

Your Journey to Better Health: The R.O.O.T.S. Group Experience

What is the R.O.O.T.S. Group Program?

The R.O.O.T.S. Method™ is a step-by-step way to find and fix the causes of your health concerns. While we start with private sessions to look at your personal labs, we move into a group setting for the "Optimize" phase. This is where we work together on the big pillars of health—like food, sleep, and stress—that help everyone feel their best.

Why This Matters For You

- **You Are Not Alone:** Healing can feel lonely, but in a group, you are surrounded by people who truly understand what you are going through.
- **Better Results:** Research shows that people who work in groups often have better success (like losing more weight or sticking to new habits) because of the extra support and encouragement from peers.
- **Learn from Others:** You will hear questions and ideas from your teammates that you might not have thought of yourself, giving you a "fast track" to learning.

What You Can Do Today

1. **Review Your Foundation:** Look over your "Reveal" notes from our private session. These are the unique clues about your health that we will keep in mind as you join the group.
2. **Commit to the Community:** When the group meets, try to share one "win" (something that went well) and one "challenge" (something you're working on). This helps everyone grow.
3. **Use the "Health Vault":** Log in to our member area to watch the short videos on sleep and nutrition. These are designed to give you the most important tips in just a few minutes so you can take action right away.

Questions to Discuss with Your Practitioner

- How does my personal plan fit into the group topics we will be covering this month?
- If I feel overwhelmed by the group discussions, what is the best way to reach out for extra support?

