

## **Are you feeling stressed, anxious, tired, depressed and unhealthy?**

Are you searching for the best [Functional Medicine Doctors near you](#) in Oakland CA? We help you get to the root cause of your symptoms through specific testing to guide you to become more resilient, happier, and healthier.

Dr. Carolyn Finnegan is a Functional Medicine Specialist in Oakland CA. She has experienced her own array of symptoms from feeling exhaustion that interrupted her daily life, food intolerances and IBS, difficulty sleeping, and anxiety. Dr. Carolyn Finnegan is highly experienced and expert doctor in Functional Medicine, [IBS Treatment](#), and [Gastroesophageal Reflux Disease Treatment](#) in Oakland CA.

### **Story Behind Core Wellness Functional Medicine by Dr. Carolyn Finnegan**

I started Core Wellness Functional Medicine because in my private practice, I was noticing more and more patients coming in with general inflammation, chronic pain, GI issues, and it seemed as if everyone was tired and depressed.

At the same time I was having my own health problems from being a workaholic and having two babies under 4. It was then that I decided to go back to school and learn Functional Medicine. It was important for me to learn how to heal myself and to be able to have more natural and effective solutions for my increasingly sick patients.

Traditional medicine is great for emergencies, acute, and specific issues. However, for chronic issues, such as, autoimmunity, mental health struggles, fatigue, etc. traditional surgeries and medications can not only be ineffective, but they can exacerbate issues and even harm your body's ability to fight problems on its own. This can make healing extremely difficult and chronic conditions worse.

Functional Medicine focuses on improving your diet, your gut, and any deficiencies your body may have in making itself better. As Functional Medicine doctors, we focus on finding the root cause of the issues and healing early, before catastrophic events.

I believe if we can remove the roadblocks to your health, you can live a life full of growth and inspiration – returning to the many of pleasures of life that you'd given up on. I've worked with thousands of patients over the last 20 years to help empower them to understand the path to healing and thriving.

## **WE SPECIALIZE IN HELPING OUR CLIENTS WITH**

- Adrenal Fatigue
- Anxiety, Chronic Stress
- Autoimmune Diseases
- Brain Fog
- Chronic Pain
- Digestive Problems: SIBO, Leaky Gut, IBS, IBD, Candida, Parasites
- Fatigue
- Depression
- Hormonal Imbalances Including Menopause, Perimenopause, PMS, Infertility
- Long Covid
- Thyroid Disorders

**Schedule a Free Consultation with Dr. Carolyn Finnegan in Oakland CA.**

Visit at: <https://corewellnessfm.com/>

Call us at: 510-224-3436

Mail: [info@core-wellnessgroup.com](mailto:info@core-wellnessgroup.com)