



# Cycle to Healing

When trying to figure out how to help your problem, you probably go through this cycle on your own to find answers.

Many times, you're missing someone to help guide you through this process. How do you know if what you're doing is right? Is it helping or actually hurting?

Let me review your labs, supplements, and medications. I can help guide you through figuring out what is (and isn't) working so you can start healing.

