

# Your Health Partnership: Getting the Best Results Together

## What is Honest Feedback?

In our journey together, we use a "partnership" approach to your health. This means we value clear, honest communication and track real data—like your symptoms and lab tests—to make sure you are actually getting better. We don't just guess; we look at the evidence to see what is working and what needs to change.

## Why This Matters For You

- **Faster Results:** By being honest about what is (and isn't) working, we can fix mistakes quickly and get you feeling better sooner.
- **A Plan That Fits Your Life:** If a protocol feels too hard, telling your practitioner helps us adjust the plan so you don't feel overwhelmed.
- **Clear Progress:** Instead of wondering if you are improving, we use specific "Success Markers" to show you exactly how far you've come.
- **Trust and Support:** You deserve a practitioner who cares about you personally but is also brave enough to tell you the truth about your health habits.

## What You Can Do Today

1. **Track Your Symptoms:** Use your symptom questionnaire (MSQ) regularly. This is our "scorecard" to see if your body is responding to the changes we are making.
2. **Be Radically Honest:** If you didn't take your supplements or found the diet too difficult, tell us! We are here to help, not to judge. Honest feedback helps us build a better plan for you.
3. **Follow the Steps:** Your health is built in phases (Reveal, Organize, Optimize, Target). Focus on the "Optimize" phase—the lifestyle basics like sleep and food—before jumping into complex supplements. This creates a solid foundation for your recovery.

## Questions to Discuss with Your Practitioner

- "Looking at my symptom scores, where have I made the most progress this month?"
- "I'm feeling a bit overwhelmed by the new routine; can we look at the 'Optimize' steps again to make sure I have the basics down?"

- "How do my latest lab results compare to the symptoms I'm feeling right now?"
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