

# Your Health Roadmap: The Step-by-Step Path to Feeling Better

## What is Your Health Roadmap?

Your health journey isn't a "quick fix" or a long list of supplements to take all at once. It is a carefully designed plan that breaks your healing into three simple phases: Preparation, Deep Work, and Staying Well. By doing things in the right order, we make sure your body is strong enough to handle big changes without feeling overwhelmed.

## Why This Matters For You

- **No More Overwhelm:** Instead of trying to change 20 things on day one, we focus on a few small, powerful habits that build your foundation.
- **Faster Results:** We look for your "Lead Domino"—the one health issue that, when fixed, helps all your other symptoms (like brain fog or low energy) get better automatically.
- **A Smoother Ride:** By preparing your body first, we reduce the "healing crisis" (feeling worse before you feel better) that often happens when people rush their recovery.

## What You Can Do Today

1. **Focus on "Drainage" First:** Your body needs to clear out waste to heal. Ensure you are drinking plenty of water, eating fiber to stay regular, and getting 7–8 hours of sleep.
2. **Identify Your Main Goal:** Think about the one symptom that interferes with your life the most. This helps us find your "Lead Domino."
3. **Check Your Bandwidth:** Look at your calendar and budget for the next month. Be honest about how much time you can realistically spend on meal prep or new routines so we can build a plan that fits *your* life.

## Questions to Discuss with Your Practitioner

- Looking at my history, what is the "Lead Domino" we should focus on first to get the best results?
- What are the signs that my body is ready to move from the Preparation Phase into the Deep Work Phase?

