

Your Modern Health Journey: Technology That Puts You First

What is a "Functional Tech Stack"?

In our practice, we use a "Tech Stack"—a group of smart digital tools—to make your health journey smoother and more private. Instead of using old-fashioned paper files and messy spreadsheets, we use high-tech systems designed to find the root cause of your health concerns and keep your personal information safe.

Why This Matters For You

- **Your Story is Heard:** Our digital intake forms allow you to share your health history at your own pace from the comfort of your home. This ensures that when we meet, I already have a deep understanding of your journey, so we can spend our time focusing on solutions rather than paperwork.
- **See Your Progress Clearly:** We use special software that turns your lab results and symptoms into easy-to-read charts. Instead of guessing if you feel better, you will be able to see your progress visually over weeks and months.
- **Easy, Secure Communication:** You don't have to play "phone tag." You get a private, secure portal where you can message me, view your personalized supplement plan, and access your health roadmap anytime you need it.
- **Bank-Level Security:** Your health data (like genetics and lab tests) is very sensitive. We use "end-to-end encryption" and secure platforms to ensure your private information stays private.

What You Can Do Today

1. **Activate Your Portal:** Look for an invitation email to our secure health platform. Setting this up is the first step to staying connected and organized.
2. **Complete Your "Reveal" Forms:** Take your time filling out your digital health history. The more detail you provide, the better we can map out the "root causes" of your symptoms.
3. **Download the App:** If you use a smartphone, download our practice app. It allows you to log your food, mood, or sleep in real-time, which helps us spot patterns that might be missed otherwise.

Questions to Discuss with Your Practitioner

- "How can I use the portal to track my daily habits or supplements?"
 - "Where can I find the visual 'Health Roadmap' we created together?"
 - "If I have a quick question between sessions, what is the best way to message you securely?"
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