

# Your Journey to Lasting Health: The Sustain Phase

## What is Sustainability in Health?

The "Sustain" phase is the most exciting part of your health journey. It is the shift from "fixing a problem" to "living your best life." Instead of just trying to get rid of a symptom, we are now working together to make sure your progress lasts forever and your body becomes strong enough to handle whatever life throws at it.

## Why This Matters For You

- **Stop the "Yo-Yo" Effect:** Many people work hard to feel better, but slide back into old habits once the pain is gone. This phase helps you lock in your gains so they become your "new normal."
- **Freedom from Perfection:** You don't have to be 100% perfect to be healthy. We focus on building a body that is "resilient"—meaning you can enjoy a celebration or a busy week without feeling like you've ruined your progress.
- **True Vitality:** There is a big difference between "not being sick" and "feeling amazing." This phase is about moving toward high energy, clear thinking, and long-term aging well.

## What You Can Do Today

1. **Practice the 80/20 Rule:** Focus on your healthy foundations (like sleep, water, and whole foods) 80% of the time. This gives you the freedom to enjoy "life moments" (like a birthday dinner or a vacation) the other 20% of the time without worry.
2. **Listen to Your "Bounce Back":** Notice how your body reacts to stress or different foods. A resilient body might feel tired after a late night, but it recovers quickly the next day. This "bounce back" is a sign of true health.
3. **Focus on the Positive:** Instead of looking for what is "wrong" with your body, start noticing what feels "vibrant." Do you have more energy for your kids? Is your mind clearer at work? Celebrate these wins!

## Questions to Discuss with Your Practitioner

- Am I ready to move from "fixing" mode to "maintenance" mode?
  - Which 2 or 3 foundational habits are most important for me to keep my 80% on track?
  - What does "optimal vitality" look like for me in the next six months?
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