

5 Signs Your Jobsite Might Be Hurting Your Health

1. You're constantly tired, even after rest.

Persistent fatigue may be your body's way of signaling toxic overload, hidden infections, or adrenal burnout — especially if rest doesn't help.

2. You have unexplained gut issues.

Bloating, heartburn, diarrhea, or loss of appetite can point to more than diet — they could indicate long-term microbial imbalances caused by mold, parasites, or heavy metals.

3. Your moods and sleep are unpredictable.

Toxins from jobsite exposure can affect your nervous system, gut-brain connection, and hormone cycles — leading to anxiety, poor sleep, or emotional swings.

4. You've been told 'everything looks normal' — but you don't feel normal.

If labs are coming back clear but your symptoms are still real, it may be time to explore deeper testing with a functional provider.

5. Your jobsite history includes mold, solvents, or heavy chemical exposure.

Decades of painting, remodeling, or working in poorly ventilated spaces can silently overload your system. The effects build over time — until your body says 'enough.'

This checklist is not medical advice, just real-life signs to watch for — based on my personal healing journey after 30+ years in the trades.

— Brad Revie, Founder, Pro Painter6