

Your Healthcare Team: Working Together for Your Best Health

What is Collaborative Care?

Collaborative care means that everyone looking after your health—your doctor, your specialists, and your health coach—works together as one team. Instead of just treating a single symptom, we look at your whole body as a connected system. Think of your doctor as the specialist for urgent needs and your coach as the architect helping you build a long-term plan for feeling your best.

Why This Matters For You

- **Safety First:** We make sure that your natural supplements and lifestyle changes work safely alongside any medications your doctor has prescribed.
- **Better Results:** When your health team is on the same page, you get a clear plan instead of confusing or "clashing" advice.
- **Confidence in Your Care:** You will feel more supported knowing that your coach can help you explain your health goals to your doctor using clear, professional information.

What You Can Do Today

1. **List Your "Team":** Write down the names and contact info of your primary doctor and any specialists you see. This helps us coordinate your care smoothly.
2. **Check for "Vitamin Thieves":** Some common medications (like those for blood pressure, heartburn, or cholesterol) can accidentally "steal" important vitamins from your body. Let's look at your medications together so we can discuss any needed nutrients with your doctor.
3. **Be the Expert on "You":** While I understand the science and your doctor understands the medicine, **you** are the expert on how you feel. Keep a simple daily note of your energy and mood to share at our next session.

Questions to Discuss with Your Practitioner

- "Are any of my current medications known to lower my vitamin or mineral levels?"
- "How can we best share my progress and lab results with my primary doctor so they feel included in my journey?"

- "If my doctor has questions about my new food or supplement plan, what is the best way for us to provide them with the right information?"
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