

# Working Together: Your Guide to Collaborative Care

## What is Collaborative Care?

Collaborative care means that your whole health team—including your doctor and your health coach—works together. Instead of getting mixed messages, we make sure your medical treatments and your lifestyle habits are on the same team. This "bridge" ensures you get the best of both worlds to help your body heal.

## Why This Matters For You

- **Safety First:** We make sure your natural supplements and your prescriptions work safely together without any "clashing."
- **Fewer Side Effects:** Many medications can drain your body of certain vitamins. We identify those gaps and use food and nutrients to help you feel stronger while you take necessary medicine.
- **Better Results:** When we address the root cause of a problem (like your diet or stress), your body often begins to function so well that you may eventually need less medication.
- **Less Confusion:** You won't feel stuck in the middle of two different opinions. We help you communicate with your doctor so everyone is moving in the same direction.

## What You Can Do Today

1. **Update Your List:** Keep a simple list of every medication and supplement you are currently taking. Share this list with both your doctor and your coach at every visit.
2. **The "Slow and Steady" Rule:** Never stop or change the dose of a prescription medication on your own. Some medicines (like those for acid reflux or mood) need to be lowered very slowly to prevent your symptoms from "rebounding" back.
3. **Be Your Own Advocate:** If you want to reduce your reliance on a medication, tell your doctor! You can say: *"I am working on my lifestyle and nutrition to improve my health. When I'm ready, I'd like your help to see if we can safely lower my dosage."*

## Questions to Discuss with Your Practitioner

- "Are any of my current medications known to cause vitamin or mineral deficiencies that we should address?"
- "Can you help me draft a simple note for my doctor explaining the progress I've made in our sessions?"

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