

From Fixing to Flourishing: Your Guide to the Sustain Phase

What is the Sustain Phase?

The **Sustain Phase** is the most exciting part of your health journey. It is the transition from "fixing a problem" to "building a future." Now that we have addressed your immediate symptoms and balanced your body, we shift our focus to **resilience**. Think of this as moving from being a mechanic who fixes a broken car to being an architect who designs a beautiful, lasting home.

Why This Matters For You

- **Live Better, Not Just Longer:** Most people spend their final 10–15 years dealing with chronic illness. Our goal is "Healthspan"—making sure you stay vibrant, active, and sharp for as long as you live.
- **Lock in Your Results:** Your habits send signals to your genes. By staying consistent now, you are "locking in" healthy signals that tell your body to stay young and energized.
- **Become "Unbreakable":** Life will always bring stress. The Sustain phase builds a physiological safety net so that when life gets busy, your health doesn't crash.

What You Can Do Today

1. **Find Your "Future Why":** During a crisis, we are motivated by pain (e.g., "I want my bloating to stop"). In the Sustain phase, we are motivated by vision. Ask yourself: *What do I want to be able to do when I am 80 years old?* Write that down.
2. **Focus on "High-Quality Fuel":** You've done the hard work to repair your system. Now, treat your body like a high-performance vehicle. Focus on consistent, nourishing foods and movement that feel like a reward, not a chore.
3. **Shift to Maintenance Mode:** You don't need a "strict protocol" forever, but you do need a plan. Work with your coach to create a simple "Baseline Routine" that you can stick to even on your busiest weeks.

Questions to Discuss with Your Practitioner

- Now that I'm feeling better, what are the 3 non-negotiable habits I need to keep my results?

- How can we monitor my health (like quarterly check-ins) to catch small issues before they become big problems?
 - What does "high-performance aging" look like specifically for my body and my goals?
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