

# YOUR 6-MONTH ROADMAP

— Everyone follows the same roadmap. *Not everyone follows the same protocol.* —

Your plan evolves according to your history, laboratory findings, progress, and individual needs.

01

## DISCOVER

WEEKS 1-4



*“Why is this happening to me?”*

- Comprehensive history & baseline assessment
- Review existing laboratory data
- Advanced testing when clinically appropriate
- Identify **YOUR Blocked Doors™**
- Establish priorities and starting point

02

## RESTORE

WEEKS 5-12



*“What do we address first?”*

- Personalized nutrition & glucose strategy
- Movement and metabolic activity plan
- Sleep and stress strategies
- Gut, hormonal, nutrient or metabolic support as indicated
- Targeted supplementation when appropriate

03

## OPTIMIZE

MONTHS 3-5



*“Is my metabolism actually changing?”*

- Measure your response and progress
- Review key markers when appropriate
- Refine nutrition, lifestyle & therapeutic strategies
- Address remaining **Blocked Doors™**
- Build greater metabolic resilience

04

## SUSTAIN

MONTH 6



*“How do I maintain what I've achieved?”*

- Comprehensive reassessment
- Compare where you started with where you are now
- Identify remaining priorities
- Develop your long-term strategy
- Transition from restoration to maintenance



THROUGHOUT YOUR  
ENTIRE JOURNEY



PHYSICIAN  
GUIDANCE



COACHING



ACCOUNTABILITY



EDUCATION



DATA REVIEW



PLAN  
ADJUSTMENTS



### THE METABOLIC RESTORATION™ DIFFERENCE

Same roadmap. *Different journey.*

Your **Blocked Doors™** determine the priorities. One person's plan may focus first on insulin resistance, sleep and gut dysfunction. Another may require greater attention to hormonal balance, nutrient deficiencies or mitochondrial function. The sequence changes because *you are not a protocol.*



### YOUR DESTINATION

## YOUR NEW METABOLIC BASELINE



Know what's  
driving your health.



Know what works  
for your body.



Know how to  
move forward.



Your journey is personalized. The timing and sequence of testing, recommendations, and interventions may vary based on your history, laboratory findings, medications, response, progress, and individual needs.

ACTIVE LIFESTYLE MEDICAL

PERSONALIZED MEDICINE. LASTING RESULTS.

