

You Are the CEO of Your Health: A Guide to Your Health Partnership

What is Health Autonomy?

In the past, you may have felt like a passive passenger in your healthcare, simply following a doctor's orders. **Health Autonomy** means you are moving into the driver's seat. In our work together, we are partners: I bring the knowledge of how the body works, but you are the expert on your own life, your family, and your history.

Why This Matters For You

- **Success That Lasts:** When a plan is built around your real life—not just a set of "rules"—it is much easier to keep doing it for years to come.
- **Confidence in Your Body:** You will learn how to read your body's signals. This means you won't feel panicked if you have a bad day; you'll have the tools to get back on track yourself.
- **Respect for Your Traditions:** Your health plan should never force you to give up your heritage or the things that make your life meaningful. We work together to blend healthy habits with your cultural and family traditions.

What You Can Do Today

1. **Use the "Menu" Approach:** When we discuss a new habit, think of it like a menu. Is this a "Level A" week where you feel strong and want to do the most? Or is it a "Level C" week where you just need to focus on the basics? Always choose the path that feels most sustainable for you.
2. **Look for Barriers, Not Blame:** If you find it hard to follow a part of your protocol, don't feel guilty! Instead, look for the "why." Is it too expensive? Is your family not on board? Is it taking too much time? Tell me what the barrier is so we can find a workaround together.
3. **Create Your "Resilience Checklist":** Start a simple list of what you do when you feel a "flare-up" or a bad day coming on (for example: 1. Go to bed 1 hour earlier, 2. Drink more water, 3. Take a 10-minute walk). This is your first line of defense!

Questions to Discuss with Your Practitioner

- "This part of the plan feels hard to do with my family's schedule. How can we change it so I don't have to eat separately from them?"

- "I want to feel more confident making decisions on my own. What are the first three things I should check when I'm not feeling my best?"
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