

FREE GUIDE

Questions to Ask About Your Health

Becoming an informed, confident partner in your own care.

Good questions are one of the most powerful tools you have. Whether you're meeting with me or any other provider, these prompts can help you understand your health more deeply and make choices that are right for you.

About Your Symptoms

- What might be at the **root** of this, not just the symptom itself?
- How might my symptoms be **connected** to one another?
- What patterns in my history could be playing a part?

About Any Recommendation

- Why this approach for me, and **what are the alternatives**?
- What should I **expect**, and how long before I might notice a change?
- What's the **first, most important step** if I can only start with one?

About Supplements & Medications

- Could anything I'm taking **interact** with something else?
- Is each one still needed, and how will we know?
- Any **food or timing** considerations I should follow?

About Progress

- How will we **measure whether this is working**?
- What should prompt me to **reach out sooner**?
- When is the right time to **follow up**?

This guide is general wellness education and is not intended to diagnose, treat, cure, or prevent any disease, or to replace personalized advice from your licensed healthcare professionals. Always consult your provider before making changes, especially if you are pregnant, nursing, managing a health condition, or taking medication.