

Your Health Roadmap: The Step-by-Step Path to Feeling Better

What is Your Health Roadmap?

Your health journey isn't a "quick fix" or a long list of supplements to take all at once. It is a carefully designed plan that breaks your healing into three simple phases: Preparation, Deep Work, and Staying Well. By doing things in the right order, we make sure your body is strong enough to handle big changes without feeling overwhelmed.

Why This Matters For You

- **No More Overwhelm:** Instead of trying to change 20 things on day one, we focus on a few small, powerful habits that build your foundation.
- **Faster Results:** We look for your "Lead Domino"—the one health issue that, when fixed, helps all your other symptoms (like brain fog or low energy) get better automatically.
- **A Smoother Ride:** By preparing your body first, we reduce the "healing crisis" (feeling worse before you feel better) that often happens when people rush their recovery.

What You Can Do Today

1. **Focus on "Drainage" First:** Your body needs to clear out waste to heal. Ensure you are drinking plenty of water, eating fiber to stay regular, and getting 7–8 hours of sleep.
2. **Identify Your Main Goal:** Think about the one symptom that interferes with your life the most. This helps us find your "Lead Domino."
3. **Check Your Bandwidth:** Look at your calendar and budget for the next month. Be honest about how much time you can realistically spend on meal prep or new routines so we can build a plan that fits *your* life.

Questions to Discuss with Your Practitioner

- Looking at my history, what is the "Lead Domino" we should focus on first to get the best results?
- What are the signs that my body is ready to move from the Preparation Phase into the Deep Work Phase?

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