

Preparing for Your Health Discovery Call

What is a Discovery Call?

A Discovery Call is a 30-minute conversation designed to put you first. It is a dedicated time for us to look at your health journey, talk about your frustrations, and see if my "Root Cause" approach is the right fit for your goals. It's not a high-pressure sales pitch; it's a friendly interview to see if we make a great team.

Why This Matters For You

- **You Will Be Heard:** Unlike quick doctor visits where you might feel rushed, this is your time to share your full story. We look at the "big picture" of your health.
- **Stop the Guesswork:** If you are tired of buying random supplements or being told your "labs are normal" when you feel terrible, this call is the first step toward getting real answers.
- **A Clear Roadmap:** You will leave the call understanding exactly what a 90-day plan looks like, so you can stop wondering what to do next and start feeling better.

What You Can Do Today

1. **Identify Your "Why":** Think about one thing you can't do right now because of your health (like playing with your kids or feeling sharp at work). Why is *now* the right time to change that?
2. **Review Your History:** Jot down a few notes about what you've tried in the past. What worked? What didn't? This helps us avoid repeating old mistakes.
3. **Commit to Yourself:** Think about what your life would look like a year from now if nothing changes. Use that as motivation to show up to our call ready to be open and honest.

Questions to Discuss with Your Practitioner

- "I've been told my labs are normal, but I still feel 'wired but tired.' How is your approach different?"
- "I am worried about failing again. How does using data and functional testing help me stay on track?"
- "What does the 90-day journey look like, and what kind of support will I have along the way?"

- "What is the biggest thing holding me back from reaching my health goals right now?"
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