

Your Roadmap to Root-Cause Healing

What is the R.O.O.T.S. Journey?

Most traditional healthcare looks at symptoms like they are separate problems. The R.O.O.T.S. journey is different. It is a way to look at your entire health history to find the "red threads" that connect your symptoms, helping us find the real reason you aren't feeling your best. Instead of a quick fix, this is a complete plan designed to help you heal for the long term.

Why This Matters For You

- **No More Guessing:** We use advanced testing and a deep look at your history to understand your unique biology. You won't have to wonder "why" anymore.
- **Connecting the Dots:** You might feel like your brain fog, fatigue, and stomach issues are random. We show you how they are actually connected so we can fix the source, not just the symptoms.
- **A Support System for Success:** Real healing takes time. This approach gives you the structure and coaching you need so you don't feel overwhelmed or alone while making big lifestyle changes.

What You Can Do Today

1. **Identify Your "Why":** Think about what you want to do most once you feel better. Is it playing with your grandkids, excelling at your job, or simply waking up with energy? Write this down.
2. **Recognize "Failure Fatigue":** If you feel like "nothing has worked before," know that it's usually because you were trying to fix pieces of the puzzle one at a time. Be open to a plan that brings all those pieces together at once.
3. **Prepare Your Story:** Think back to when your health first started to change. What was happening in your life? Understanding your "clinical chronology" (your health timeline) is the first step to your recovery.

Questions to Discuss with Your Practitioner

- "Based on my history, what are the 'red threads' or patterns you see connecting my symptoms?"

- "On a scale of 1 to 10, how ready do I feel to commit to this 6-month journey, and what is holding me back from a 10?"
- "What will my 'Life After' this program look like if we successfully address these root causes?"

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