

# Focusing Your Path: The "Big Rock" Approach to Health

## What is Strategic Targeting?

When you have several health concerns at once—like feeling tired, bloated, or "foggy"—it's tempting to try to fix everything on day one. Strategic targeting is different. It means we identify the **"Big Rock"** in your health. This is the one main area that, once improved, will create a ripple effect and help your other symptoms clear up naturally.

## Why This Matters For You

- **Less Stress, Better Results:** Instead of feeling overwhelmed by a list of 20 different changes, you only have to focus on one or two key areas. This makes it much easier to stay on track.
- **Finding the Root Cause:** We don't just want to put a "band-aid" on your symptoms. By targeting the foundation (like your gut health), we address the source of the problem so you feel better long-term.
- **Clear Understanding:** You will always know the "Why" behind your plan. When you understand how your gut is connected to your brain and your energy, it's much easier to stay motivated.

## What You Can Do Today

1. **Embrace the "Big Rock":** If we have decided to focus on your gut health first, keep that as your primary goal. Don't worry about complex diets or expensive testing right now—focus on the foundation we've set.
2. **Observe the Ripple Effect:** Pay attention to how focusing on one area affects the others. For example, as your digestion improves, do you notice your "brain fog" starting to lift or your energy returning?
3. **Simplify Your To-Do List:** If you feel yourself getting overwhelmed by health advice from the internet or friends, take a deep breath. Remind yourself: *"We are starting with the most important thing first to get the best results."*

## Questions to Discuss with Your Practitioner

- How does my "Big Rock" (like my digestive health) specifically connect to the other symptoms I'm feeling?

- What are the 2 or 3 simple habits I should focus on this week to support our main target?
  - If I feel the urge to add more to my routine, how can I tell if it's helpful or just adding "noise"?
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