

Building Your Health from the Ground Up

What is a "Foundations First" Approach?

When we aren't feeling our best, it is tempting to look for a "magic pill" or a complex new diet to fix the problem quickly. However, true health is like building a house: you need a strong foundation before you put up the walls. A "Foundations First" approach means focusing on the basics—like sleep, stress, and digestion—to make sure your body is actually ready to heal.

Why This Matters For You

- **Better Results with Less Effort:** When your body is rested and less stressed, the supplements or food changes you make work much more effectively.
- **Saves You Money:** You won't waste money on expensive "advanced" tests or dozens of supplements that your body isn't ready to absorb yet.
- **Reduces Overwhelm:** Instead of trying to manage a 15-step plan, focusing on the "big rocks" of health makes your journey feel simpler and more successful.

What You Can Do Today

1. **Prioritize Your "Sleep Window":** Try to get 7–8 hours of rest. Your body cannot balance hormones or burn fat effectively if it is exhausted. Even 30 minutes of extra sleep can change how you feel tomorrow.
2. **Breathe Before You Eat:** Before your next meal, take three slow, deep breaths. This tells your nervous system it is safe to "rest and digest," which helps you absorb the nutrients from your food and prevents bloating.
3. **Audit Your "Supplement Stress":** If your current routine feels like a chore, talk to your coach. It is often better to do three things perfectly than to do twelve things halfway.

Questions to Discuss with Your Practitioner

- "Are there any basic habits—like my sleep or stress levels—that might be blocking the progress of my current diet or supplements?"
- "How can we simplify my daily plan so I feel more confident and less overwhelmed?"

