



St. Catharines Naturopath's Comprehensive Resource Explores Brain Fog

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A newly released educational resource, "What is Brain Fog? A Naturopath's Guide for St. Catharines Residents," is helping individuals better understand why persistent mental fatigue, forgetfulness, and difficulty concentrating may be signs of underlying health concerns rather than simply a normal part of stress or aging. Published by local naturopathic doctor Dr. Aoife Earls, ND, the comprehensive guide was created for people who find that everyday activities—such as remembering appointments, staying productive at work, or following conversations—have become unexpectedly more difficult. Rather than encouraging readers to simply manage these symptoms, the publication explains why brain fog often deserves a closer look.

Brain fog is a term commonly used to describe symptoms such as poor concentration, memory lapses, mental fatigue, slower thinking, and difficulty maintaining focus. Although these symptoms are common, the guide explains that brain fog is not a medical diagnosis itself but is often a sign that one or more underlying factors may be affecting cognitive function. The publication was developed to help readers better understand the many interconnected systems that support healthy brain function and why identifying the underlying

contributors is an important first step toward improving mental clarity.

Instead of focusing on a single explanation, the resource explores the wide range of factors that may contribute to brain fog. It discusses how poor sleep quality, chronic stress, hormonal changes, thyroid dysfunction, blood sugar imbalances, nutritional deficiencies, digestive health concerns, chronic inflammation, and other health issues may each play a role in reduced cognitive performance. The guide also explains that because many of these factors can occur together, two people experiencing nearly identical symptoms may require very different approaches to care.

The publication encourages readers to move beyond temporary symptom management by considering the broader picture of their health. Rather than assuming brain fog is simply something they have to live with, readers are introduced to the importance of investigating the potential contributors behind their symptoms. The guide explains how evaluating health history, lifestyle habits, nutrition, hormone balance, sleep quality, digestive health, and appropriate laboratory testing may provide valuable insight into why cognitive symptoms have developed and what steps may help improve them.

Dr. Earls, ND also emphasizes that improving mental clarity often involves addressing multiple areas of health simultaneously rather than relying on a single solution. By taking a whole-body approach, the guide highlights the relationship between physical health and cognitive function while encouraging readers to seek individualized care that reflects their unique health history and circumstances. The publication is intended to serve as an educational resource for individuals looking to better understand the possible reasons behind persistent brain fog and the value of identifying its root contributors.

Dr. Aoife Earls, ND, is a registered naturopathic doctor with more than 15 years of clinical experience serving patients throughout St. Catharines. Drawing on her background in behavioral neuroscience, she focuses on identifying and addressing the underlying causes of health concerns through individualized, evidence-informed naturopathic care. Dr. Earls, ND provides in-person appointments at her St. Catharines clinic and also offers secure virtual consultations for patients across Ontario.

To read the full educational publication, "What is Brain Fog? A Naturopath's Guide for St. Catharines Residents," readers are encouraged to visit the website at www.draoife.com. To reach Dr. Aoife Earls, ND, please contact the clinic at (289) 815-1668 or by email at info@draoife.com.

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Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.

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