

FREE GUIDE

Understanding Your Wellness Plan

How to read your personalized plan and get the most from it.

Your wellness plan is a personalized, phased roadmap — built from your assessment together with your goals, preferences, and lifestyle. Here's how to make sense of it and put it to work.

What's in Your Plan

Your plan may include nutrition guidance, targeted supplements or remedies, lifestyle practices, and supportive therapies — chosen specifically for your priorities. It's yours to keep in your portal.

It's Phased for a Reason

We build in stages — foundations first — rather than doing everything at once. The guiding principle is always low and slow, which is gentler on your body and easier to sustain.

Follow Your Protocol Page

Your Protocol page lists exact doses and timing. For details on how to take supplements, herbs, and homeopathic remedies, see the “How to Take Your Recommendations” guide in your portal.

Expect Some Ups and Downs

As your body adjusts, mild, temporary shifts can happen. If anything feels like too much, ease back and reach out — we can always adjust the pace.

Notice, Then Refine Together

Keep simple notes on how you feel — energy, sleep, digestion, mood. At follow-ups we re-assess and fine-tune your plan as your body responds. This is a partnership, and your feedback shapes the next step.

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.