



WHY A ROADMAP TO HEALTH?

There is a proper order to follow for getting well. Protocol order is important. This Roadmap to Health Poster breaks the order down into 5 phases.

PHASE 1

focuses on mitochondrial energy and drainage support

- This phase is critical to get the body ready and prepared to have the most success in the protocol, while at the same time minimizing symptoms and detox reactions.
- Virtually every cell in the body has energy factories called mitochondria. Supporting these to make more energy improves all bodily functions. Mitochondrial dysfunction is the underlying reason why the body is not 100% well.
- Mitochondrial function will return back to optimal once the root causes are removed. The Roadmap to Health addresses these sources.
- Alongside energy is drainage. Drainage refers to the pathways that move fluids and debris through the body. If these pathways are plugged and you jump into detoxing or eliminating pathogens, you are more likely to get symptoms as there is nowhere for the toxins and pathogens to go.
- Blocked drainage pathways leads to inflammation and slows down your progress through the protocol. Opening the drainage pathways and supporting them through the protocol will lessen symptoms and speed the process up.
- It's important to know and remember that drainage and mitochondrial support are a continuous process throughout the protocol. It's not a one-and-done phase.

PHASE 2

focuses on the digestive tract

- The digestive tract is critical to address early on in a protocol, specifically the critters that are in the gut. We start with parasites, since parasites are generally the biggest of the critters and often house toxins and other pathogens.
- Removing the toxins stored within parasites is only possible when you remove the source: the parasites themselves. Also, removing the other pathogens in the body – such as bacteria and fungi – is much easier once parasites are cleared out.
- Cleansing parasites from the digestive tract makes such a big impact on a person's health.



PHASE 3

focuses on going deeper into the body, into the tissues, to support the immune system

- Parasites do not just reside in the digestive tract. They can be in other areas of the body and disrupt cell function. There are certain parasites that have full life cycles in the human body. This phase addresses those.

PHASE 4

focuses on detoxing any chemicals and toxins that have accumulated

- Chemicals and toxins create the environment that attracts pathogens and parasites. Detoxification is not a recommendation today, it is a requirement.

PHASE 5

focuses on cleaning up the remaining pathogens

- The process of health restoration can be similar to peeling an onion. Each phase is peeling a layer back to get to the next layer or barrier in your health. As toxins are removed, this opens the body up for removing the final layer of pathogens that generally affect health.