

Your Roadmap to Lifelong Vitality: The ‘Sustain’ Phase

What is the ‘Sustain’ Phase?

Now that you are feeling better and your main health concerns have improved, it is time to shift our focus. The **Sustain Phase** is about moving from "fixing a problem" to "building a legacy of health." Instead of just reacting to symptoms, we are now working together to make sure you stay energetic, strong, and resilient for the rest of your life.

Why This Matters For You

- **Stop the "Revolving Door":** We want to ensure that the progress you've made becomes permanent, preventing old symptoms from ever coming back.
- **Focus on "Healthspan":** It's not just about how many years you live, but how *well* you live those years. We want you to be just as active at age 90 as you are today.
- **Know Your "Biological Age":** By looking at how your cells are aging (your "biological age") rather than just the date on your birth certificate, we can see exactly how well your lifestyle is protecting your future.
- **Catch Small Changes Early:** We track subtle "trends" in your body. This allows us to make tiny course corrections before a small issue turns into a big health problem.

What You Can Do Today

1. **Build Your Resilience Toolkit:** Practice "beneficial stress" to toughen up your cells. This could be as simple as a 20-minute sauna session, finishing your shower with 30 seconds of cold water, or a short burst of high-intensity exercise.
2. **Become a Body Detective:** Start noticing your "Early Warning Signs." If your sleep quality dips or your digestion feels "off" for more than two days, take note. These are your body's ways of asking for a small adjustment in your routine.
3. **Use Your Data:** If you use a wearable device (like a smart ring or watch), pay attention to your "Heart Rate Variability" (HRV). This number tells you how well your body is handling stress and if you need an extra day of rest.

Questions to Discuss with Your Practitioner

- What does "Optimal Health" look like for me specifically over the next 10 to 20 years?

- Which "Resilience Habits" (like heat, cold, or fasting) are safest and most effective for my body right now?
 - Can we review my "Trend Lines" from my last few lab tests to see if my health is moving in the right direction?
 - What should my personal "Early Warning Signs" be, and what is my plan of action when I notice them?
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