

Your Path to Real Health: The R.O.O.T.S. Method

What is Root-Cause Healing?

Root-cause healing is a way of looking at your health that asks "Why?" instead of just "What?" Instead of only focusing on your symptoms, we look at your whole body as one connected system. We work together to find the underlying reasons you feel the way you do so you can get back to feeling your best.

Why This Matters For You

- **No More Guesswork:** We use a proven system to map out your health history, helping us see patterns that others might have missed.
- **A Plan Built for You:** You aren't a "one-size-fits-all" person. This approach creates a custom roadmap based on your unique body and lifestyle.
- **Long-Term Results:** By fixing the foundation (like sleep, hydration, and stress) first, we create lasting changes rather than just temporary "band-aids."

What You Can Do Today

1. **Check the "Low-Hanging Fruit":** Before our next session, notice three things: Are you drinking enough water? Are you getting 7-8 hours of sleep? Are you moving your body? Improving these "basics" often makes the biggest difference.
2. **Start Your Health Timeline:** Think back to when you first started feeling "off." Was there a specific event, illness, or stressful time? Jotting this down helps us find the "root" of the issue.
3. **Be Patient with the Process:** Real change takes time. Just like a garden, we have to prepare the soil before we see the flowers. Trust that every small step you take is moving you forward.

Questions to Discuss with Your Practitioner

- "Based on my history, which 'root' should we focus on first to help me feel better quickly?"
- "How do my different symptoms (like digestion, energy, or mood) connect to each other?"

