The New Year Health Resolution That Actually Works Transcript

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New Year Health Resolutions

the new year health resolution that actually works. Every December, we start thinking about the New Year. Fresh start, clean slate, this is gonna be my year to finally get healthy.

But if we're being honest, most of us have made that promise before. And most us, they're still waiting for it to come true. So what makes this year different?

Why will this resolution stick when all the others didn't? The answer isn't about wanting it more or trying harder, the answer is about having the right foundation from the very beginning.

Why Past Attempts Fail

Think about the last time you tried to improve your health. Maybe you Googled your symptoms, maybe you put in Chad GBT and got a thousand different answers, Maybe, you went to your regular doctor and go five minutes before they rushed to the next patient, sent you to three different referrals and here we are five years later and you still got the same issues.

Maybe you tried the diet that worked for your friend, but it didn't do anything for you. None of that is your fault. The problem is that our current health care system isn't designed for transformation.

It's designed sick care. Wait until something's broken, then try to patch it up as quickly and as cheaply as possible. We've got to wait for it to be a disease, we've gotta wait to it be an extreme condition before we have anything that will help this situation.

We're trained in preventative care, we want to identify it before it gets to that place.

Why Conventional Care Falls Short

We have the tools and resources to do that, okay? Conventional doesn't do, that their resources are only for when Crap hits the fan. But transformation requires something completely different.

It requires time, attention, personalization, a partner who actually knows you and cares about your success. That's where Direct Primary Care becomes the game changer that you've been looking for.

Direct primary care removes all the barriers that have been holding you back. No more insurance hassles, no more waiting for weeks for appointments, months for appointment, sometimes even a year for a specialist.

No, more feeling like you're bothering your doctor with questions. Instead, you get unlimited access to your physician.

How Direct Primary Care Helps

Same day, next day appointments. You can message her when you need guidance. Longer visits where you actually have time to talk about what's going on and create a real plan.

We don't just manage symptoms. we investigate root causes. We run comprehensive testing to understand what's really happening in your body instead of saying, well, your insurance doesn't cover that, so we're not going to look there.

We do broad, broad functional blood work panels, very different than what you're going get in the conventional model. We're going to look at your nutrition, we're gonna look your stress levels, your sleep quality, everything that impacts how you feel every single day.

And then we create a personalized protocol designed specifically for your body's unique needs. Not this cookie cutter approach. not what worked for somebody else, but a plan built entirely around you and your goals.

and we don't just hand you a plant and wish you good luck. We walk beside you every step of the way. We adjusted as needed. We celebrate your wins, we problem solve when you hit obstacles, We keep you accountable and encouraged through the entire journey.

Personalized Support and Prevention

And this is why people who join direct primary care actually achieve their health goals. Not because they suddenly developed this superhuman willpower, but because They finally have the support system that makes success possible.

And not all direct primary care is created equal, okay? There are other direct, primary-care providers, and you do need to fill, you know, go with the one that fits you the best.

I can tell you, we are very holistic. We are a very preventative-focused. we want to address it at a full-spectrum level, not just these bits and pieces and parts, OK?

We're not here just to collect a membership fee from you. and we're not happy until you get those results. With direct primary care at Thriving Proof, we can not only help you heal what you're struggling with right now, but we could also help focus on prevention as well.

Most people are so overwhelmed with their current conditions that preventative care is completely out of the question. But not anymore. When you have ongoing support and unlimited access, we can focus on both healing and preventing future problems.

Join the Waitlist

So imagine starting your new year knowing exactly what your body needs, having a clear roadmap for how to get there, and having your doctor who's genuinely invested in your success available whenever you need them.

That's not a fantasy. provides. And when you start before January, you're not scrambling with everybody else. You're already ahead. Your already making progress.

your already on your way to becoming the healthiest version of yourself. We currently have a wait list for direct primary care at Thriving Proof. But when a spot opens up, we move to the next person on that list and you want to be the person that gets that call.

So if you are ready to make this year truly different, don't wait. Go to thrivingproof.com and apply now. Get on the list. This is your time. Let's make it count.