

Your Roadmap to Root-Cause Healing: Why the Right Order Matters

What is Phased Healing?

When you are dealing with many different symptoms—like fatigue, brain fog, and digestive issues—it is tempting to try to fix everything at once. Phased healing is a step-by-step approach that focuses on the right actions in the right order. Think of it like building a house: we must lay a solid foundation before we can pick out the paint colors.

Why This Matters For You

- **Avoids Overwhelm:** Instead of a long list of 20 changes, we focus on the "Rule of Three." We tackle the three most important areas first (usually sleep, digestion, and energy).
- **Prevents a "Healing Crisis":** If we try to detoxify your body before your "exit doors" (like your digestion) are open, you might feel worse. We make sure your body can handle the work before we start.
- **Better Results:** By fixing the "lead domino"—the one issue that affects everything else—many other symptoms often start to clear up on their own.

What You Can Do Today

1. **Open the "Exit Doors":** Your body needs to get rid of waste every day. To help your digestion move along, try drinking a warm cup of ginger tea or ensuring you are drinking half your body weight in ounces of water daily.
2. **Check Your Foundations:** Are you sleeping at least 7–8 hours? Are you eating enough protein? These "boring" basics are actually the fuel your body needs to do the deeper healing work later.
3. **Clean Your Air:** If you suspect your home or office might have hidden triggers like dust or mold, start by using a high-quality HEPA air filter in your bedroom. This gives your immune system a "break" while you sleep.

Questions to Discuss with Your Practitioner

- Based on my history, what is my "Lead Domino" (the first thing we should focus on)?
- How do my iron levels (Ferritin) affect how my thyroid medication or energy levels work?

- What are the three most important goals we are focusing on for the next 30 days?
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