

Your Roadmap to Food Freedom: Healing vs. Sustainable Eating

What is Precision Nutrition?

Think of a specialized diet like a **medical cast** for a broken bone. If you break your arm, you wear a cast to keep it still so it can heal. However, you don't wear the cast forever, or your muscles would get weak!

In our work together, we use "Therapeutic Diets" to help your body heal from the inside out. Once the healing is done, we transition you to a "Sustainable Diet"—a way of eating that is flexible, enjoyable, and keeps you feeling great for years to come.

Why This Matters For You

- **Faster Healing:** By using a targeted plan (like Low FODMAP or AIP) for a short time, we "quiet the noise" in your body so your gut and immune system can recover.
- **No More "Diet Fatigue":** You won't be stuck on a restrictive list forever. We have a clear exit strategy to bring back variety.
- **A Plan Made for Your DNA:** We look at your unique blueprint to see if your body prefers more healthy fats or more slow-burning carbs. No more guessing!
- **Metabolic Flexibility:** We want your body to be a "hybrid engine" that can easily burn both sugar and fat for energy, so you don't "crash" in the afternoon.

What You Can Do Today

1. **Embrace the Phase:** If you are in a "Healing Phase" right now, remember it is temporary! Focus on the abundance of what you *can* eat rather than what is restricted.
2. **Watch for the "3-Day Rule":** When we eventually reintroduce a food (like eggs or almonds), try a small amount on Day 1, a larger amount on Day 2, and then wait on Day 3 to see how your body feels. Your body is the best teacher!
3. **Prioritize "Clean" Energy:** Start swapping processed sugars and "seed oils" (like vegetable or canola oil) for stable fats like olive oil or avocado. This helps your body's "engine" run smoother.

Questions to Discuss with Your Practitioner

- "Based on my goals, how long do we expect my 'Healing Phase' to last?"

- "What are the first 3 foods we should try reintroducing when I'm ready?"
 - "How do my genetics change the way I should look at fats and proteins?"
 - "Am I showing any signs of 'Metabolic Stiffness' (like brain fog or hanging onto weight)?"
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