

# Finding the Root of Your Health: Your Roadmap to Feeling Better

## What is the R.O.O.T.S. Method™?

The R.O.O.T.S. Method™ is a simple way to look at your health like a tree. Instead of just "painting the leaves" by covering up symptoms with quick fixes, we look deep into the soil and the roots. This helps us find out exactly why you aren't feeling your best so we can fix the problem for good.

## Why This Matters For You

- **Stop the Guesswork:** You will finally understand the "why" behind your symptoms, like why you feel tired even when your lab tests come back "normal."
- **Focus on Performance:** Whether you are at home or at work, getting to the root cause helps you stay sharp, focused, and productive all day long.
- **Personalized Care:** Your body is unique. This approach moves away from "one-size-fits-all" advice and creates a plan that fits your specific life and goals.

## What You Can Do Today

1. **Spot the Pattern:** For the next 24 hours, take a note of when you feel your worst (like a 3 PM energy crash). What happened right before that? What did you eat or how did you feel?
2. **Check Your Foundation:** Think about the "Big Three": Sleep, Stress, and Movement. Which one of these feels the most "out of balance" right now?
3. **Take the Next Step:** If you're tired of "band-aid" solutions, schedule a 15-minute Discovery Call. We can look at your specific situation and see if a functional health approach is the right fit for you.

## Questions to Discuss with Your Practitioner

- "I've been told my tests are 'normal,' but I still don't feel right. How can we look deeper into my daily energy levels?"
  - "Based on my biggest health struggle, which part of my 'roots' (like sleep, nutrition, or stress) should we focus on first?"
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