

MAGNOLIA HEALTH & WELLNESS · CLEAR LAKE, HOUSTON

The Magnolia Wellness Guide

A plain-language guide for anyone who has been told everything looks normal but still does not feel like themselves. Symptom patterns, what we actually look at, the options that exist, and how to decide where to start.

Inside: symptom pattern map · lab checklist · treatment comparison · questions to ask any clinic · first 90 days · 4-week symptom tracker

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Start here

Most people who come to us are not looking for a diagnosis. They are looking for an explanation. The tiredness that coffee stopped fixing. The ten pounds that showed up without anything changing. The sleep that never quite lands. On their own, each of these is easy to wave off. Together, they usually mean something.

This guide is meant to help you make sense of the pattern before you ever book an appointment. It is general education, not medical advice, and nothing here diagnoses anything. Use it to get clearer on what you are experiencing and what questions are worth asking.

HOW TO USE THIS GUIDE

- Read the symptom map on the next page and mark the rows that sound like you.
- Skim the lab checklist so you know what a thorough workup looks like.
- Compare the care options and note which ones fit your situation.
- Fill in the four-week tracker at the back before your first visit.

What we commonly see

Symptoms rarely show up alone. In our experience the most useful information is not any single complaint, it is how the complaints cluster and when they started. Someone with fatigue plus poor sleep plus a shorter fuse is telling a different story than someone with fatigue plus weight gain plus cold hands.

A few patterns come up again and again:

- **Energy that fades by mid-afternoon** and does not recover with more caffeine or an earlier bedtime.
- **Weight that moves the wrong direction** despite eating and training the same way that used to work.
- **Sleep that is technically eight hours** but never feels restorative.
- **Mood and patience that feel thinner** than they used to, often noticed by family first.
- **Thinking that feels one step slow**, especially with names, numbers, and multitasking.

Symptom pattern map

Find the row that sounds most like your last six months. The right column is not a diagnosis, it is simply where a careful workup usually starts looking.

What you notice	What often sits underneath	Where a workup usually starts
Constant fatigue, wired but tired at night	Cortisol rhythm, thyroid, iron, sleep quality, low testosterone	Full thyroid panel, ferritin, morning cortisol, hormone panel
Weight gain around the middle, plateaus	Insulin resistance, thyroid, estrogen or testosterone shift, muscle loss	A1C, fasting insulin, lipids, thyroid, body composition
Brain fog, word finding, short focus	Sleep debt, thyroid, B12 or vitamin D, perimenopause, blood sugar swings	B12, vitamin D, thyroid, A1C, hormone panel
Low libido, low motivation, low drive	Testosterone, estrogen and progesterone balance, stress load, medications	Total and free testosterone, estradiol, SHBG, DHEA-S
Hot flashes, night sweats, cycle changes	Perimenopause or menopause transition	FSH, estradiol, progesterone, thyroid, symptom timeline
Slow recovery, aches, poor sleep quality	Growth hormone axis, inflammation, sleep architecture, nutrient gaps	Inflammatory markers, IGF-1, vitamin D, sleep review

One mistake we see often: chasing a single number. A thyroid level inside the reference range does not automatically mean thyroid is not part of your story, and a testosterone level at the bottom of normal is still worth a conversation if you feel terrible. Numbers matter, but they matter next to symptoms, not instead of them.

“Everything came back normal” is a starting point, not an answer. It usually means nothing dangerous was found. It does not mean nothing is happening.

What a thorough workup looks like

Not every person needs every test. This is the menu we work from, and we choose from it based on your symptoms, history, and goals. Bring this list to any provider you see.

Core metabolic and general health

- Comprehensive metabolic panel and complete blood count
- Hemoglobin A1C and fasting insulin, not just fasting glucose
- Full lipid panel, ideally with ApoB when cardiovascular risk is a question
- Ferritin and iron studies, especially with fatigue or heavy cycles

Thyroid

- TSH with free T4 and free T3, not TSH alone
- Thyroid antibodies when symptoms and labs disagree

Hormones

- Total and free testosterone, SHBG, estradiol, DHEA-S
- Progesterone and FSH for women, timed to the cycle when one is still present
- Morning cortisol when energy crashes and stress load are central

Nutrients and inflammation

- Vitamin D, vitamin B12, folate, magnesium when symptoms suggest it
- hs-CRP for a general inflammation read

QUESTIONS WORTH ASKING ABOUT YOUR LABS

- What did you test, and just as importantly, what did you not test?
- Where do my numbers sit in the range, not just in or out of it?
- Which results would you want to recheck, and how soon?
- If my labs look fine, what is your next step to explain how I feel?

Your options, side by side

There is no single right answer here. The honest comparison below includes when each option tends to fit and when it usually is not the place to begin.

Option	Often a fit when	Usually not the first step when
Wellness consultation	You have symptoms but no clear picture yet, or past workups came back “normal”	Almost never a wrong first step
Hormone therapy	Labs and symptoms both point to a hormone shift and lifestyle basics are in place	Sleep, alcohol, or untreated thyroid issues have not been addressed
Hormone pellet therapy	You want steady levels without a daily routine and have already tolerated therapy well	You are brand new to hormone therapy and dose flexibility matters
Medical weight loss	Weight has resisted honest, consistent effort and metabolic labs are off	Disordered eating patterns need attention first
Peptide therapy	Recovery, body composition, or repair goals remain after the basics are handled	Core hormones, sleep, and nutrition have not been evaluated
Vitamin injections	Documented deficiency, absorption issues, or a clear energy gap	It is being used to paper over an unexplained symptom

A typical first visit is a conversation, not a sales pitch. We ask about your history, what has changed, what you have already tried, and what you want your day to feel like. Labs follow that conversation. A plan follows the labs.

Questions to ask any clinic

Whether you come to us or go somewhere else, these questions separate personalized care from a protocol being sold off a shelf.

- Who will be reviewing my labs, and will I be able to ask them questions directly?
- How is my plan different from the plan the person before me received?
- What are the realistic side effects, and how will you monitor for them?
- How often will you recheck labs once I start?
- Where do your medications and peptides come from, and are they from a licensed pharmacy?
- What happens if I do not feel better in eight weeks?
- What would make you recommend stopping or changing course?
- What does this cost over a full year, not just the first month?

What the first 90 days usually look like

Timeframe	What happens	What to expect
Week 1	Consultation, full history, labs ordered	Mostly listening and questions
Weeks 2 to 3	Lab review and a written plan you understand	Clear reasoning for every recommendation
Weeks 4 to 6	Early response, sleep and energy often shift first	Small adjustments are normal, not a failure
Weeks 8 to 12	Recheck labs, refine dosing, revisit goals	Body composition and mood changes tend to show here

Progress is rarely a straight line. In our experience the people who do best are the ones who track a few simple things weekly and bring that with them, rather than trying to remember how the last two months felt.

Four-week symptom tracker

Rate each item 1 to 10, where 10 is your best. Fill this in once a week and bring it to your first visit. It is one of the most useful things you can hand a provider.

What to rate (1-10)	Week 1	Week 2	Week 3	Week 4
Morning energy				
Afternoon energy				
Sleep quality				
Mood and patience				
Focus and memory				
Libido				
Strength and recovery				
Appetite control				
Overall “feel like myself”				

Also worth noting each week: weight, waist measurement, average bedtime, alcohol in the week, and workouts completed. Patterns show up in the boring details.

READY WHEN YOU ARE

If reading this felt like someone describing your last year, that is worth a conversation. A wellness consultation is simply a chance to tell your story to someone who has time to listen and can order the right labs to go with it.

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