

# Your Path to Lasting Health: The "Foundation First" Approach

## What is the R.O.O.T.S. Method?

The R.O.O.T.S. Method is a way of looking at your health that focuses on the "why" behind your symptoms. Instead of just giving you a pill for every ill, we work on two main steps:

**Optimize** (improving your daily habits like sleep and food) and **Target** (using specific supplements to help your body heal).

## Why This Matters For You

It is tempting to want a "magic pill" to fix everything quickly. However, supplements work best when your body has a strong foundation. By focusing on your lifestyle first, you will: - **Save Money:** You won't waste money on expensive supplements that your body isn't ready to use yet. - **Feel Less Overwhelmed:** Instead of a cabinet full of 20 different bottles, we keep your plan simple and manageable. - **Get Better Results:** When you fix the "root" cause (like poor sleep or stress), your body can actually use the nutrients we give it to heal itself.

## What You Can Do Today

To keep you from feeling "protocol fatigue" (feeling tired or stressed by too many changes), we follow the **Rule of Three**:

1. **Focus on the "Big Three" Basics:** Before adding complex supplements, make sure you are winning with your "Optimize" habits:
  - **Sleep:** Are you getting 7–8 hours of rest?
  - **Hydration:** Are you drinking enough clean water?
  - **Whole Foods:** Are you eating real, unprocessed food most of the time?
2. **Keep it Simple:** If you feel overwhelmed, remember we aim for no more than **three** lifestyle tasks and **three** main supplements at one time. Success comes from doing a few things perfectly, not many things poorly.
3. **Listen to Your Body:** If a new supplement makes you feel jittery, nauseous, or "off," stop and let us know. Your body's comfort is our top priority.

## Questions to Discuss with Your Practitioner

- "If we took away all my supplements today, which of my daily habits would still be supporting my health?"
  - "Which three things should I focus on this week to feel the most 'win' in my routine?"
  - "Are there any 'hidden blockers'—like high stress or my home environment—that might be slowing down my progress?"
- 

*AccrediPro Standards Institute Verified Resource*

---