

# The Restore Health™ Method

The Restore Health™ Method is a **holistic, evidence-informed framework** for supporting natural healing and long-term wellbeing. It is designed to help clients restore balance, build resilience, and empower themselves through education, lifestyle, nutrition, and herbal support.

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## Core Principles

### 1. Root-Cause Healing

- Focus on understanding the underlying causes of imbalance rather than only treating symptoms.
- Use observational tools (like iridology and lifestyle assessment) to guide decisions.

### 2. Five Foundational Pillars

Healing is most effective when these five foundations are supported together:

1. **Nutrition** – Nourishing the body with whole, unprocessed foods to provide the building blocks for repair and energy.
2. **Hydration & Natural Cleansing** – Supporting daily detoxification through water, gentle elimination, and natural herbal support.
3. **Movement & Circulation** – Encouraging gentle, consistent movement to improve blood flow, lymphatic drainage, and joint health.
4. **Rest & Nervous System Balance** – Prioritising sleep and relaxation to allow the body to repair and restore.
5. **Mind, Emotions & Lifestyle** – Supporting emotional wellbeing, reducing stress, and creating sustainable daily routines.

### 3. Education First

- Clients are empowered with knowledge about their body, lifestyle, and natural healing options.
- Understanding promotes better compliance, sustainable habits, and self-confidence in health choices.

### 4. Individualised Support

- Every client is unique. Assessments and guidance are personalised according to lifestyle, stress levels, digestion, and goals.

### 5. Ethical, Holistic Guidance

- Supplements, herbs, and natural products are introduced carefully and ethically.
  - Restore Health™ focuses on **supporting the body**, not forcing or masking symptoms.
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# Step-by-Step Method Overview

1. **Assessment & Awareness**
  - Identify lifestyle, nutrition, and stress patterns.
  - Evaluate strengths, imbalances, and potential areas for improvement.
2. **Education & Foundation Strengthening**
  - Teach clients about the five foundations and why each matters.
  - Begin gradual, achievable changes in diet, hydration, movement, and sleep.
3. **Lifestyle Integration**
  - Introduce simple routines for daily practice of the foundations.
  - Encourage mindful stress management and emotional regulation.
4. **Supportive Interventions**
  - Integrate herbs, nutritional support, and natural supplements where appropriate.
  - Ensure they are **individualised** and foundation-focused, never over-prescribed.
5. **Progress Monitoring & Adaptation**
  - Regularly evaluate outcomes and adjust support.
  - Maintain focus on education, empowerment, and sustainable change.
6. **Empowerment & Self-Responsibility**
  - Encourage clients to continue daily practices independently.
  - Promote confidence in understanding and supporting their own body.