



THREE STEPS TO RESTORING YOUR HEALTH

Step One – Fine Tuning

It generally takes between six to twelve visits to completely “Fine Tune” and stabilize your program. These visits are normally completed in weekly intervals and/or until no new “*active reflexes*” are found.

The more compliant you are with taking your nutritional supplements and improving your diet, the faster your Fine Tuning phase will progress!

Step Two – Observation

Once your “Personalized Nutrition Program” is stabilized, the next step is Observation. Most people find that optimum progress can be obtained by coming in every other week for about twelve weeks (usually about six office visits).

We will be monitoring all previously “Active Reflexes” to ensure that your body is responding appropriately. And, of course, we will help you handle any acute situation that may arise.

Step Three – “Maintenance”

Once you have achieved a more optimum health level, naturally you will want to use this new foundation to maintain this new level of well-being. Frequency of visits at this point is determined on an individual basis, anywhere from monthly, to quarterly, semi-annually, or even annually. Each individual is different and much depends on you sticking with the dietary changes we found most significant in your particular situation.

In our experience, a “Maintenance” program designed specifically to meet your personal needs that is updated regularly is the most effective way to protect and expand your health potential with the passage of time rather than allowing your condition to deteriorate to its former level of reduced health.

This time is a good to look at other health issues which have not already been handled, including the condition of your hair, nails, skin, bones, and/or other long term health challenges.



"Good health is your best health insurance." 