

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

What is the R.O.O.T.S. Method™?

The R.O.O.T.S. Method™ is a step-by-step plan designed to find the real "why" behind your health struggles. Instead of just covering up symptoms with a quick fix, we look at your entire life and body as one connected system to help you feel like yourself again.

Why This Matters For You

- **You are finally heard:** We move past "normal" lab results to listen to your unique story and find the patterns others might have missed.
- **No more guessing:** You get a clear, logical roadmap that connects the dots between your symptoms, your lifestyle, and your goals.
- **Results that last:** By fixing the foundation of your health rather than just the surface-level problems, you can build a body that is strong and resilient for years to come.

What You Can Do Today

1. **Create your health timeline:** Think back to when you last felt truly great. Write down when your symptoms first started and what was happening in your life at that time (like high stress, an illness, or a big move).
2. **Define your "North Star":** If you had 100% of your energy back tomorrow, what is the first thing you would do? Keeping this goal in mind helps us stay focused on the "why" behind your healing.
3. **Identify your "unheard" symptoms:** Make a list of the health concerns you've mentioned to others in the past that were dismissed or ignored. We will prioritize these in our next session.

Questions to Discuss with Your Practitioner

- "Based on my history, which of the five R.O.O.T.S. steps (Reveal, Organize, Optimize, Target, Sustain) do we need to focus on first?"
- "How can we use deep testing to look at my health differently than the standard tests I've had before?"

- "What is one small change I can make this week that will help stabilize my foundation while we work on the bigger picture?"

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