



The Road to New Vitality: Restoring Your Health

At New Vitality, I will take you through the process of discovering the root cause of whatever health issues you are facing, and I will educate you about how to:

- Take charge of your health
- Avoid preventable illnesses
- Improve your health immediately
- Secure wellness and vitality for the long-term



Just as travel takes time, your health issues didn't likely develop overnight—it took you a while to get here. Short of a miracle, it will take you a while to get back “home” to restored health. I DO believe in miracles, and the fact that the body can heal itself at all is a miracle in itself; however, most of the time restored health and vitality require responsibility on the part of the client to work hard and make lifestyle changes that will allow the body to heal and begin to function properly again. My role is to guide you through this process applying the laws that were established from the beginning for wellness and vitality.

In order to understand WHAT makes a healthy person, you have to go back to WHO made the person in the first place and HOW He designed your body to run.



The purpose of this document is to give you a roadmap for your journey to health and vitality. Having a vision of where we are going and what is possible gives us hope along the journey. After all, *“Where there is no vision, the people perish: but he that keeps the law, happy is he.” – Proverbs 29:18.*

1) This process will begin with **ASSESSMENT** of your current health. Your initial Holistic Health Assessment will be a two-hour consultation where you will receive:

- **A Biological Terrain Analysis (RBTI)** that will assess vitamin and mineral balance as well metabolic efficiency of your body.
- **A pH & Nutritional Analysis** that will assess your current dietary practices and give me information for changes that will facilitate optimum health.
- **A Chinese Face, Tongue & Nail Analysis** that will be used to confirm other observations and analyses, pointing me in a direction to assess your health.
- **An Iridology Analysis** that will also be used as another “witness” to what is going on in your body.
- **A ZYTO Elite Biocommunication Scan** that will assess your body and stressors affecting your health. This scan will also be used to determine the perfect balancers for your body, removing the guesswork about which supplements and the dosages that are right for you.
- **A Customized Nutritional Protocol** including solid nutritional, herbal, and lifestyle suggestions for you as a unique individual.



2) Next is the **CULTIVATION** phase, which is based on implementing your Nutritional Protocol, will focus on one or a combination of up to three processes:

WEEDING involves **cleansing** the body and “**uprooting**” any unwanted pathogens, including viruses, bacteria, fungi, and parasites. This phase requires inherent physical and emotional strength as well as an alkaline urine and saliva pH. About 2 out of 10 clients are ready to begin this phase on their first visit, but the majority of clients need to **FEED** and/ or **SEED** initially:

FEEDING utilizes methods of **building** and **nourishing** each organ and system with the necessary nutrients or fuel. This phase involves laying the proper foundation or environment for the final step in the process:

SEEDING incorporates **sowing** new, beneficial bacteria, such as probiotics, into the body.



One-hour follow-up appointments are typically scheduled every 6-8 weeks, depending on how responsive your body is to nutritional changes. We will re-assess your body and how it has responded in order to determine the next step in the healing process. Recovery is like peeling an onion, so we will deal with one layer at a time, building upon each of the prior steps **to assist your body to heal itself**, just as it was beautifully designed to do! These three phases are repetitive, cyclical, and foundational for a healthy lifestyle. The body naturally accumulates toxins and waste due to metabolic processes and environmental exposure to pollutants, so it must be cleansed on a regular basis.



3) The **MAINTENANCE** phase is when your body reaches balance or homeostasis, and this is when you are ready to move forward independently, applying the principles you have learned for managing your own health. Every 6 months, “tune-ups” are recommended, and I am always available to answer questions and assist you in your journey.

As your healthcare provider, my primary role is an educator, and I will teach you how to manage all three of these processes on your own so that you can be the captain of your own health.

I look forward to the journey and helping you to reach your destination of new vitality and vibrant health!

L'chaim—To Life!

