Laura D’Itri MSOM LAc is the founder of Laura D’Itri Functional Wellness, a virtual functional medicine practice aimed at helping women recover from Chronic Fatigue Syndrome (CFS). Her unique approach includes looking at CFS from a "root-cause-right-order" way, meaning understanding the root causes of CFS first through functional lab testing, and then helping her clients recover their body systems in the right order to achieve sustainable & true health.

Laura’s personal journey with extreme fatigue has allowed her to understand functional medicine (treating the root cause of disease) from multiple angles. Her original background in Traditional Chinese Medicine has given her the ability to utilize various methods of treating the whole person, not just a set of symptoms. Laura has her certification in functional medicine from the internationally-renowned Kalish Institute of Functional Medicine.

Laura lives in Los Angeles with her husband and two dogs. She works with women virtually all over the U.S.

- Root causes of Chronic Fatigue Syndrome (CFS)
- Why reactivated Epstein-Barr Virus is an often overlooked part of CFS
- How to overcome reactivated Epstein-Barr Virus
- Why Myalgic Encephalomyelitis (ME) and CFS shouldn’t be researched together
- What adrenal fatigue is, why it’s usually a part of CFS, and how to reverse it
- How those with CFS can gain more energy and mental clarity with diet & lifestyle choices
- The difference between functional and conventional medicine, and why they’re both important for very different things