

Understanding Your Health Story: The Reveal Phase

What is the Reveal Phase?

The Reveal Phase is the first and most important step in our work together. Instead of just giving your symptoms a label (like "migraines" or "fatigue"), we become health detectives. We look at your entire life story—from birth to the present—to find the "why" behind how you feel. We don't just want to know *what* is happening; we want to find the root cause of why it started in the first place.

Why This Matters For You

- **You Are Finally Heard:** Your story is the most important piece of the puzzle. We use "narrative medicine," which means we listen to your history to find clues that standard 15-minute doctor visits often miss.
- **Clarity Over Confusion:** Many people spend years collecting medical labels without ever understanding their body. This phase gives you a clear map of how your health reached this point.
- **A Plan Built for You:** Because we look at your unique genes, your environment, and your history, your path to feeling better will be designed specifically for your body, not a "one-size-fits-all" solution.

What You Can Do Today

1. **Think Back to the Start:** Try to remember when you last felt truly vibrant. What was happening in your life just before your symptoms began? Look for "triggers" like a high-stress event, an illness, or a big life change.
2. **Reframe Your Symptoms:** Instead of seeing a symptom (like a skin rash or brain fog) as an enemy to be suppressed, try seeing it as "smoke." If the symptom is the smoke, our goal is to find the "fire" that is causing it.
3. **Check Your Environment:** Notice the things you interact with daily. How is your sleep? What are your stress levels? Are there patterns to when you feel worse? These are all vital clues for our "detective work."

Questions to Discuss with Your Practitioner

- "I noticed my symptoms started around the time I [moved/changed jobs/got sick]. Could that be a trigger we should look into?"

- "If my main complaint is 'smoke,' what are some common 'fires' (root causes) that usually cause this in the body?"
 - "What parts of my history should I focus on most as we build my health timeline?"
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