

Your Path to Lasting Health: The "Foundation First" Approach

What is the R.O.O.T.S. Method?

The R.O.O.T.S. Method is a way of looking at your health that focuses on the "why" behind your symptoms. Instead of just giving you a pill for every ill, we work on two main steps: **Optimize** (improving your daily habits like sleep and food) and **Target** (using specific supplements to help your body heal).

Why This Matters For You

It is tempting to want a "magic pill" to fix everything quickly. However, supplements work best when your body has a strong foundation. By focusing on your lifestyle first, you will:

- **Save Money:** You won't waste money on expensive supplements that your body isn't ready to use yet.
- **Feel Less Overwhelmed:** Instead of a cabinet full of 20 different bottles, we keep your plan simple and manageable.
- **Get Better Results:** When you fix the "root" cause (like poor sleep or stress), your body can actually use the nutrients we give it to heal itself.

What You Can Do Today

To keep you from feeling "protocol fatigue" (feeling tired or stressed by too many changes), we follow the **Rule of Three**:

1. **Focus on the "Big Three" Basics:** Before adding complex supplements, make sure you are winning with your "Optimize" habits:
 - **Sleep:** Are you getting 7–8 hours of rest?
 - **Hydration:** Are you drinking enough clean water?
 - **Whole Foods:** Are you eating real, unprocessed food most of the time?
2. **Keep it Simple:** If you feel overwhelmed, remember we aim for no more than **three** lifestyle tasks and **three** main supplements at one time. Success comes from doing a few things perfectly, not many things poorly.
3. **Listen to Your Body:** If a new supplement makes you feel jittery, nauseous, or "off," stop and let us know. Your body's comfort is our top priority.

Questions to Discuss with Your Practitioner

- "If we took away all my supplements today, which of my daily habits would still be supporting my health?"
 - "Which three things should I focus on this week to feel the most 'win' in my routine?"
 - "Are there any 'hidden blockers'—like high stress or my home environment—that might be slowing down my progress?"
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