

From Foundations to Focused Results: Your "Target" Phase

What is the "Target" Phase?

Think of your health like building a house. For the last few weeks, we have been working on the "**Optimize**" phase—building a strong foundation through better sleep, hydration, and whole foods.

Now, we are moving into the "**Target**" phase. This is where we use specific, high-quality tools (like supplements) to fix the "stubborn" issues that lifestyle changes alone couldn't reach. It's about moving from general wellness to surgical precision.

Why This Matters For You

- **No More Guesswork:** Instead of just "trying things" you read about online, we are targeting the specific biological gears in your body that need oiling.
- **Save Money and Time:** You won't be stuck with a "supplement graveyard" of 20 different bottles. We focus on the **Minimum Effective Dose**—the fewest number of pills to get the biggest result.
- **Better Results:** By waiting until your foundation is strong, your body is now stable enough to actually use these targeted tools effectively. This means you feel better, faster.

What You Can Do Today

1. **The Cabinet Audit:** Look through any supplements you are currently taking. Are they serving a specific purpose, or are you taking them "just because"? Bring these to our next session.
2. **Track the "Stubborn" Stuff:** Pay close attention to the symptoms that didn't go away with your new diet or sleep routine (like specific bloating or afternoon brain fog). These are our primary targets.
3. **Protect the Foundation:** Targeted supplements work best when you are still sleeping well and drinking enough water. Don't let your "foundations" slide just because we are adding new tools!
4. **Watch for Red Flags:** If you experience sudden, unexplained weight loss, night sweats, or severe new pain, please pause your protocol and contact me or your primary doctor immediately.

Questions to Discuss with Your Practitioner

- Which specific "biological dysfunction" (like digestion or energy production) are we targeting first?
 - How long do we expect this targeted protocol to last before we re-evaluate?
 - Are any of my current supplements potentially working against my new goals?
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