

# THE ULTRAWELLNESS CENTER

## HOW TO SUCCEED IN THE FIRST 6 WEEKS

### GETTING STARTED IN THE HEALING PROCESS

At *The UltraWellness Center*, healing is based on a partnership and a process. To find and treat the root causes of your illness, you will have to work hard and so will we.

We know that you may have come from far away and may feel overwhelmed by the end of your visit. This is why we want to provide step-by-step guidance for how to get started on your healing journey.

Follow these guidelines. Email or call us if you have questions. Read the materials we provide for you to learn about the healing process or treatments we are recommending. We are partners on this journey.

#### STEP 1: FINISH YOUR TESTING

This is important to do first so we can get a clear roadmap of where we are going, of the landscape of imbalances and dysfunction and causes for your illness. Prioritize this when you go home.

1. Do your conventional tests at Quest, LabCorp or your local hospital.
2. Read the instructions with the kits carefully BEFORE starting the tests. You may need to adjust your diet, supplements and fluid intake to collect accurate specimens. These results will provide helpful baseline information. Please complete the Organix and GI Effects tests prior to implementing any new supplement recommendations, unless otherwise instructed.
3. Aim to complete all the specialty tests such as the stool, urine or saliva within the first 2 weeks. It may take 4-6 weeks for some results to be final.
4. If there are any results needing immediate attention, we will contact you.
5. Your results will be sent to you 3-4 days before your follow-up appointment.

#### STEP 2: TAKE YOUR MEDICATIONS

1. Sometimes addressing the causes of disease requires medication – mostly hormone therapy (thyroid, adrenal, or sex hormones), or medications to treat infections in the body or the gut.
2. If you are prescribed antibiotics, anti-fungals, or anti-parasite medication, start them right after you do your testing. This is key to healing.
3. The prescriptions will either be given to you or faxed directly to your pharmacy. Some may come from special compounding pharmacies.

**STEP 3:  
PREPARE FOR  
THERAPEUTIC  
DIETARY  
CHANGES**

1. Prepare your kitchen by getting rid of foods you won't be eating (high fructose corn syrup, trans fats, processed foods, and food allergens).
2. Create a shopping list (or use one from UltraMetabolism, The UltraSimple Diet or The Blood Sugar Solution) to stock your pantry and buy the foods you need to start on your dietary program.
3. Set aside time to plan your meals so you are not in a food emergency. We recommend you keep a daily food journal to track your progress.

**STEP 4:  
START  
THERAPEUTIC  
DIETARY  
CHANGES**

1. Start the recommendations from the nutritionist based on your visit – you may be on a program for metabolic syndrome, digestive healing, treating inflammation or detoxification.
2. You most likely will be on some form of elimination diet. This is an important step in both diagnosis and healing.
3. Review the handouts and meal suggestions from the nutritionist.
4. If you need extra help, the nutritionist can create a detailed daily meal plan. [See the options for these additional nutrition services in the Nutrition section of this binder.](#)
5. Make your nutrition appointment 4 weeks after your first visit to review your food sensitivity results, glucose/insulin testing, and all nutritionally relevant tests.

**STEP 5:  
START YOUR  
SUPPLEMENTS**

1. Order the supplements from our online store on our website [www.ultrawellnesscenter.com](http://www.ultrawellnesscenter.com). The instructions for ordering are included in your binder. Delivery can take up to a week so plan ahead.
2. Follow the instructions that were provided by the nutritionist on how and when to introduce your supplements.
3. In general, start one new supplement every 2-3 days to be sure you tolerate them.
4. Many of the supplements are meant to be used for 2-3 months for repair and healing, then modified based on how you do and what you need. It is a process that changes over time.
5. Please contact your nutritionist for supplement-specific questions.

**STEP 6:  
FIX THE GUT**

1. Cleaning up your diet and rebalancing your gut are the most important steps for healing during the first 6 weeks of your treatment.
2. This may include an elimination diet; medications to treat bacteria, parasites, worms or yeast in the gut; as well as digestive enzymes, probiotics and nutrients for gut healing, such as fish oil, and an anti-inflammatory shake.
3. Your digestion may go through some adjustments and changes, so be patient and stay in communication with us.

**STEP 7:**  
**REVIEW YOUR  
RESULTS AND  
UPDATE YOUR  
HEALING PLAN**

1. Be sure to book your follow-up appointments BEFORE you leave.
2. You will review the nutritionally relevant results with the nutritionist in 4 weeks.
3. You will review all the labs and your progress with the doctor in 6-8 weeks.
4. Your clinical team will recommend follow-up testing and appointments to support your path to wellness.

