Tecaya Health

Larrea Naturopathic Medicine

NEW PATIENT WELCOME PACKET

A guide to what to expect on your healing journey with us — rooted in root-cause, whole-person naturopathic care.

YOUR CARE WITH US

WHAT TO EXPECT

Naturopathic and Functional Medicine is different from conventional care. There is more time spent listening to you and working to uncover the root cause of your symptoms, rather than simply prescribing a drug to manage them.

Areas of Specialty

Dr. Tecaya specializes in complex cases and "mystery illnesses," including:

- Biotoxin/mold illness and CIRS
- Heavy metal toxicity
- Dysautonomia and POTS
- Histamine dysregulation and MCAS
- Chronic fatigue syndrome (ME/CFS)
- Fibromyalgia and autoimmune disorders

She is also proficient in thyroid, hormone, and gastrointestinal conditions.

Appointments

Dr. Tecaya takes pride in being thorough and educational. Appointment length is tailored to your needs:

- **Simple check-in or medication refill —** 30 minutes, every 6–12 months
- **Covering 1–2 topics —** 30–45 minutes
- **Complex or multi-system concerns —** 45–90 minutes, monthly or bi-monthly

> **Please note:** If you plan to discuss more than two categories in a single visit, please book a 45–60 minute appointment.

WHAT TO EXPECT · CONTINUED

TESTING & TREATMENT

Functional Testing

Dr. Tecaya uses a wide range of functional testing to find deeper causes that may be hindering your healing. In addition to standard labs (which may be covered by your insurance), she may recommend:

- Food sensitivities
- Gut health: permeability, LPS levels, microbiome, and comprehensive stool analysis
- Hidden infections
- Toxin burden: glyphosate, VOCs, mycotoxins/mold, heavy metals
- In-depth cardiovascular markers (oxidized LDL, TMAO, LP(a), and more)
- Hormone metabolites and imbalances
- Genetic markers
- Neural Zoomer and neurological toxins
- Organic acids and metabolite testing
- Salivary cortisol and adrenal function markers

Testing can reveal unexpected and invaluable information.

That said, Dr. Tecaya understands that budgets vary. She is skilled at deducing likely causes and can often begin treatment without testing, though she prefers measurable data when possible. After some time in treatment, if there is not significant change, she may encourage you to check for further things.

Treatment Approaches

Treatment is individualized and may include any combination of:

- Dietary adjustments and targeted nutritional support
- Nutritional supplements
- Prescription medications (when appropriate)
- Nutritional injections or IV therapies
- Homeopathic biopuncture or IV additions
- Referrals for acupuncture, chiropractor, craniosacral, etc.

> If at any point you'd like to adjust the level of testing or treatment, just let us know. We can work together to find a protocol that fits your needs, preferences, and budget.

Starting Your Supplements — Important Guidelines

One at a time. Introduce each new supplement for at least 3–5 days before adding the next. Keep a diary of any changes — positive or negative. If you experience an adverse reaction, stop that supplement and continue with the others.

Timing. If no food instructions are given, take it any time. "Away from meals" means 1 hour before or 2 hours after eating. If taking away from meals causes stomach discomfort, try taking it with food or 30–60 minutes after eating.

THE HABITS THAT SUSTAIN YOU

FOUNDATIONS OF GOOD HEALTH

Did you know?

- Sugar and some carbohydrates can cause you to have pain?
- Fragrances and perfumes can cause anxiety, insomnia, or weight gain?

There are no shortcuts to lasting health. We can check your genetics, test for pathogens, and optimize your nutrition — but the following foundational habits are what sustain balance and long-term wellness.

01 EAT REAL FOOD

Avoid packaged foods with unrecognizable ingredients. Eliminate artificial dyes, GMO foods, and synthetic flavors. Minimize all forms of sugar (whole fruit is fine). Avoid sugar and refined carbohydrates in the morning — opt for protein instead to stabilize blood sugar. Prioritize healthy fats (avocado, coconut oil, olive oil, grass-fed animal products) to support brain and nerve health.

02 FRESH AIR & SUNLIGHT

Your cells need oxygen to function properly. Sunlight is also essential — it drives vitamin D production, a hormone that influences every system in the body. Get your vitamin D level tested and aim for a level around 70 ng/mL, supplementing if needed.

03 MOVEMENT & EXERCISE

The lymphatic system (your body's waste-removal network) depends on muscle movement to function. Regular exercise boosts immunity, reduces pain via endorphin release, balances neurotransmitters, strengthens the heart, builds bone density, improves insulin sensitivity, builds neuroprotective pathways, and supports healthy hormone levels.

04 SLEEP

Sleep is when the body heals and repairs. Without adequate quality sleep, the damage of each day accumulates — accelerating aging, pain, and illness. Sleep deficiency impairs decision-making, emotional regulation, and mental health. Sedative medications sedate rather than restore natural sleep cycles. Calming herbs and amino acids can help reset sleep rhythms more naturally.

05 HYDRATION

Chronic dehydration underlies many common ailments. Coffee, tea, and sugary drinks worsen dehydration. Aim for half your body weight (in lbs) in ounces of purified water daily to keep cells hydrated, bowels regular, and cellular energy production efficient.

06 MINDSET & EMOTIONAL WELLBEING

A positive, hopeful attitude is a genuine factor in healing. Focusing on what is good strengthens the neural pathways that support resilience and recovery. Conversely, chronic

pessimism and stress can impede even the healthiest body. This isn't about toxic positivity — it's about cultivating a belief in your body's capacity to heal.

07 SOCIAL SUPPORT & RELATIONSHIPS

Surround yourself with people and messages that uplift you. If certain media or relationships are consistently causing stress, fear, or demeaning feelings, it is worth setting limits, creating distance, or seeking support. Chronic social stress is a genuine health burden.

08 REDUCING TOXIN EXPOSURE

Many harmful chemicals hide in everyday household products — shampoos, fabric softeners, air fresheners, cleaning supplies. Phthalates, parabens, and synthetic fragrances disrupt the endocrine system and strain the liver, contributing to hormonal imbalance, thyroid dysfunction, digestive distress, cardiovascular issues, and more. Visit ewg.org/skindeep to check the safety of your personal care products.

09 TARGETED SUPPLEMENTATION

Our food supply contains fewer nutrients than it once did. Targeted supplementation helps fill nutritional gaps, support detox pathways, and positively influence metabolic processes — often speeding recovery.

10 REGULAR BIOMARKER TESTING

You can eat well, exercise, and meditate daily — and still have unresolved symptoms if an underlying imbalance (such as a thyroid issue or nutrient deficiency) goes undetected. Regular testing helps identify what may be quietly undermining your health.

WHERE HEALING BEGINS

GUT HEALTH & THE MICROBIOME

The microbiome — the community of beneficial bacteria, viruses, and yeasts living in your intestinal tract — may be one of the most important factors in your overall health. These organisms outnumber your own cells 10 to 1 and perform over 6,000 biochemical processes your body cannot do on its own.

A healthy, diverse microbiome can:

- Decrease inflammation and pain
- Optimize nutrient absorption
- Restore neurotransmitters and support mental health
- Modulate the immune system
- Boost metabolism and healthy body composition
- Improve cognition and memory

How to Support Your Microbiome

Eat fermented foods daily. Just a few bites of a couple different kinds, a few times per day. Good options:

- Sauerkraut (true lacto-fermented; Bubbies brand recommended)
- Kimchi
- Kombucha
- Kefir (dairy, coconut milk, or kefir water)
- Apple cider vinegar with the “mother” (Bragg’s brand)
- True sourdough bread (if you tolerate grains)
- Fermented vegetables
- Tempeh

Prioritize prebiotic & high-fiber foods. Aim for 25 different fiber sources daily. Include bitter foods (endive, dandelion greens, arugula, dill, sesame) and prebiotic-rich options like jicama, chicory, and sunchokes. Colorful vegetables and fruits provide polyphenols that feed beneficial bacteria.

> **Note:** If increasing fiber causes significant bloating or pain, contact us promptly — we may want to test for SIBO (small intestinal bacterial overgrowth).

Avoid Microbiome Disruptors

- Processed foods and refined grains (bread, pasta, crackers, cookies, tortillas, rice)
- Alcohol in excess (more than two drinks increases intestinal permeability)
- Glyphosate-containing foods (see the pesticide section for guidance)
- Antibiotics and unnecessary medications when possible — discuss with Dr. Tecaya

Take a Quality Probiotic

Look for a broad-spectrum probiotic with multiple strains, ideally including Bifidobacterium lactis HN019. Consider rotating among these specialized options:

SEED (Lactobacillus plantarum, Bacillus pumilus): Binds and helps excrete heavy metals and toxins; supports neurotransmitter production and immune function.

TerraFlora Deep Immune (LC-Plasma, Bacillus pumilus): Activates antiviral immunity; reduces severity and duration of respiratory infections.

OrthoBiotic / OrthoBiotic-R: Broad Lactobacillus and Bifidobacterium blend plus Saccharomyces boulardii, a beneficial yeast that competes with Candida.

ProbioMax® Lean (B. lactis B420): Supports healthy body composition by improving gut barrier integrity and promoting satiety.

MegaSporeBiotic™: 100% spore-based formula clinically shown to maintain gut barrier function and help heal intestinal permeability (leaky gut).

ProBioPhage DF: Combines four bacteriophage types with seven probiotic strains. Phages selectively target harmful bacteria without disrupting beneficial flora.

Bifido Blend (B. longum, B. breve): Produces diamine oxidase (DAO) enzymes that break down histamine in the gut — especially helpful for histamine intolerance.

DR. TECAYA'S IDEAL DIET

DIET & NUTRITION

A vegetable-based, Paleo-style diet has proven beneficial for a wide range of people. Think of the following as a flexible framework — not a rigid set of rules. Adapt it to your own needs, preferences, and clinical goals.

The Big Picture

Most humans are healthy with a balanced macronutrient intake that includes:

Protein — 20–30% of daily calories (approx. 90–140 g): Supports muscle maintenance, hormone production, and cellular repair. Choose quality sources such as pasture-raised meats, wild-caught fish, eggs, and legumes.

Carbohydrates — 20–30% of daily calories — type matters: Not all carbs are created equal. Focus on whole, fiber-rich sources and minimize refined and processed carbohydrates that spike blood sugar and promote inflammation.

Fats — 20–30% of daily calories — type matters: Healthy fats are essential for hormone balance, brain health, and nutrient absorption. Prioritize omega-3 rich and monounsaturated fats while avoiding industrial seed oils and trans fats.

Fiber — essential for gut health and hormone detoxification: Aim to get fiber primarily from vegetables and seeds. Fiber feeds beneficial gut bacteria, supports blood sugar regulation, and helps the body eliminate excess hormones and toxins.

> **A note on quality.** *Where your food comes from matters as much as what you eat. Whenever possible, choose organic produce, grass-fed and pasture-raised meats, and wild-caught seafood. Whole, minimally processed foods closest to their natural state will always be your best foundation for lasting health.*

Foods to Eat More Of

Vegetables: Aim for 3–6 cups and 10–20 different types daily. Great choices: broccoli, kale, peppers, onions, carrots, tomatoes, squash, cabbage, leafy greens, and more.

Quality protein: Grass-fed beef and lamb, free-range chicken and turkey, wild-caught fish and seafood (salmon, trout, sardines, shrimp), and pastured eggs.

Fruits: Apples, berries, citrus, avocados, pears, bananas, and other whole fruits.

Healthy fats: Extra virgin olive oil, avocado oil, coconut oil, grass-fed ghee or butter.

Tubers: Sweet potatoes, potatoes, yams, and turnips (in moderation).

Raw nuts & seeds: Almonds, walnuts, macadamia nuts, pumpkin seeds, sunflower seeds. Raw is best. Almonds and almond flour should always be organic.

Herbs & spices: Sea salt, garlic, turmeric, rosemary, thyme, basil, and others.

Foods to Limit or Avoid

Sugar & sweeteners: Soft drinks, fruit juices, candy, pastries, high-fructose corn syrup. Avoid artificial sweeteners (aspartame, sucralose, saccharin, acesulfame K).

Grains: Bread, pasta, wheat, spelt, rye, barley. Small amounts of quinoa, amaranth, organic sourdough, einkorn wheat, or rice may be fine for some.

Conventional dairy: Especially low-fat products. Grass-fed, organic, goat, or sheep dairy is generally better tolerated.

Industrial seed oils: Canola, soybean, cottonseed, corn, and peanut oils.

Trans fats: Any product listing "hydrogenated" or "partially hydrogenated" oils.

Highly processed foods: Anything labeled "diet" or "low-fat," artificial meal replacements, foods with long additive lists.

Legumes (if lectin-sensitive): Beans, lentils, and peas. Read all labels carefully.

Reducing Glyphosate Exposure

Glyphosate is an herbicide that damages the intestinal lining. It is especially concentrated in non-organic wheat, oats, legumes, corn, soy, almonds, and most packaged snacks.

- Choose organic grains, oats, legumes, corn, soy, nuts, and sugar
- Avoid soybean oil, canola oil, and corn syrup
- Buy organic sourdough or einkorn wheat products when possible
- Choose organic wine or beer for lower pesticide residue
- Wash produce well (though glyphosate is absorbed inside the plant)

Hydration & Beverages

Water: Your primary beverage. Aim for half your body weight (in lbs) in ounces of purified water daily.

Green tea: Rich in antioxidants and beneficial compounds.

Coffee: High in antioxidants; certified mold-free options available if needed.

Alcohol (if desired): Gluten-free vodka or tequila with sparkling water is lower-reactivity; in moderation only, and preferably sourced from outside the U.S.

Dark chocolate (70%+ cocoa): Nutritious in small amounts; use caution with mold sensitivity.

A WEEK OF NOURISHMENT

SAMPLE WEEKLY MENU

> **Protein per meal:** approximately 3–6 oz. More than half your plate should be vegetables. Always include a healthy fat.

DAY	BREAKFAST	LUNCH	DINNER
Monday	Eggs and vegetables sautéed in coconut oil	Chicken salad with olive oil; raw nuts	Burgers (no bun) with vegetables and salsa
Tuesday	Bacon and eggs	Leftover burgers from Monday	Wild salmon with vegetables
Wednesday	Leftover meat and vegetables	Lettuce wrap with meat and fresh vegetables	Grass-fed ground beef stir-fry with vegetables; berries
Thursday	Eggs (any style)	Leftover stir-fry; raw nuts	Pork tenderloin with roasted vegetables
Friday	Eggs and vegetables sautéed in coconut oil	Chicken salad with olive oil; raw nuts	Grilled steak with vegetables and sweet potatoes
Saturday	Sliced turkey and avocado	Leftover steak and vegetables	Baked wild salmon with vegetables and avocado
Sunday	Leftover meat and vegetables	Lettuce wrap with meat and vegetables	Grilled chicken with roasted vegetables and salsa

Paleo recipe ideas: PaleoLeap.com · PaleoRunningMom.com · ThePaleoMom.com · ThriveMarket.com

LIGHTENING YOUR BODY BURDEN

REDUCING CHEMICAL EXPOSURE

We are exposed to more synthetic chemicals than at any point in history. The cumulative burden on the body matters — even small individual exposures can tip the balance toward chronic symptoms or disease.

Prioritize These Steps

Personal care products: Check shampoos, soaps, cosmetics, and deodorants. Avoid phthalates, parabens, synthetic fragrances, and PFAS. Use EWG's Skin Deep database (ewg.org/skindeep).

Household cleaning products: Swap for non-toxic alternatives. Eliminate synthetic air fresheners entirely; use essential oils if desired.

Water: Install a MultiPure or reverse osmosis filter.

Cookware: Replace non-stick (PTFE/PFAS) pans with cast iron, stainless steel, or glass.

Food quality: Choose organic animal products. Avoid the Dirty Dozen produce and high-mercury fish.

Plastic: Avoid storing food in plastic. Do not drink from plastic bottles unless filled from a filtered source.

Flooring & furniture: Replace carpet with hard flooring and washable rugs. Avoid formaldehyde-based furniture or flame-retardant-treated bedding.

Indoor air quality: Use a HEPA vacuum and air purifier. Add air-purifying houseplants. Leave shoes at the door. Maintain humidity around 50% and temperature around 65°F.

EMF exposure: Minimize use of microwaves and electric blankets.

> **A note on detox programs.** Many popular detox programs — juice fasting, aggressive supplements, extreme restriction — can speed up Phase 1 detox pathways and temporarily raise toxin levels in the bloodstream, making you feel worse. Detox exit routes must be functioning well before mobilizing stored toxins. Please consult Dr. Tecaya before starting any detox program.

Testing for Toxic Burden

Consider testing for: solvent panels, heavy metal levels, genetic detox predispositions, and liver detoxification capacity.

Resources: ewg.org · safecosmetics.org · saferchemicals.org · goodguide.com

DIRTY DOZEN & CLEAN FIFTEEN

2025 PESTICIDE REFERENCE

The Environmental Working Group (EWG) publishes this list annually, ranking produce by pesticide residue burden. Use it to decide where buying organic matters most.

2025 DIRTY DOZEN — BUY ORGANIC WHEN POSSIBLE

1. Spinach	**7.** Nectarines
2. Strawberries	**8.** Pears
3. Kale, collard & mustard greens	**9.** Apples
4. Grapes	**10.** Blackberries
5. Peaches	**11.** Blueberries
6. Cherries	**12.** Potatoes

Also high-residue: *Bell peppers, hot peppers, and green beans.*

2025 CLEAN FIFTEEN — SAFER TO BUY CONVENTIONAL

1. Avocados	**9.** Kiwi
2. Sweet corn	**10.** Cabbage
3. Pineapple	**11.** Watermelon
4. Onions	**12.** Mushrooms
5. Papaya	**13.** Mangoes
6. Frozen sweet peas	**14.** Sweet potatoes
7. Asparagus	**15.** Carrots
8. Honeydew melon	

A NOTE ON THE B VITAMINS

FOLATE, FOLIC ACID & METHYLATION

Many people unknowingly consume large amounts of **synthetic folic acid** through fortified foods — and this can be a problem, especially for individuals with MTHFR gene variants. In these cases, synthetic folic acid may accumulate rather than convert to its active form, **disrupting normal methylation and masking B12 deficiency.**

Potential Symptoms of Folic Acid Accumulation or Methylation Dysfunction

- Fatigue and low energy
- Anxiety or irritability
- Depression or low motivation
- Brain fog and difficulty concentrating
- Headaches or migraines
- Skin issues such as acne or rashes
- Histamine intolerance (flushing, nasal congestion, itching, food reactions)
- Elevated homocysteine
- Reduced detoxification capacity and increased chemical sensitivities
- Functional B12 deficiency symptoms: neuropathy, numbness or tingling, anemia-like symptoms

Avoid Foods Fortified with Synthetic Folic Acid — Read Labels

Look for “folic acid” or “enriched” in ingredient lists:

Breakfast cereals: Most contain 25–100% DV per serving (Total®, Special K®, Cheerios®, bran flakes, store brands).

Enriched wheat products: Required by U.S. law. White flour, white bread, buns, rolls, non-whole-grain pasta, bagels, muffins, crackers. Look for “enriched flour” on labels.

Enriched white rice: Labeled “enriched.” Rinsing removes some folic acid coating.

Fortified nutritional yeast: Some brands add folic acid — choose unfortified varieties.

Meal replacement products: Protein bars, shakes, and energy drinks often contain 20–50% DV folic acid.

Infant formula: All formulas are fortified with folic acid by FDA requirement.

Natural Folate Sources (Preferred)

These provide folate in its naturally occurring form:

- Leafy greens: spinach, romaine, Swiss chard (organic recommended)
- Avocado
- Lentils, chickpeas, and black beans (organic preferred)
- Citrus fruits
- Liver and eggs (pastured preferred)

WE'RE WITH YOU

RESOURCES & NEXT STEPS

Visit our website for curated recommendations

Water filters, saunas, air filters, personal care products, and our favorite articles — all in one place.

tecayahealth.com

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