

The "Sustain" Phase: Keeping Your Results for Life

What is the Sustain Phase?

The **Sustain Phase** is the most exciting part of your health journey. It's the shift from "fixing a problem" to "building a shield." Instead of just chasing symptoms, we are now focused on your **health-span**—making sure you stay active, sharp, and vibrant for as many years as possible. Think of it as protecting the investment you've made in yourself.

Why This Matters For You

- **Proof it's Working:** We don't just guess; we use simple tools to show that your body is getting more resilient and that your "internal age" is actually getting younger.
- **Predicting the Future:** By tracking small markers today, we can catch health "glitches" before they become expensive or painful problems.
- **Better Value:** Investing in your health now is much cheaper than managing a crisis later. It's the difference between routine car maintenance and replacing the whole engine.
- **True Vitality:** Our goal isn't just "not being sick." It's about having the energy to do exactly what you love every single day.

What You Can Do Today

1. **Track Your "Body Weather":** Use your symptom checklist (the MSQ) once a month. It's like a weather report for your health. Even a small drop in your score means your "total burden" is getting lighter.
2. **Check Your "Stress Battery":** If you wear a smart watch or ring, look at your **Resting Heart Rate (RHR)**. If you see it climbing for 2 or 3 days in a row, your body is telling you it needs more rest, better sleep, or less stress.
3. **Celebrate the "Invisible" Wins:** Remember that every time you choose a healthy meal or get a good night's sleep, you are literally slowing down your biological clock. Studies show these habits can make your cells act years younger!

Questions to Discuss with Your Practitioner

- Based on my symptom scores, where have I made the most progress in the last three months?
- What do my heart rate or energy patterns tell us about how well I am handling stress?

- How can we make my daily routine even easier so I can keep these results for years to come?
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