

# Finding Your "Lead Domino": A Smarter Way to Heal

## What is the "Big Picture" Approach?

In the past, you may have been told that one symptom has one simple cause (like "take this pill for that headache"). In our sessions, we look at your body as a **connected web** rather than a list of separate parts. We focus on finding your "Lead Domino"—the one main area of your health that, once fixed, will cause all your other symptoms to start falling into place and healing naturally.

## Why This Matters For You

- **Stop Chasing Symptoms:** Instead of trying to fix ten different problems at once, we find the single starting point. This saves you time, energy, and money.
- **Understand the "Why":** You'll learn why a struggle with sleep might actually be linked to your digestion, or why your mood is connected to your environment.
- **Better Results, Faster:** By focusing on the "Lead Domino" (the root cause), we can unlock healing in areas you didn't even realize were connected.
- **Less Frustration:** If you've ever felt like "nothing works," it's often because the real Lead Domino hasn't been tipped yet. We are here to find it together.

## What You Can Do Today

1. **Look for Patterns:** Start noticing if certain symptoms happen at the same time. For example, does your "brain fog" get worse when your stomach is upset? Does your joint pain flare up when you are stressed?
2. **Think Backwards:** Try to remember when you last felt 100% healthy. Was there a specific event, a move to a new house, or a high-stress time that happened right before your symptoms started?
3. **Be Patient with the "Web":** Remember that healing is rarely a straight line. Because your body is a complex system, a small change in one area (like your stress levels) can lead to a massive improvement in another (like your energy).

## Questions to Discuss with Your Practitioner

- "Based on my history, what do you think my 'Lead Domino' or main starting point is?"
- "Are there symptoms I'm having that seem unrelated but might actually be connected?"

- "If we could only focus on one area of my health this month to get the biggest results, which one should it be?"
- "Could my nervous system be stuck in 'survival mode,' and is that preventing my supplements from working?"

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