The Fine Tuning Phase: A Foundation For Your Health Transcript

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Introduction to Fine-Tuning

So phase one of health restoration is what we call fine tuning. Fine tuning is a sequence of visits that last anywhere between a minimum of four to six weeks.

So we are doing weekly visits for four or six week.

Why Fine-Tuning Matters

In my office, I explain this to patients as there's three very important reasons why we do a fine-tuning phase. Number one, we just found this appropriate supplementation to help you.

Forgive me, but I'm not trying to be antagonistic when I say this, in my offices we can't operate like a doctor's office that says, Here's your script.

We'll see in three to six months and see how things are working.

Monitoring Supplements and Symptoms

I want to know as quickly as one week into the process, are the supplements we're giving you starting to have some improvement in not only functionality, but possibly symptom-wise in your body?

Number two, We're gonna use this fine-tuning period to really lay the foundation of dietary changes. We do not have a all or nothing, a black or white approach.

So what we are gonna have you do is keep a food log for us. we're going to get the opportunity every week with accountability to review what you're eating to find out what is helping your quest for better health or what it's possible to cause or hindering your request for a better help.

As partners and teammates, we can isolate one item or one meal per week so that you're not overwhelmed with creating change.

Using Food Logs to Guide Diet Changes

The third reason and what I feel is the most important reason why we do fine-tuning is that education is key. I'm a big believer in the saying if you know better, you can do better.

So, how can we ever get you to change certain items or things in your diet or your lifestyle without giving you the supported research and documentation to why I want you do this or why you need to do that.

So in recap, we're going to monitor that the supplements are having an improvement effect on your body.

Education as the Core of Health Restoration

We're going to closely monitor the diet to ensure that the body can heal itself by removing the things that are causing it to be deficient. And lastly, we are going educate, educate educate.

That is the main purpose of fine-tuning in our health restoration program.