

The Roadmap to Your Recovery: Why Timing is Everything

What is Strategic Sequencing?

Think of your health journey like building a house. You wouldn't try to paint the walls before the foundation is poured or the roof is on. Strategic sequencing means we address your health concerns in a specific order that follows how your body actually works. This ensures you feel better faster without overwhelming your system.

Why This Matters For You

- **Better Results with Less Effort:** By fixing your gut and lifestyle first, your body becomes much better at absorbing nutrients. This means the supplements you take will actually work instead of going to waste.
- **Avoid the "Healing Crisis":** Many people feel worse before they feel better because they try to "detox" too fast. By opening up your body's natural exit paths (like your digestion) first, we make sure you stay comfortable as you heal.
- **Saves You Money:** We focus on the most important "root" issues first. Often, when we fix your sleep or blood sugar, other symptoms (like skin issues or mood swings) clear up on their own without needing extra, expensive pills.

What You Can Do Today

1. **Open the "Pipes":** Your body needs to get rid of waste daily. You can help this "drainage" process right now by drinking half your body weight in ounces of water and ensuring you have a daily bowel movement.
2. **Focus on the "Big Three":** Before moving to complex protocols, aim for "Foundational Stability." This means getting 7–8 hours of sleep, eating protein to keep your energy steady (no "hangry" episodes), and avoiding foods that you know make you feel bloated.
3. **Check Your Stress:** Your stress hormones act like a conductor for a symphony. If you are constantly stressed, your other hormones (like your thyroid or sex hormones) can't find their rhythm. Take 5–10 minutes today for a quiet walk or deep breathing to signal to your body that it is "safe" to heal.

Questions to Discuss with Your Practitioner

- "Based on my current energy and digestion, am I ready to move from lifestyle changes to specific supplements, or should we stay in the 'Optimize' phase a bit longer?"
 - "Are my 'drainage pathways' (like my digestion and hydration) working well enough to start a deeper clearing or detox protocol?"
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