

Connecting the Dots: Your Life Story & Your Health

What is a Health Timeline?

Most medical visits only look at a "snapshot" of how you feel right now. A Health Timeline is different—it looks at the **entire movie** of your life. By mapping out your history from before you were born until today, we can find the hidden connections that explain why you feel the way you do now.

Why This Matters For You

- **Find the "Why," Not Just the "What":** Instead of just labeling your symptoms, we look for the root causes that started years ago.
- **See the Big Picture:** You might think your skin issues, digestive patterns, and tiredness are separate problems. The timeline helps us see if they are actually connected by one "Golden Thread."
- **Stop the Cycle:** By identifying what is "fueling" your symptoms today, we can create a plan to finally put out the fire instead of just covering up the smoke.

What You Can Do Today

To get the most out of our sessions, start thinking about these three areas of your "Health Map":

1. **The Soil (Your Foundation):** Think about your earliest years. Were you born via C-section? Did you have a lot of ear infections or take many antibiotics as a child? These early events set the stage for your immune system.
2. **The Spark (The Tipping Point):** Is there a specific time in your life when you "never felt the same since"? This could be a bad flu, a stressful move, a divorce, or a physical injury. This is often the moment your body's resilience reached its limit.
3. **The Fuel (What Keeps it Going):** What parts of your daily life might be keeping your symptoms alive? This includes things like ongoing stress, lack of sleep, or foods that don't sit well with you.

Questions to Discuss with Your Practitioner

- **"I've never been well since [Event]..."** — Tell me more about what was happening in your life (stress, illness, or environment) when your current symptoms first started.

- "**Is there a pattern?"** — Looking back at my childhood and teen years, do we see the same health issues showing up in different ways?
 - "**What is my 'Tipping Point'?"** — How can we reduce the total load on my body so it can start healing itself again?
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