

Your Health Journey: Staying Safe & Tracking Success

What is This Guide?

This guide explains the "safety net" we use to make sure your wellness plan is working and that you feel supported every step of the way. We use simple tools to track your progress and have clear plans in place to keep your personal information private and your body safe.

Why This Matters For You

- **Seeing Real Progress:** Instead of just guessing if you feel better, we use "Scorecards" (like the MSQ) to turn your symptoms into numbers. This helps us see exactly how much you are improving over time.
- **A Plan for the "Bumpy" Days:** Sometimes, as your body changes or detoxes, you might feel a little "off." We have a step-by-step plan ready so you know exactly what to do if you feel a reaction, ensuring you never feel scared or alone.
- **Your Privacy is a Priority:** Your health data is sensitive. We use high-level security (like a digital vault) to make sure your labs and notes stay between us.
- **The Right Care at the Right Time:** If we see something in your results that needs a medical doctor's attention, we will tell you immediately. We act as a second pair of eyes to make sure nothing important is missed.

What You Can Do Today

1. **Complete Your Check-ins:** When you receive a questionnaire (like the MSQ or a mood survey), please fill it out honestly. These "Scorecards" are the best way to prove your plan is working and to adjust things if they aren't.
2. **Report Changes Early:** If you start a new supplement or food plan and feel a sudden change—like a headache, skin rash, or upset stomach—let me know right away. We have a "Reaction Protocol" to help you feel better fast.
3. **Use the Secure Portal:** To keep your information safe, please send all health-related messages and lab results through our secure app rather than standard text or social media.

Questions to Discuss with Your Practitioner

- "Based on my latest Scorecard, which symptoms are improving the most?"
 - "What should I do if I feel a 'healing crisis' or a reaction to a new supplement after hours?"
 - "Are there any 'Red Flags' in my recent labs that I should talk to my primary doctor about?"
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