

Staying Vibrant: Your Guide to Preventing Relapse

Catching the "Whispers" Before They Become "Screams"

Think of your health like a campfire. When you are feeling great, the fire is steady and controlled. A "relapse" or a flare-up is like the fire spreading out of control. However, before the fire spreads, there are usually small sparks or "whispers" from your body. This guide helps you recognize those tiny sparks early so you can blow them out before they turn into a wildfire.

Why This Matters For You

- **Protect Your Progress:** You have worked hard to feel better; learning your body's signals ensures you stay that way.
- **Stop the "Crash":** By catching small symptoms early, you can avoid the big energy crashes or painful flare-ups that stop your life.
- **Total Control:** You will feel empowered knowing exactly what to do when you feel "off," rather than worrying or guessing.

What You Can Do Today

1. Watch for "Yellow Zone" Signs

These are the small signs that your body is under stress. If you notice these for more than two days, it's time to slow down: * **The 3 PM Slump:** Needing caffeine or sugar just to finish the day. * **The "Tired but Wired" Feeling:** Being exhausted all evening, but suddenly getting a "second wind" of energy at 10 PM. * **Morning Stiffness:** Feeling "fuzzy" or having stiff joints for 10 minutes after waking up. * **Brain Fog:** Having a harder time finding common words or feeling "slow" in your thinking.

2. Start a "72-Hour Reset"

If you notice "Yellow Zone" signs, don't panic! Try this simple 3-day plan: * **Early Lights Out:** Be in bed with the lights off by 9:00 PM for three nights in a row. * **Extra Hydration:** Drink plenty of water with a pinch of sea salt or minerals. * **Deep Breathing:** Spend 5 minutes twice a day doing slow, deep belly breaths to calm your nervous system. * **Check Your Surroundings:** Did you recently start eating a "trigger" food again? Is there a new leak or a new piece of furniture (which can have strong chemicals) in your house?

3. Build Your Health "Green Zone"

Write down the 3 things you *must* do to stay well. For many, this is "No gluten," "7 hours of sleep," and "A 20-minute walk." These are your non-negotiables.

Questions to Discuss with Your Practitioner

- Based on my history, what are the top three "Yellow Zone" signs I should look out for?
 - What specific supplements or tools should be in my "First Responders" kit for a 72-hour reset?
 - Are there any specific environment triggers (like dust, mold, or chemicals) I should be more careful about?
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