

Your Personalized Supplement Plan: The "Low and Slow" Approach

What is Personalized Supplementation?

Think of your body like a unique engine. While most people might use the same fuel, your specific "engine" (your DNA) might need a special blend or a different timing to run smoothly. Instead of using a "one-size-fits-all" vitamin, we look at your unique genetic roadmap to give your body exactly what it needs—nothing more, and nothing less.

Why This Matters For You

- **Avoid the "Crash":** If you are sensitive to new things, we use a "micro-dosing" method. This helps you avoid feeling worse (often called a "healing crisis") while your body gets used to the support.
- **Better Results, Fewer Pills:** By choosing the right *form* of a nutrient (like a liquid that absorbs under the tongue versus a large pill), your body can actually use what you're taking.
- **Working as a Team:** Nutrients work best in groups. For example, Vitamin D works better when paired with Magnesium. We make sure your supplements aren't "fighting" each other.

What You Can Do Today

1. **Start Small:** If we are starting a new protocol, use the "Test Dose" method. Take just a small fraction of the recommended amount for the first three days to see how your body responds.
2. **Listen to Your Body:** Keep a simple log. If you feel a surge of energy or, conversely, a bit of a headache, write it down. This helps us "tune" your dose perfectly.
3. **Check the Form:** Pay attention to *how* you take your supplements. If your plan calls for a "liposomal" liquid or a "sublingual" (under the tongue) drop, it's because your body needs that specific path to get the nutrient into your cells.
4. **Open the Pathways:** Make sure you are drinking plenty of water and moving your body daily. This helps your "drainage pathways" stay open so your body can process your new supplements easily.

Questions to Discuss with Your Coach

- "I noticed [symptom] when I started the new supplement. Should we slow down my titration (dosing) schedule?"
- "Based on my genes, are there specific foods I can eventually use to replace these supplements?"
- "Which of my supplements are 'bridges' to help me heal, and which ones are for long-term health?"

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