

# Your Health Data: Private, Protected, and Personal

## What is Data Privacy in Functional Health?

In our work together, we look at more than just basic lab results. We explore the "blueprints" of your health, including your DNA (genetics), your gut health (microbiome), and your deep lifestyle habits. Data privacy is the set of high-tech "locks and keys" we use to make sure this sensitive information stays between us and is never shared or seen by anyone it shouldn't be.

## Why This Matters For You

- **Total Peace of Mind:** When you know your information is locked in a secure "digital vault," you can feel safe being 100% honest about your health journey. This transparency is the key to your healing.
- **Protecting Your "Biological Signature":** Your genetic data is unique to only you. We use medical-grade encryption (the same kind used by top-tier banks) to ensure your DNA identity stays private.
- **You Own Your Story:** Whether you are working with us locally or from across the globe, we follow strict rules (like HIPAA and GDPR) that give you the right to access your records, move them, or even ask for them to be deleted.

## What You Can Do Today

1. **Always Use the Secure Portal:** Please avoid sending lab results or health updates through standard email or text. Always log in to our encrypted client portal to share documents or messages.
2. **Set Up "Two-Factor Authentication":** If the portal asks you to verify your identity with a code sent to your phone, say yes! This adds an extra layer of protection to your health "vault."
3. **Keep Your Devices Private:** Since you can access your health records on your phone or laptop, make sure your devices are password-protected so your private info stays for your eyes only.

## Questions to Discuss with Your Practitioner

- "How do we keep my DNA and lab results safe from outside companies?"
- "If I ever decide to stop my health program, what happens to my digital records?"

- **"Can you show me how to use the secure portal to message you safely?"**
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