

# Finding Your "Lead Domino": A Clear Path to Healing

## What is the "Lead Domino"?

When you feel like "everything is wrong"—from your sleep and mood to your digestion and energy—it's easy to feel overwhelmed. The "Lead Domino" is the one specific area of your health that, when addressed first, causes all your other symptoms to start falling into place. Instead of trying to fix 20 problems at once, we focus on the one thing that will unlock your body's ability to heal itself.

## Why This Matters For You

- **Less Overwhelm:** You don't have to take 30 supplements or change 100 things today. We focus on the simplest, most important step first.
- **Save Time and Money:** By finding the root cause (the Lead Domino), we stop "guessing" with expensive protocols that don't stick.
- **A Calmer System:** If you are sensitive to foods or supplements, this approach protects you. We "quiet the noise" in your body so you don't feel reactive to every little change.

## What You Can Do Today

1. **Stabilize First:** Before we try any "cleanses" or big changes, focus on the basics. Are you sleeping 7+ hours? Are you having a daily bowel movement? These are the "green lights" that tell your body it is safe to start deeper healing.
2. **The "One Change" Rule:** If you are a sensitive person, introduce only one new food or supplement every 5 to 7 days. This helps you and your coach understand exactly what is working for you and what isn't.
3. **Watch Your Words:** Try to separate yourself from your symptoms. Instead of saying "My anxiety is acting up," try saying "I am noticing some extra stress in my body today." This reminds your brain that your symptoms are just signals, not who you are.

## Questions to Discuss with Your Practitioner

- Looking at my symptoms, which "system" (Gut, Immune, or Hormones) do we think is my Lead Domino right now?

- Am I currently in a "sensitive" state where we should focus on calming my nervous system before we add new protocols?
  - Are there any "mediators" (like late-night screen time or negative self-talk) that are keeping my symptoms going?
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