chronically sick, frightened, and reliant on medications – to experience greater control over your own health in a much more natural, realistic, and functional way.

This is what Functional Medicine is all about.

“The Root Cause Solution is about peeling back the layers of health symptoms and finally helping you get to the underlying **ROOT CAUSES** of what ails you the very most.”



Here's a Quick Sneak Peek of What You'll Discover Inside the Root Cause Solution Free Series...

- The real reason why you suffer with major fatigue every single day. With these 4 small “tweaks” you'll see your own energy levels skyrocket to new levels!

- Suffering with bloating, constipation, unwanted weight gain, endless fatigue and even brain fog on a regular basis? This butterfly-shaped organ may be to blame!
- Why your most pressing and distressing health complaints tend to always fall on deaf ears (and what you can do instead to finally get the help you need!)
- How “connecting the dots” with these specific test results will give you a very clear and accurate picture of what’s really causing your own health issues!
- How this one “mechanism” and chemical in your body that’s meant to protect you can actually turn against you (and become corrosive to your entire state of health)!
- Why an imbalance within this key organ and a lack of this certain “feel good” neurotransmitter can lead to recurring anxiety, lack of energy, and mood imbalances!
- Find out why this one common prescription drug that you’ve probably taken numerous times has most likely wrecked your natural gut health!
- Discover the 3 “Lost in the System” signs of a gut-brain imbalance that’s most likely secretly having a negative impact on your health, energy and vitality!
- Suffering with allergies, acid reflux or skin rashes that won’t go away? These 3 gut health facts will help you see why you’re still suffering – and what really needs to change!
- Before you start taking antidepressants to help lift your mood, you need to make sure there aren’t other sneaky underlying causes to your own sadness and depression!
- How this ONE underdiagnosed autoimmune condition could be secretly causing you massive fatigue, excess weight gain, and other issues without even knowing it!

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“I am a huge fan of Dr. Pucci, and functional medicine as a pathway to health. Before coming to him, I tried various things, which did help to some degree, including chiropractic and getting orthotics, as well as sleeping pills and pain meds/creams, as well as trials of other medications. I would slog through life, using any precious moments in which I had energy to do the absolutely necessary tasks to get by. I tried various medications and a slower lifestyle. On several days, I was so weak, I had to use a cane to make it to my appointments. I had tried every medication and several types of doctors, including rheumatologists, psychiatrists, sleep studies and specialists, neurologists, etc.”

“Finally, and after years of suffering, I met Dr. Pucci and my life took an uphill turn, immediately, from there.”

“Dr. Pucci was warm and gracious and generous with his time. He knew what questions to ask to deeply and thoroughly assess my health, questions and lines of inquiry no one else had ever asked! Every diet change, physical and neurological exercise, and nutritional supplement was thoughtfully prescribed, according to the unique needs of my body in that particular time frame. Dr. Pucci both followed the lead of the changes my body was making, while having an overarching plan of how to lead me back to health.”

“Things gradually began to change, as the layers of pain, brain fog, and fatigue slowly melted away. Although there were ups and downs along the way, as my body gently changed, within 5 months I was ready to participate fully in life again. From that time, my strength, clarity, and energy continued to improve. Today I feel more vibrant and healthy than ever, and I know the ways to take care of my body so that I feel confident I will continue to experience good health long into the future.”

I am now medication-free.” ~ Miriam, Bergen County, NJ

The Patient Handbook

Discover Your Root Cause Solution | Get Well Now - <https://getwell-now.com/mincourse> - Please use the guide below to make notes as you review the videos. This is an important tool for keeping track of all the useful nuggets of information that get to the root of why your health is failing, and the action steps you can take to avoid medications and truly heal.

In each of the videos you will learn about functional medicine and how it has helped 1000s of patients to heal. How it has brought patients a new lease on life and provided a better way to move forward, avoiding costly surgeries and drugs, and a return to normal life. A lot of people are not aware there is A Better Way....in fact, that medications are not simply a rite of passage into adulthood and senior years.



Dr Pucci's Scientific Approach to Healing Helps Patients Avoid Medications by Getting to the Root of Most Pesky, Pressing Health Complaints

Functional medicine is about delivering what patients really want: access to better tests, a more grounded, holistic approach, and a true partnership with a doctor who listens.

Unfortunately, this information is not common knowledge. And that's why we've produced this eye-opening series and companion guide: To help you move from being chronically sick and frightened to feeling self-assured and in control. If you're like so many, you've been to doctor after doctor without answers, placed on more meds and not getting resovement. That's where I come in. To put an end to all the misinformation you've been fed, by connecting the dots for you through testing, by bringing you guidance and supportive care, and helping to discover your root cause solution.

If one of your goals is to avoid a life of medications and to better understand your health from a natural, holistic perspective, I encourage you to learn about functional medicine by watching the "Root Cause Solution" information series. Below is a preview, where you can record your notes:



A Solution for Low Energy and Fatigue

Return to Normal by Fixing These 4 Overlooked Root Causes for Fatigue

Seriously off?

Fatigue, exhaustion, and feeling tired all the time is not an essential part of aging; it could be a sign that something is seriously off.

Unfortunately, when doctors hear that you're tired, they chock it up as a sign of aging (even when you're as young as, say, 40)! or they associate it with external factors like stress. Instead, what I have discovered in years of working with patients who suffer with fatigue issues is that if they don't get their energy back, they cannot return to normal life. And what I've found is that with a few simple tweaks, this return to energy is among the first symptoms to change.

Learn why you feel seriously off, tired all the time and what's at the root for fatigue and exhaustion.

- Watched Y N
- Notes:



Under Active Thyroid to Blame for Midlife Bloat and Weight

The Secret to Thyroid in How the Testing Is Run

Something amiss?

Are you someone with an undiagnosed thyroid condition, and being told it's all in your head? Sure, doctors have long known that the No. 1 cause of low thyroid is actually autoimmune disease and yet, they almost never test for it. So, if you feel something is amiss, then it's time to learn about your unique thyroid chemistry.

I see patients all the time being told by their doctor's they're fine when all the signs and symptoms point to hypothyroidism: bloat, constipation, weight gain, fatigue, brain fog. However, the problem is not you, it's how the test is run. Lab ranges are too narrow and unstandardized, and a full panel that looks at all the markers is never run.

Learn about underactive thyroid and the secret to testing that will point to better resolution.

- Watched Y N
- Notes:



Hormone Complaints Falling on Deaf Ears?

Long Overlooked Key Hormone Pathways Given a Second Shot

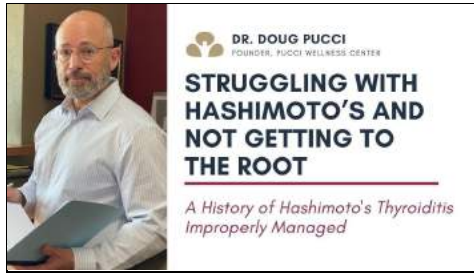
Burned out?

A lot of doctors are going to naturally overlook key hormone pathways and enzymatic processes that are most to blame for many patients' low energy and other annoying symptoms. In part, it's because hormones are often seen as intangible concerns that aren't primary to a chief complaint.

What a doctor might do is check a patient's serum hormone levels that are circulating in the bloodstream and when they do, they are only looking at a static snapshot of current hormone production. What they won't do is allow that hormone balance is worth looking at in depth.

Learn about why hormone complaints often fall on deaf ears and what you can do about it today.

- Watched Y N
- Notes:



Struggling With Hashimoto's And Not Getting To the Root

A History of Hashimoto's Thyroiditis Improperly Managed

Everything Is Not Okay?

Are you struggling with symptoms like fatigue, brain fog, and weight gain and can't get a clear answer from your doctor what the issue is?

Have you had a simple blood test - only to be told "everything is okay" even when you don't feel right? Are you concerned that your thyroid autoimmune condition is related to your history of infections and that it's spreading from one body part to the next? Sadly, autoimmune thyroiditis – also known as Hashimoto's – is one of the most undiagnosed conditions in America and most doctors consider it not "medically necessary" instead of doing the full panel to find what's up.

Learn about the tools we use for balancing thyroid and managing your autoimmune disease.

- Watched Y N
- Notes:



Corrosive Effects of Stress Fueling Midlife Madness

2 Tiny Things Our Brains Need From Us To Better Cope

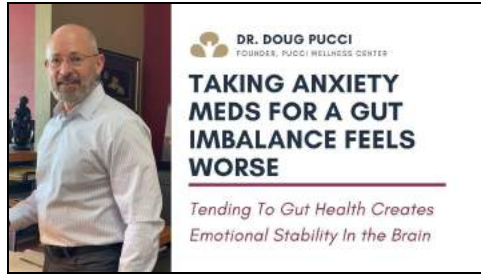
Fight or flight?

People greatly underestimate the corrosive effects of chronic stress on their bodies by thinking of stress as simply that overwhelming feeling of having too much to do. In fact, stress isn't just having a big to-do list or necessarily a mental sensation at all. It's a physiological imbalance that arises through "fight or flight" mechanisms that wreaks havoc on many systems in the body.

Nearly all my patients suffer from stress and don't recognize it as a significant cause for cravings, weight gain, irritability, pain or fatigue, and more. Hormonally, a few things happen everyday in concert to keep us balanced but it's a specific stress hormone, called cortisol, that is at the root of so many health problems we see today.

Learn about how stress fuels midlife weight gain, anxiety, and hormone imbalances.

- Watched Y N
- Notes:



Taking Anxiety Meds for A Gut Imbalance?

Tending to Gut Health Creates Emotional Stability in the Brain

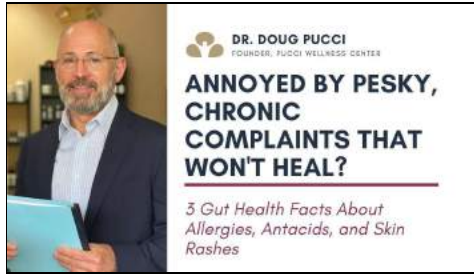
Caught in your head?

Your gut has more control over your brain and mood than you do. Both the gut and the brain are in constant contact using neurotransmitters that send, or transmit, signals back and forth to each other. And one of these, the “feel good” neurotransmitter, a neurochemical called serotonin, is actually made almost entirely in your gut!

Imbalances in the gut often cause a host of conditions related to attention deficit, anxiety, and more. Traditional medicine doctors are not trained to look at these functional imbalances. Moreover, patients are not taught that gut imbalances such as dysbiosis or leaky gut contribute to their recurring anxieties and mood imbalances.

Learn about how gut imbalances trigger anxiety and other problems. Go to <https://getwell-now.com/minicourse> to receive the full list and watch your favorites.

- Watched Y N
- Notes:



Annoyed by Pesky, Chronic Complaints That Won't Heal?

3 Gut Health Facts About Allergies, Antacids, and Skin Rashes

Too old for this?

Sick and tired of dealing with the same nagging, chronic complaints year after year like seasonal allergies, with the red eyes and runny nose you get every time someone cuts their grass or the trees in your neighbor's garden bloom? Are you suffering with a chronic cough and don't know why but every time you ask all you get is a prescription for prednisone or topical cream?

Maybe you are also dealing with annoying rashes, eczema and psoriasis, or adult acne and just feel like you're too "old" for this? In functional medicine we want to help connect the dots for why your immune system has gone haywire and your gut function is off. While the allergy meds or the creams may lessen the symptoms for a short while, they never resolve the problem and over time all your symptoms keep getting worse.

Learn the facts about allergies, the overuse of PPIs and antacids, and skin disease like eczema. Go to <https://getwell-now.com/minicourse> to receive the full list and watch your favorites.

- Watched Y N
- Notes:



Good Gut Bugs Being Destroyed a Sign of Overkill

Repeated Prescriptions for Antibiotics Leave Patients Defenseless

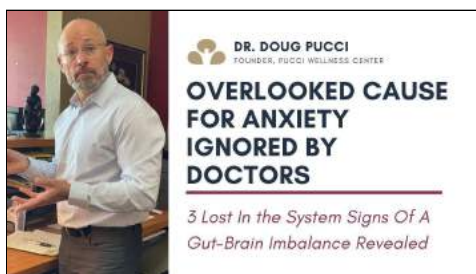
Getting wrecked?

Could a never-ending cycle of overprescribing antibiotics be WRECKING your gut health? It's a cycle that repeats itself and gets more and more vicious each round as broad-spectrum antibiotics give way to more serious varieties with toxic, deleterious effects.

While antibiotics at times are necessary, taking them repeatedly not only kills the bad bugs but destroys the good bacteria that protect your immune system and promote a healthy microbiome. Wiping out whole colonies is dangerous, so when a doctor sees an infection of any kind, they have become accustomed to "throwing antibiotics at it" to rid your gut and you.

Learn about immune resilience and why you have recurring infections in the first place. Go to <https://getwell-now.com/minicourse> to receive the full list and watch your favorites.

- Watched Y N
- Notes:



Overlooked Cause for Anxiety Ignored by Doctors

3 Lost In the System Signs of a Gut-Brain Imbalance Revealed

Too many “ologists”?

The tradition in medicine has been to identify multiple diagnoses and provide prescriptions or treatments for each rather than tie these together as part of a whole system. Has your internist, neurologist or psychiatrist ever discussed your gut health in relation to brain health and having anxiety? Would they even know what to ask?

All the specialists, or what I call “-ologists”, look at your case through the lens of separate departments. If you are having neurological issues they only scan and treat the brain, not the lung barrier or gut. And they won’t look at the other important systems that hugely impact brain and mental health including the gut and even hormonal balance. In A Better Way, that’s what we do differently - consider you as a whole person.

Learn about the cross talk in your brain and gut, how these two are inextricably linked and why imbalance in one affects the other. Go to <https://getwell-now.com/minicourse> to receive the full list and watch your favorites.

- Watched Y N
- Notes:



3 Questions to Ask Before Taking Antidepressants

Where to Draw A Red Line Before Routinely Accepting More Meds

Not crazy for these meds?

Have you been given a prescription for antidepressants that you didn't feel right about? Maybe the prescription was simply masking some other critical insight about your health that your doctor was too busy to notice?

Before making any big decision that affects you personally or affects your family, the question you should probably ask yourself is: Should I accept this diagnosis? Many people are being improperly diagnosed and increasingly medicated for depression or some other disease pathology that is completely reversible because it's easier to dismiss the complaint than get to the root of it. Are you truly depressed or has your doctor landed on this diagnosis because they couldn't find the real reason you feel "off"?

Learn the 3 questions every patient should ask themselves and where to draw a red line about taking more meds. Go to <https://getwell-now.com/minicourse> to receive the full list and watch your favorites.

- Watched Y N
- Notes:

Here's What a Few of Our Patients Have Said...



"I just wanted to tell you that I really appreciate what you did today. It was one of the most magnanimous moments I've experienced with another person in a very long time.

Your generosity of spirit. Your passion to help, to really help the individual clearly came through to me three times more than it did the last time. If I wasn't sure about if you were capable of treating my specific case before coming in, I walked out completely convinced that you would be a huge asset to what I'm doing and would truly complete the circle that I've envisioned and seen in my head.

You took your time to explain and inform on so many fronts. There's no one more willing to change whatever is necessary and continue to make the changes in order to create my best self ever. My mission is very clear.

Thank you so much for today.

I'm excited to see you soon. ~Michael S.

Dr. Doug Pucci | Face of Functional Medicine

Dr. Doug Pucci is recognized as a leading expert of functional medicine, with years of professional practice as a natural healthcare physician and functional medicine practitioner. He focuses on promoting wellbeing by understanding his clients' health in a comprehensive, insightful manner. In today's world of healthcare, patients are typically prescribed medicines and antibiotics to get rid of occurring symptoms rather than identifying the root cause of the problems occurring. Dr. Doug Pucci hopes to provide a different standard of healthcare by focusing on finding the actual causes of health problems. Through non-invasive yet comprehensive testing and sampling, Dr. Pucci looks at the minor signs of a patient's body to discern the actual problem. Years of practice in this field has made Dr. Pucci the best among his rank – the true face of Functional Medicine.

Dr. Doug Pucci achieved his B.S. from LeMoyne College in 1981 and then graduated from New York Chiropractic College in 1987. After obtaining his license to practice in New York and New Jersey, Dr. Pucci began practicing his work privately in 1990. He maintained a regular practice in the field of Functional Endocrinology, Medicine, and Neurology and came to a point where his skills and proficiencies made him one of the best physicians in the country. For the past 30 years, Dr. Pucci has been an active member of the Association of New Jersey Chiropractors and was awarded both "The Best Of" for Functional Medicine in Oradell, NJ, and Top Doctor status, Honor's Edition, for Trademark Publications Who's Who directory. From the beginning of his practice, Dr. Pucci has centered on delivering the right care to patients, with his practice objective being to provide drug-free relief to patients' health issues and concerns. His work in this field has been commended extensively, and he even obtained a letter of recognition for being a pioneer in this area from The University of Bridgeport-Connecticut.

A pioneer in the field with a groundbreaking approach to functional medicine, Dr. Doug Pucci is one of the most competent professionals in this field. He has researched, developed, and refined his own specific, brain-based functional approach, including specialized metabolic testing, nutrition therapy, functional neurology, and more. He has also tested and developed protocols for treating many common health concerns including Irritable Bowel Syndromes, Balance Disorders, Hormone Imbalances suffering, Chronic Fatigue concerns, and more.

Dr. Pucci hopes to establish a standard of functional medicine practice that greatly reduces the need for traditional, drug-based care. His ultimate focus is for patients to enjoy good wellbeing and a comfortable quality of life, reducing the need for drugs as much as possible so as to prevent the patients from having to deal with their side effects. He is working revolutionarily to promote this ideology and his practice has been considered one of the most effective in this area of healthcare. Dr. Pucci treats his patients' occurring symptoms all the while identifying the root cause of the occurring problems. His standard of practice is individualized for each patient because he understands that every patient and their case and requirements are unique.

Dr. Doug Pucci specializes in the treatment of diseases and illnesses that are chronic and degenerative. Many of his patients come to him for an alternative solution to healthcare since their primary option of standard healthcare failed to treat their problem. In many cases, patients' illnesses or problems are further increased due to misdiagnosis or consumption of drugs with various side effects. Dr. Pucci is always able to deliver the solutions these patients seek with his extensive and reliable expertise in the field of functional medicine.

Apart from being a renowned professional and specialist in his field of work, Dr. Doug Pucci's manner of working with patients is also highly commendable. He maintains complete transparency, honesty, and kindness with his patients. He continually informs his patients about their condition and educates them about the testing and treatment they are taking. All patients within his care feel comfortable with his practice and also confident that they can take the right measures to obtain improved health and wellness.

To learn more about how you can work with Dr Pucci, contact (201) 261-5430
or visit the website to schedule a FREE 15-Minute Discovery Call.