

# Your Guide to Smart & Honest Supplementation

## What is Financial Integrity in Your Care?

When we work together, I may recommend specific vitamins or supplements to help your body heal. "Financial Integrity" simply means that my first priority is always your health, not selling products. It means I am being 100% honest about why I suggest certain brands and how those products are sold, so you can feel confident in every choice we make.

## Why This Matters For You

- **Quality You Can Trust:** Not all supplements are created equal. By recommending professional-grade products, I ensure you are getting exactly what is on the label without hidden "fillers" or junk ingredients.
- **Save Money and Time:** We focus on "Targeted Nutrition." This means we only use what your body actually needs based on your labs, preventing you from wasting money on a "closet full of vitamins" that don't work.
- **Total Transparency:** You deserve to know how the business side works. If I earn a small profit from a supplement sale, it goes directly back into researching the best tools for your care. You are always free to buy your supplements wherever you choose.

## What You Can Do Today

1. **Ask the "Why" Question:** For every supplement in your cabinet, make sure you know exactly what it is doing for your body. If you aren't sure, let's talk about it!
2. **Prioritize Food First:** Remember that supplements are meant to *supplement* a healthy lifestyle, not replace it. We will always look at your meals and habits as the foundation of your plan.
3. **Check for Purity:** If you choose to buy supplements on your own, look for "Third-Party Testing" or "GMP" labels. This ensures the product is clean and safe.

## Questions to Discuss with Your Practitioner

- "Can you explain the specific reason I am taking this supplement and how long I'll need it?"
- "If this protocol is outside of my current budget, are there food-based or lower-cost alternatives we can try first?"

- "How do I know these specific brands are higher quality than the ones I see at the grocery store?"
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