

# Your "New Normal": Staying Vibrant for Life

## What is the Maintenance Phase?

Think of your health journey like building a house. For the last few months, we've been in the "construction phase"—doing the heavy lifting to repair your foundation and fix the leaks.

Now, we are entering the **Sustain Phase**. This is where we shift from "fixing" to "living," creating a simple, flexible plan that keeps you feeling great without it feeling like a full-time job.

## Why This Matters For You

- **Freedom and Flexibility:** You'll learn how to enjoy "buffer zones" (like a dessert or a late night) without feeling like you've ruined your progress.
- **Less "Pill Fatigue":** We will find the smallest number of supplements you actually need to stay healthy, saving you time and money.
- **Long-Term Resilience:** Instead of just avoiding sickness, we are building a body that recovers quickly from stress and stays energized for years to come.

## What You Can Do Today

1. **Check Your "Recovery Speed":** Pay attention to how you feel after a stressful day or a "off-plan" meal. If you bounce back within 24–48 hours, your body is becoming "metabolically flexible"—a huge win!
2. **Follow the 80/20 Rule:** Focus on your "Non-Negotiables" (like sleep and movement) 80% of the time. Use the other 20% for social flexibility, like enjoying a meal out with friends or a holiday celebration.
3. **Eat with the Seasons:** Start noticing what's fresh at the market. In the winter, focus on warm, hearty foods and extra rest. In the summer, enjoy more raw fruits, salads, and outdoor movement. This "cross-trains" your metabolism.
4. **Simplify Your Shelf:** Look at your supplement cabinet. We will work together to "peel back the layers," moving away from high-dose "repair" supplements and toward a simple, foundational routine.

## Questions to Discuss with Your Practitioner

- Am I ready for the "Green Light"? (Have I felt 80% better for at least 3 months?)

- **What are my "Non-Negotiables"?** (Which 2 or 3 habits are the most important for me to keep doing every day?)
  - **How can we simplify my protocol?** (Which supplements can I stop taking or only take a few days a week?)
  - **When is my next "Check-Up"?** (Let's schedule an Annual Functional Review to catch any small issues before they become big symptoms.)
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