

The background of the slide features a large, stylized fingerprint graphic in shades of teal and blue. A white rectangular box is centered over the fingerprint, containing the main title text.

Finding Your Medical Tribe **The New Era of** **Collaborative Care Teams**

“The Health Care System”

Currently Doesn't Work for Most Seeking Root-cause Care

The previous era of medicine is drawing quickly to a close

Reimbursement policies govern patient decisions in managing their health

Physicians must continuously reshape care delivery to mirror the ever-shifting values of payer reimbursement

Consumers shoulder the growing burden of healthcare costs

With deductibles ballooning to thousands of dollars, most working-age Patients are now reporting they are insured, self-pay patients, seeking fee-for-service health care to receive Integrative & Personalized Medicine

How Are Providers Implementing Integrative, Functional, and Personalized Medicine?

- Private-Pay Models
- Insurance-Based Models
- Large Institutions
- Academic Centers
- Low-Income & Underserved Practices

The New Health Care Consumer

has three demands all within reach of any provider

Convenience. *Patients are sick and tired of wasting time. Successful PCPs will shift resources from cumbersome billing and collections overhead to technology-enabled customer service.*

Transparency. *Patients are sick and tired of blindly purchasing medical services only later to be shell-shocked by the staggering bill.*

Health. *Patients are sick and tired of being sick and tired. More specifically, they are no longer content to submit to the delusion of health held tenuously together by an expensive fistful of pills.*

The New Health Care Consumer

has three demands all within reach of any provider

The new consumer is searching for a practitioner trained and committed to treating the causes rather than the effects of their health conditions.

In other words, they are seeking providers trained in root- cause, functional, integrative, & personalized medicine—and doctors and practitioners are responding.



IT IS TIME TO

FIND YOUR MEDICAL TRIBE

*UNITED IN THEIR APPROACH TO OFFERING
ROOT-CAUSE PATIENT CARE*



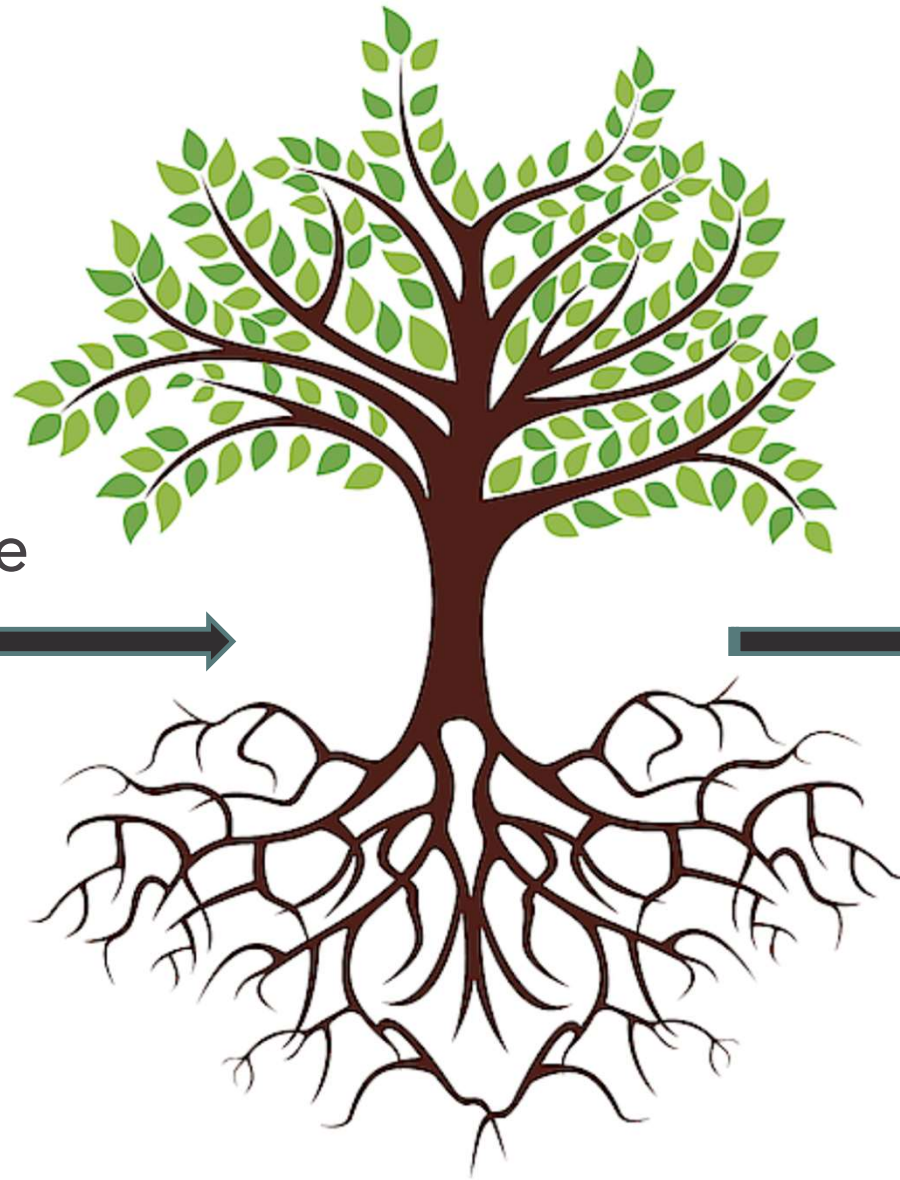
The Collaborative Care Team is
THE ANSWER



Journey into Root-cause Medicine

TREE OF LIFE





Reflecting on Life

How did you
get here?

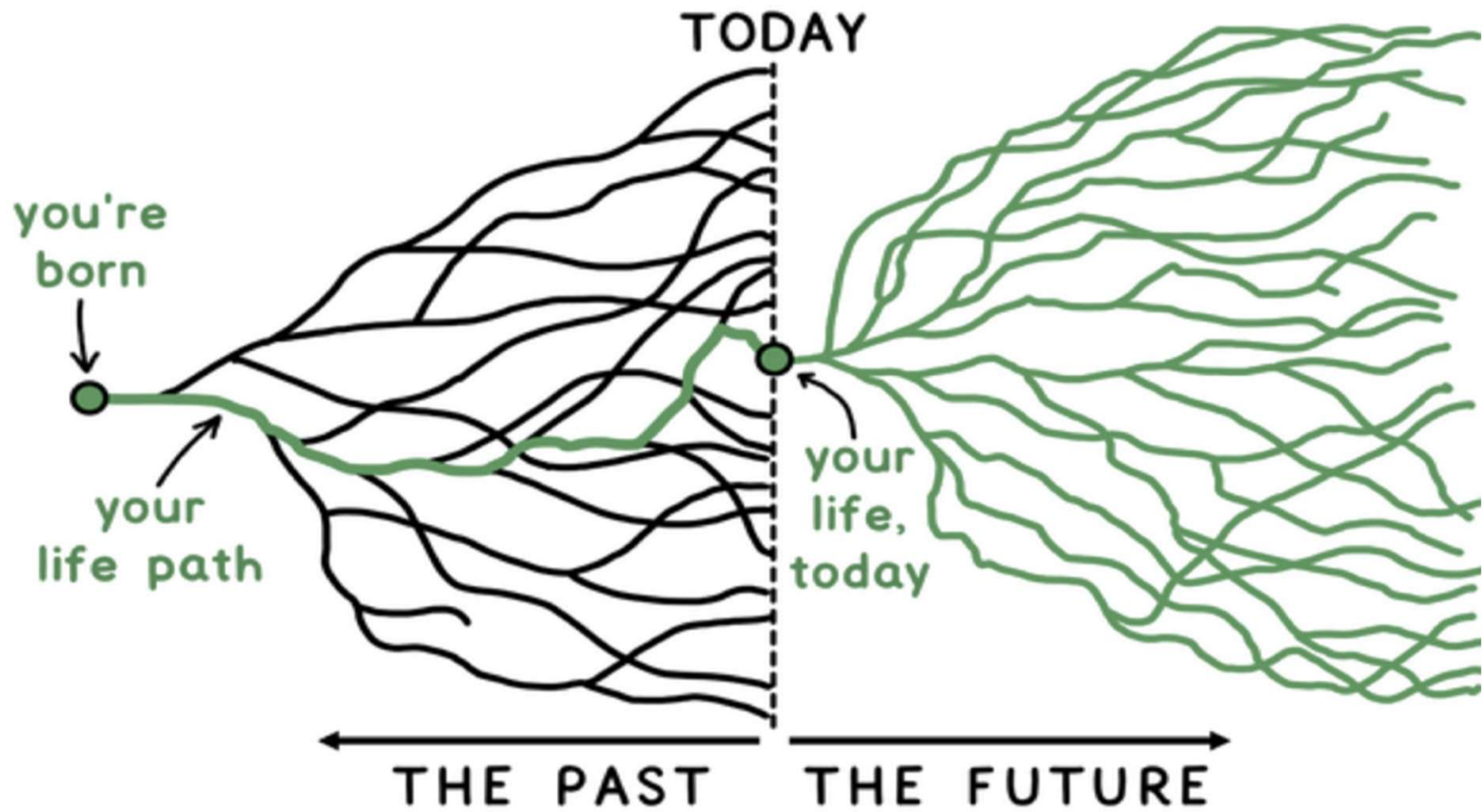
Creating the Life


YOU Desire



■ = LIFE PATHS CLOSED TO YOU

■ = LIFE PATHS OPEN TO YOU

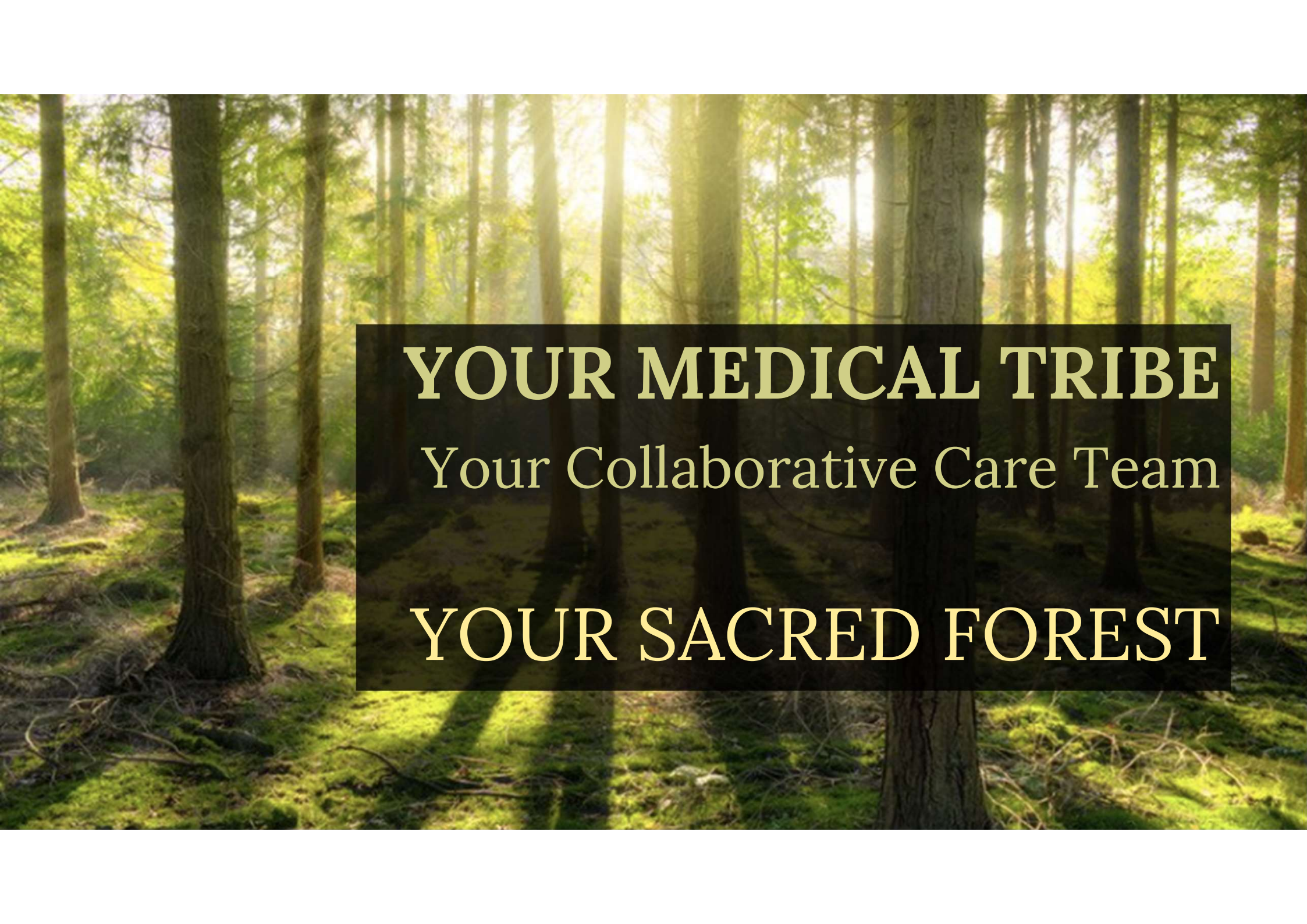




Become a Gardener of Your Tree of Life

Organize Your Collaborative Care Team to Help You Create Your Ideal State of Health

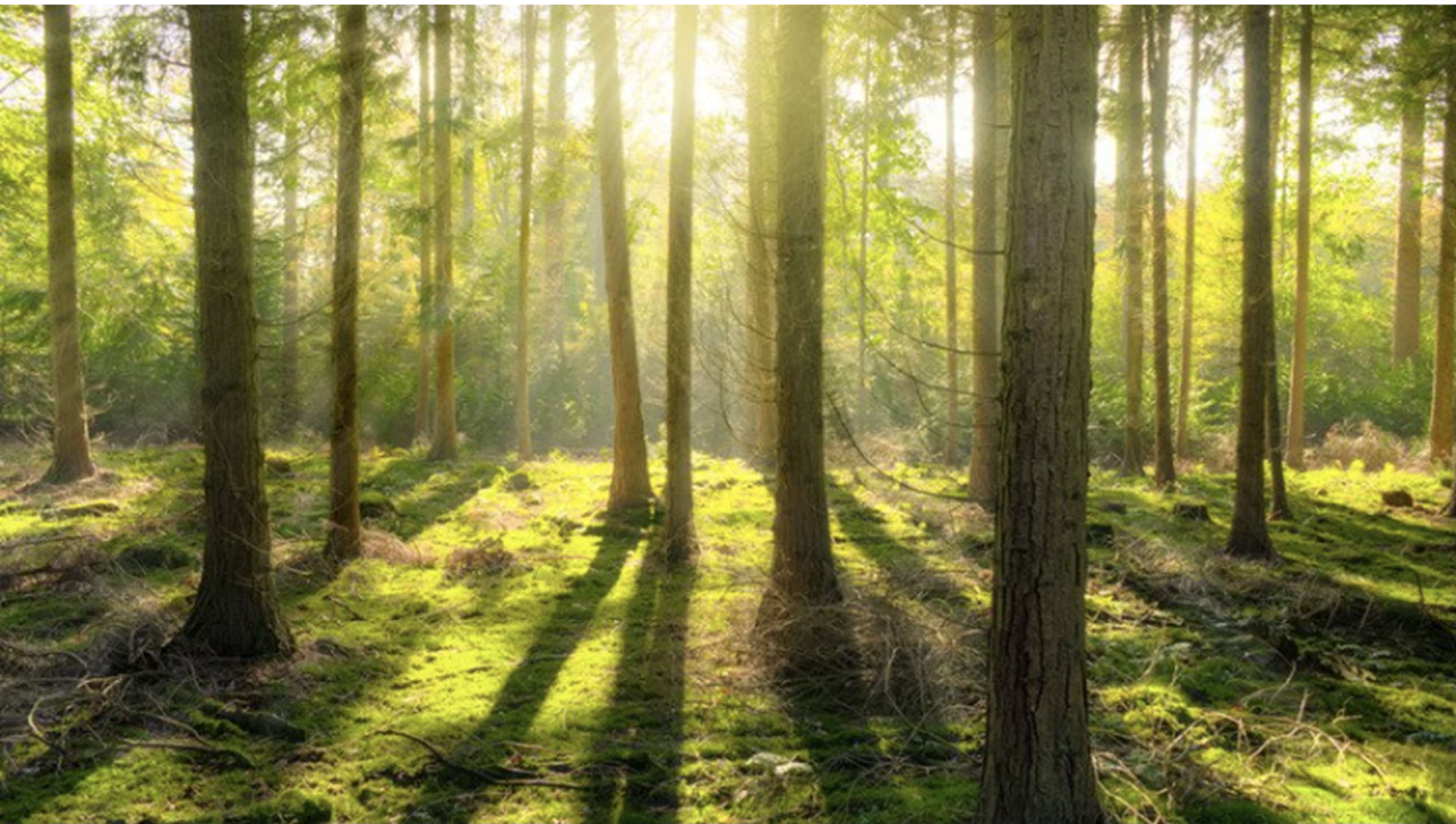
Self-driven Lifestyle Modifications & Behavior Change to Cultivate Wellness

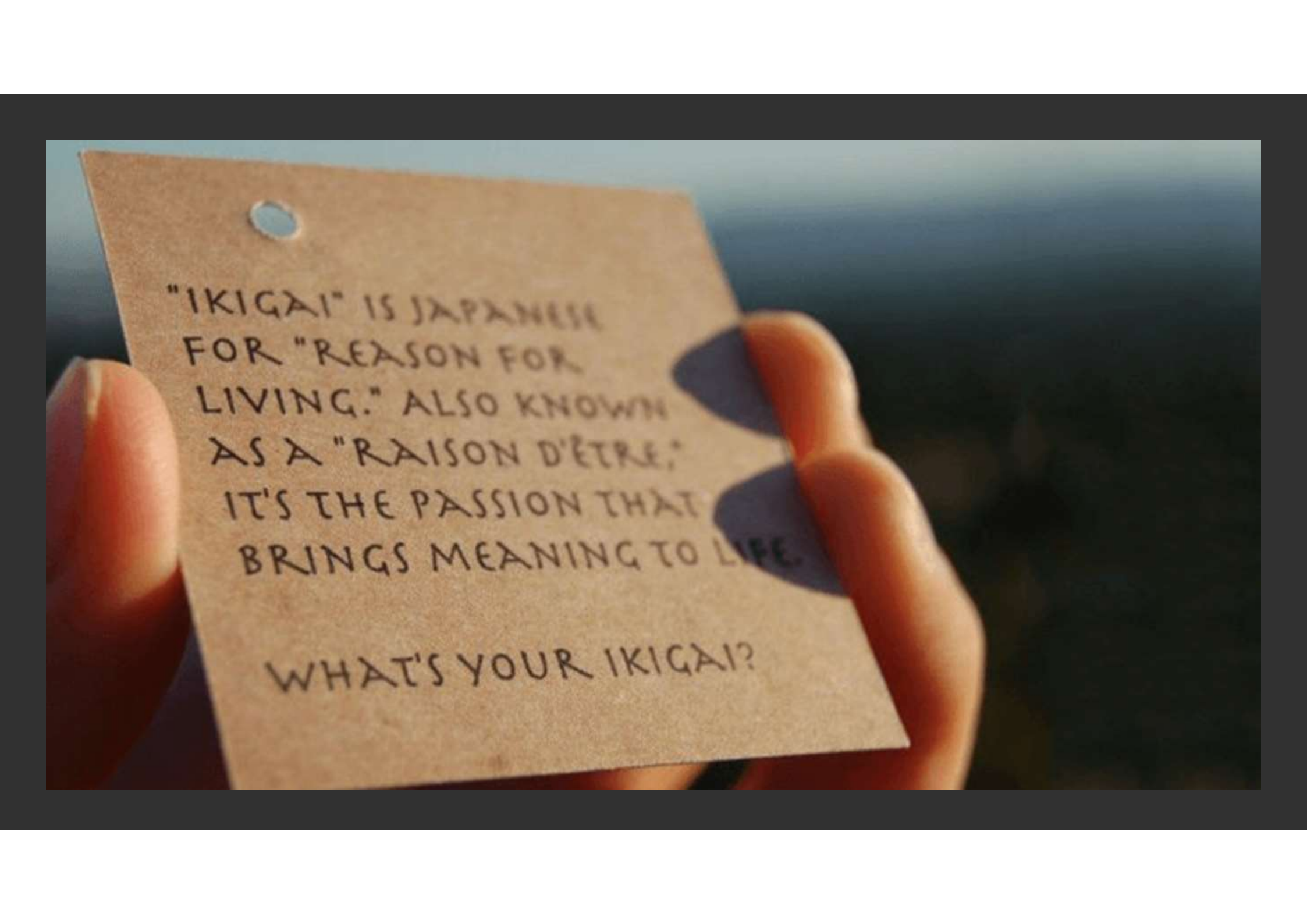


YOUR MEDICAL TRIBE

Your Collaborative Care Team

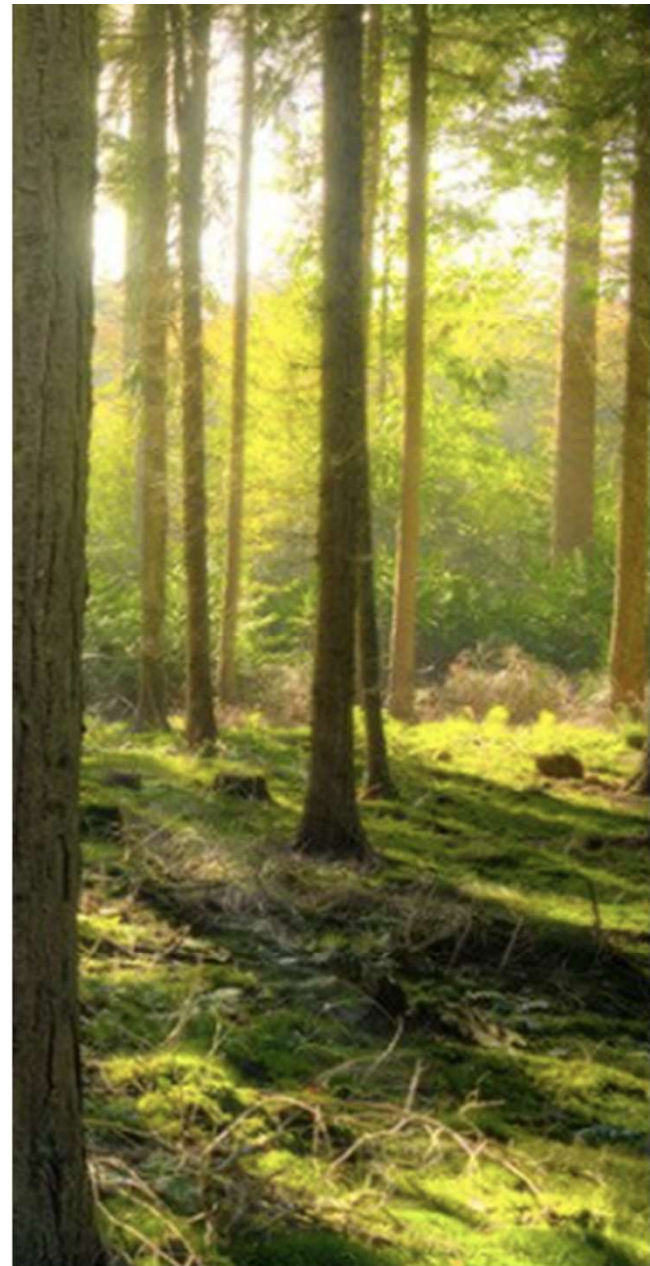
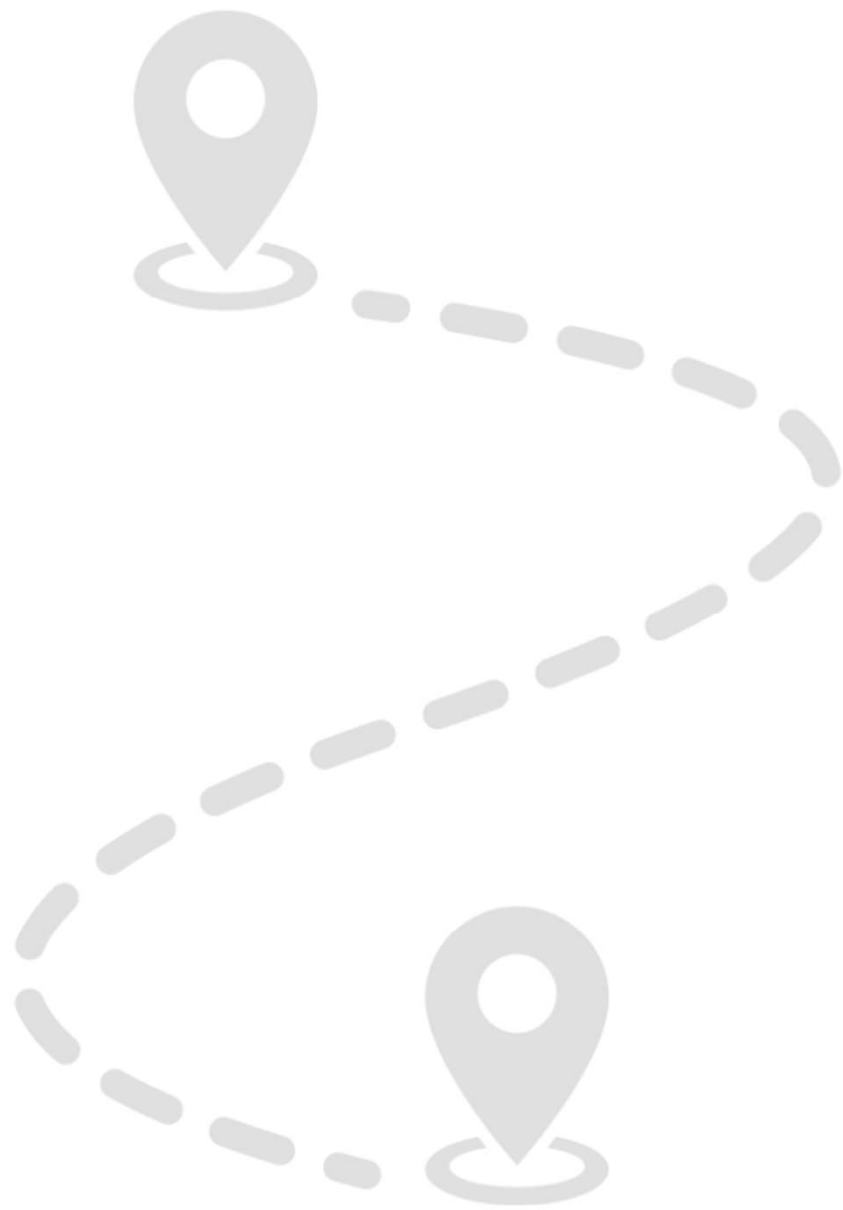
YOUR SACRED FOREST

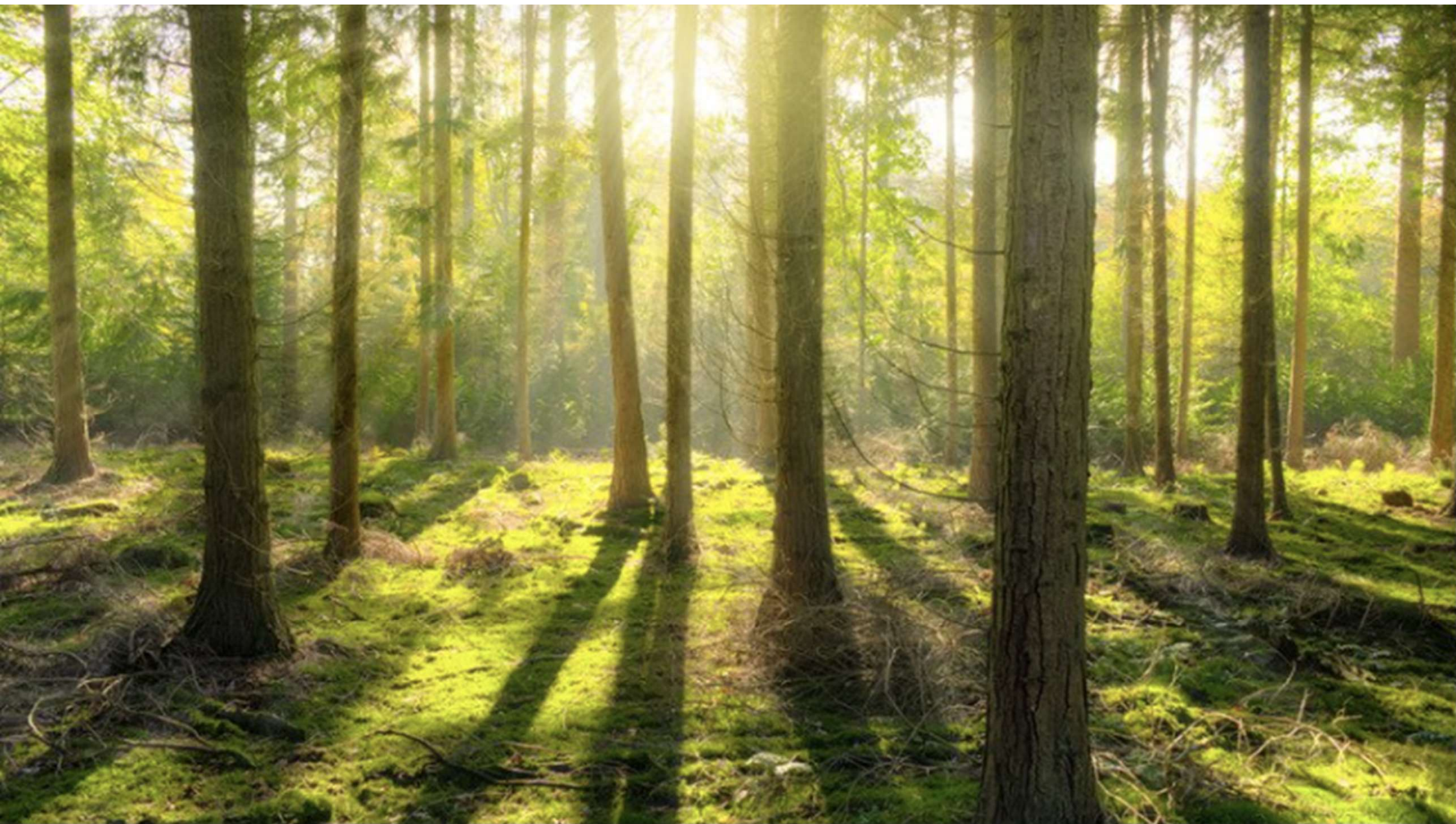


A close-up photograph of a hand holding a piece of brown, textured paper. The paper has a small hole punched at the top left. The text is printed in a simple, sans-serif font. The background is a blurred, dark landscape under a clear sky.

"IKIGAI" IS JAPANESE
FOR "REASON FOR
LIVING." ALSO KNOWN
AS A "RAISON D'ÊTRE,"
IT'S THE PASSION THAT
BRINGS MEANING TO LIFE.

WHAT'S YOUR IKIGAI?







Root-cause Medicine
Embodying Your Tree of Life

Your Tree

Your Tree Rings

Your Story

Your Timeline

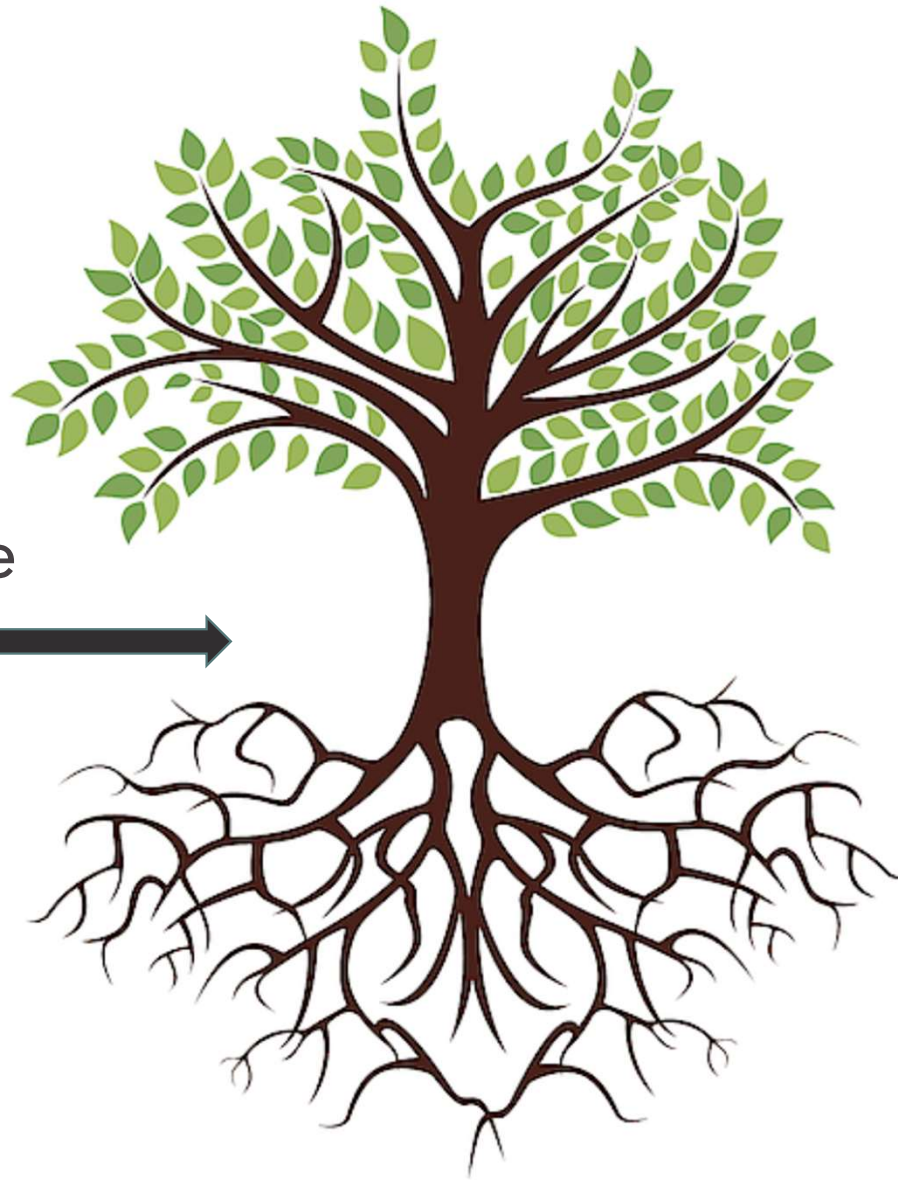




Reflecting on Life

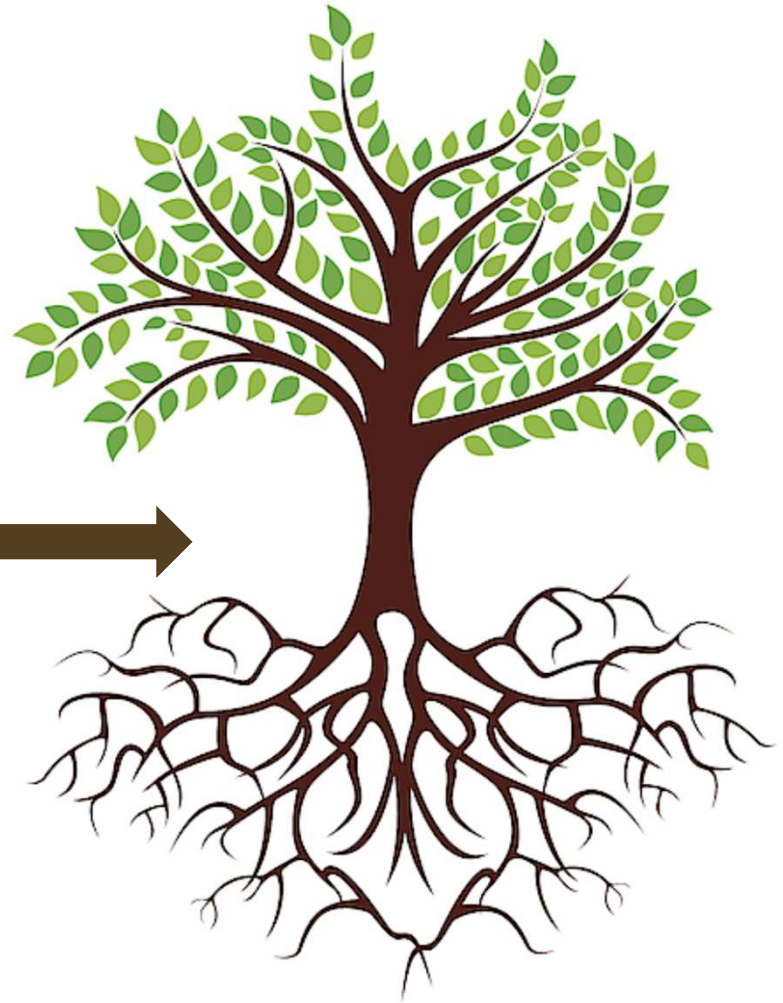


How did you
get here?





**Your Tree Rings
tell
YOUR STORY**



ENVISION



Your Story
Your Timeline
as
YOUR TREE RINGS



Life Line with Significant Events

Start with Your LIFE Life

1. Reflecting on Key Life Events
2. Eras, Stages, and Phases of Life

Life Line with Significant Events

Health Highlights

4

Allergies and Stomach Issues as Child

13

Acne



College Years - high stress, heart ache, and emotional trauma

22



IBS Symptoms began, followed by fatigue, insomnia, and weight gain

26

"GUT-Triggered ERA"

Ages 26-36



38-now

42

- Heartburn
- Insomnia
- Joint Pain
- Hot Flashes
- Resistant Weight

LIFE Line with Significant Events, Eras, and Phases

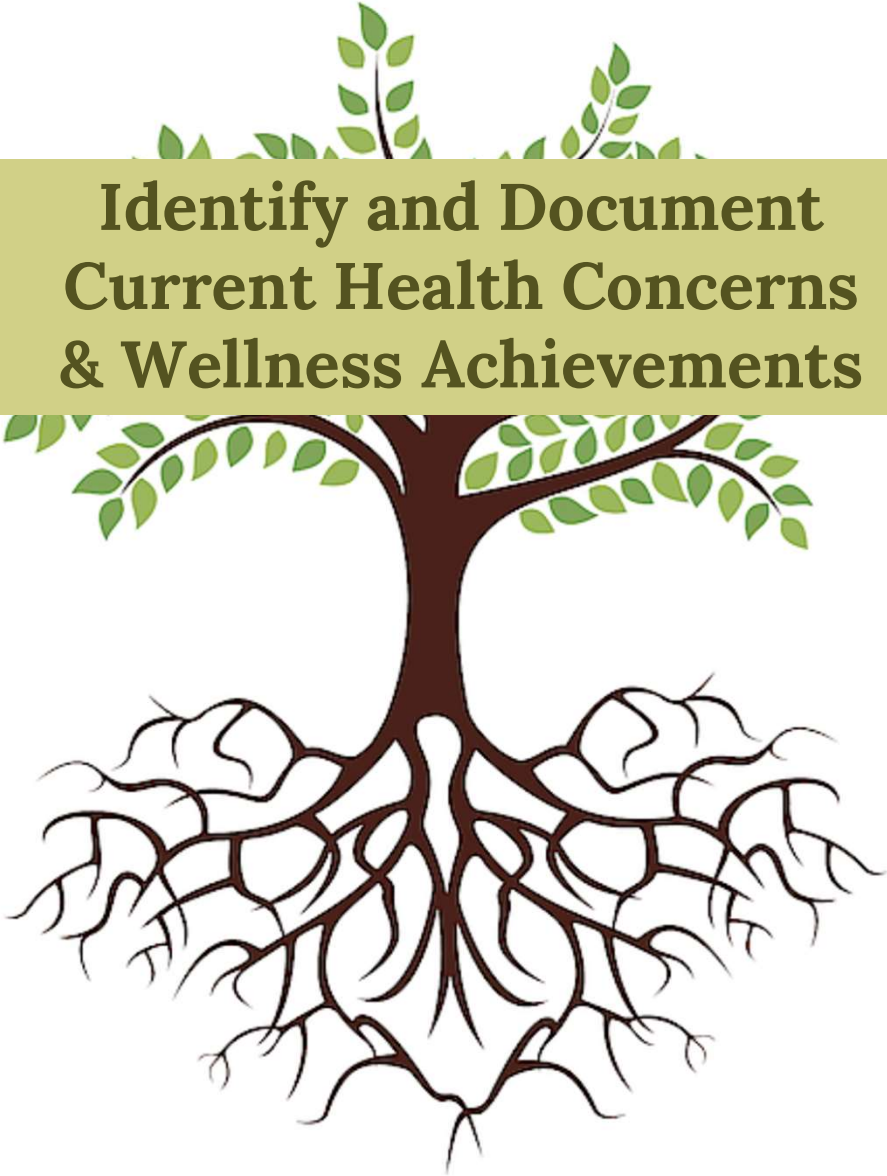


HEALTH Line



Expand YOUR Health Life

1. Reflecting on Key Life Events
2. Eras, Stages, and Phases of Life
- 3. When did you Experience Health Concerns**
- 4. When were you in Your Ideal State of Health**



**Identify and Document
Current Health Concerns
& Wellness Achievements**

LIFE Line with Significant Events, Eras, and Phases

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

HEALTH Line

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

HOME Line

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

WORK Line

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

PLAY Line

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

LOVE Line

A horizontal arrow-shaped box with a black outline, pointing to the right. It is empty and intended for writing.

LIFE Line with Significant Events, Eras, and Phases



HEALTH Line



HOME Line



WORK Line



PLAY Line



LOVE Line



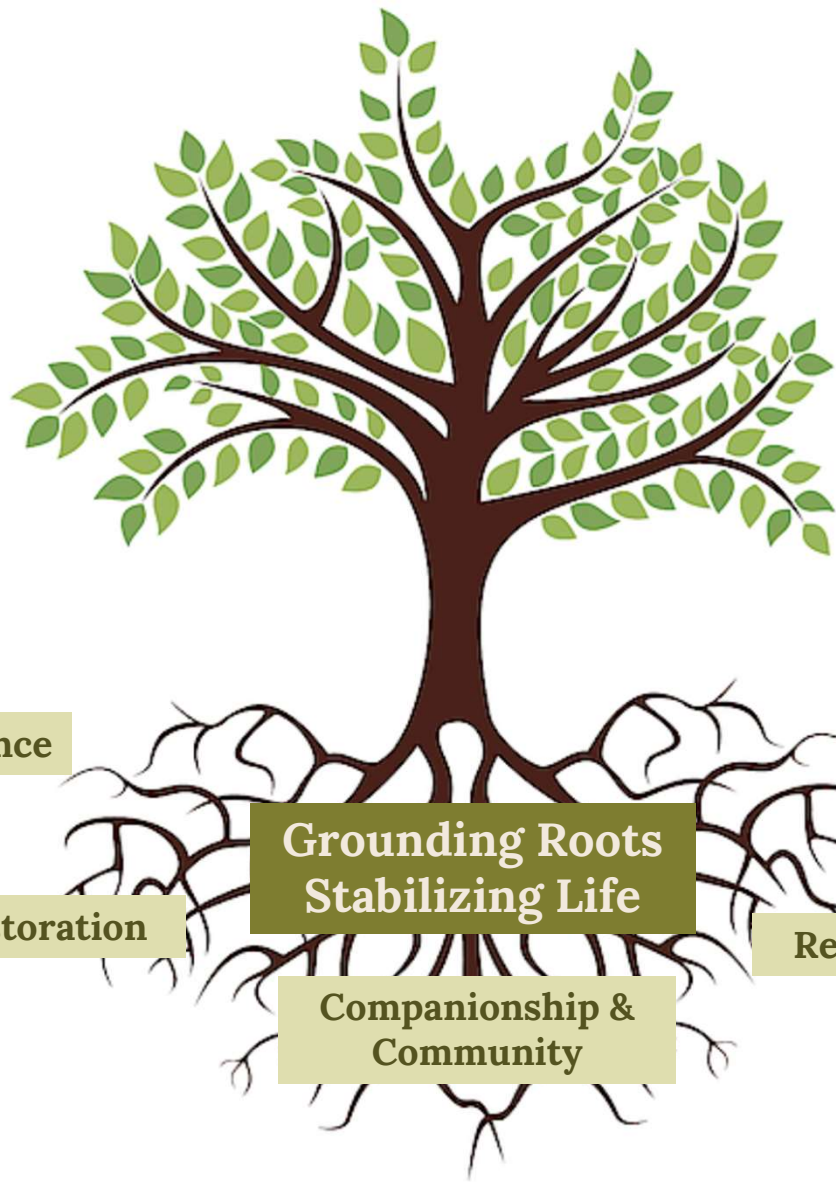


Grounding Roots

Nutrition, Movement, Sleep, & Stress
Community & Your Tribe
Connection to Self



**Grounding Roots
Stabilizing Life**



Movement & Performance

Nourish & Hydrations

Sleep & Restoration

**Grounding Roots
Stabilizing Life**

Resilience & Defense

**Companionship &
Community**

LIFE Line with Significant Events, Eras, and Phases



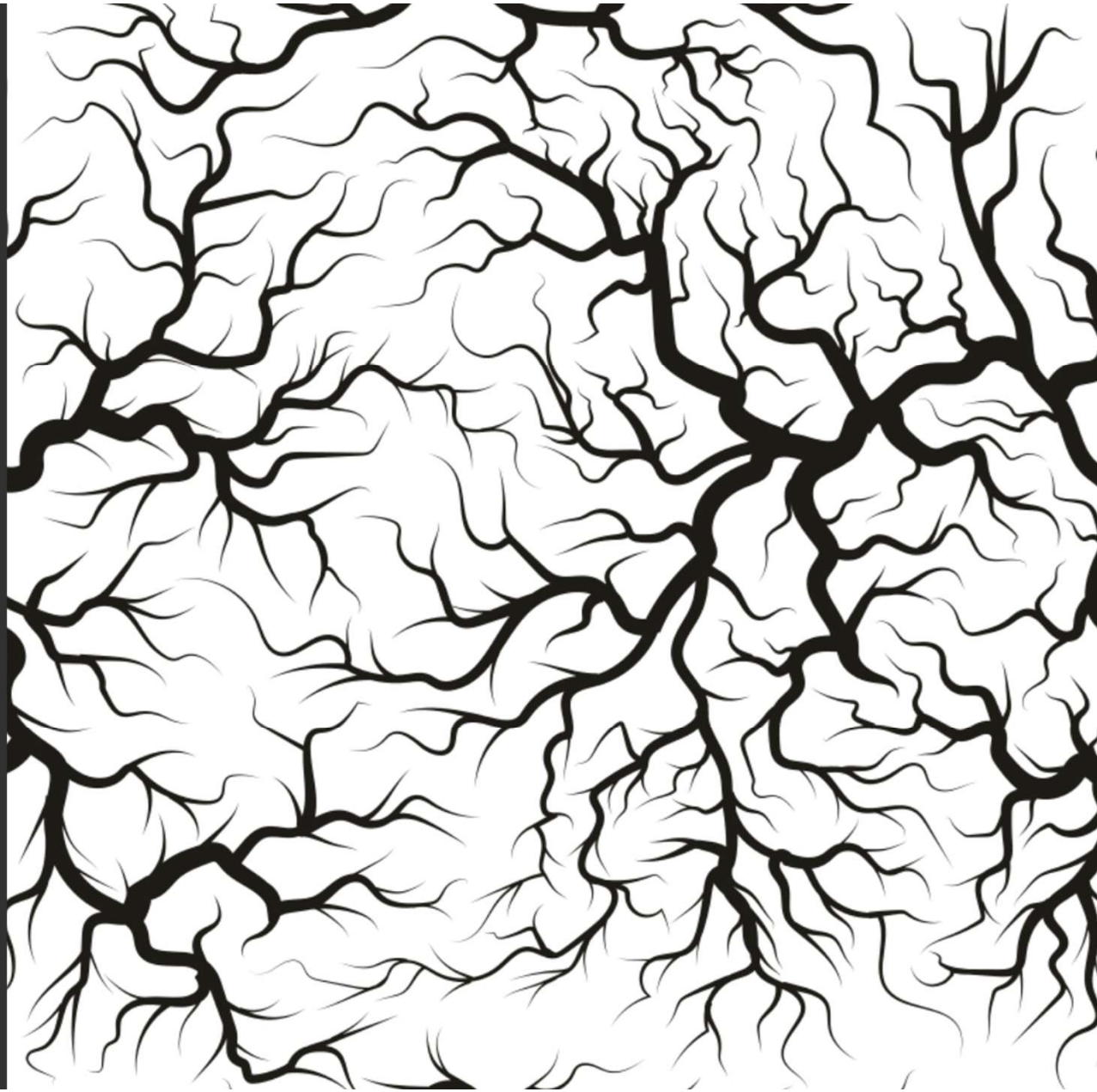
HEALTH Line

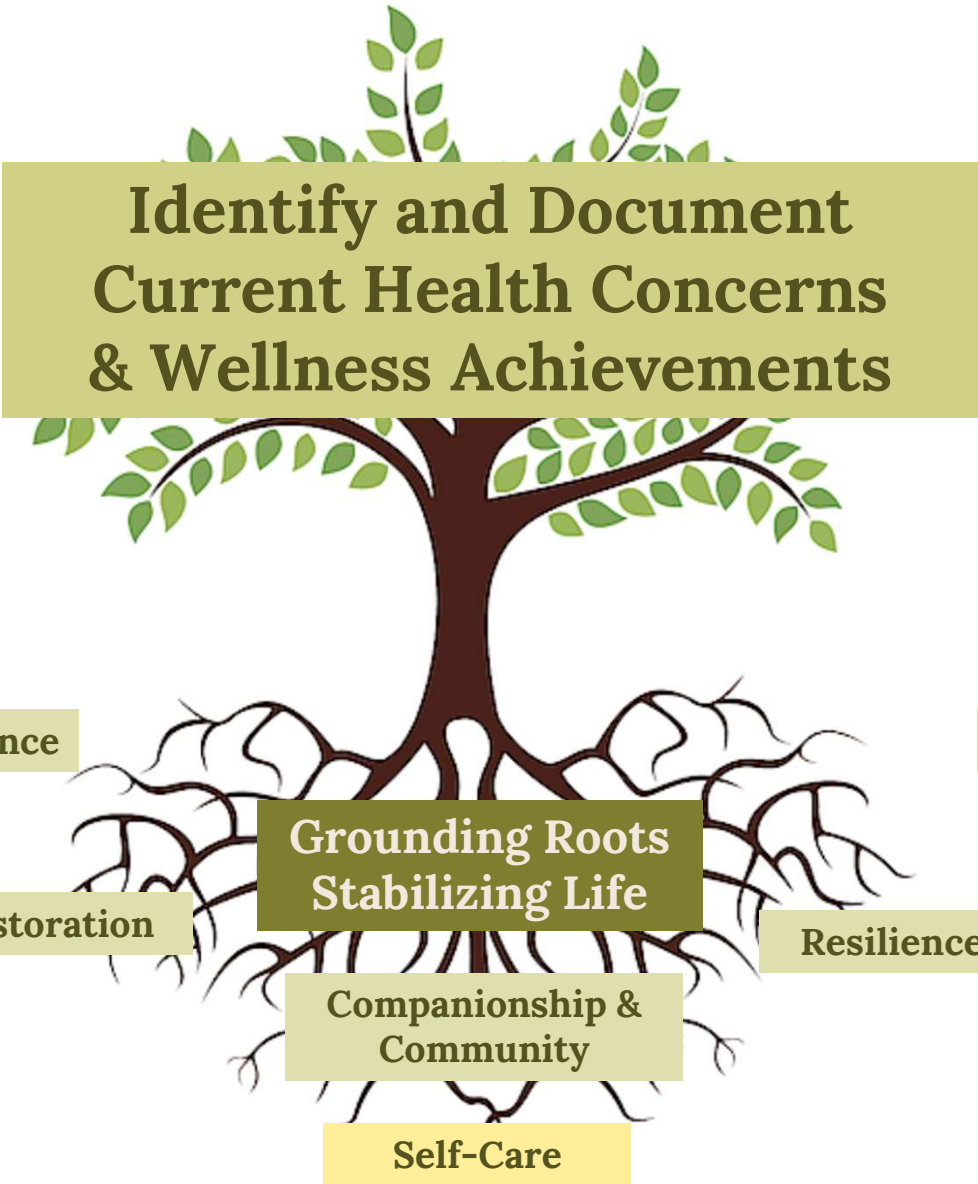


How Have YOUR LIFESTYLE CHOICES Impacted Your Health

Transform the
Lifestyle Behaviors
Holding YOU Back

Tend Your
Lifestyle
ROOTS





**Identify and Document
Current Health Concerns
& Wellness Achievements**

Movement & Performance

Nourish & Hydrations

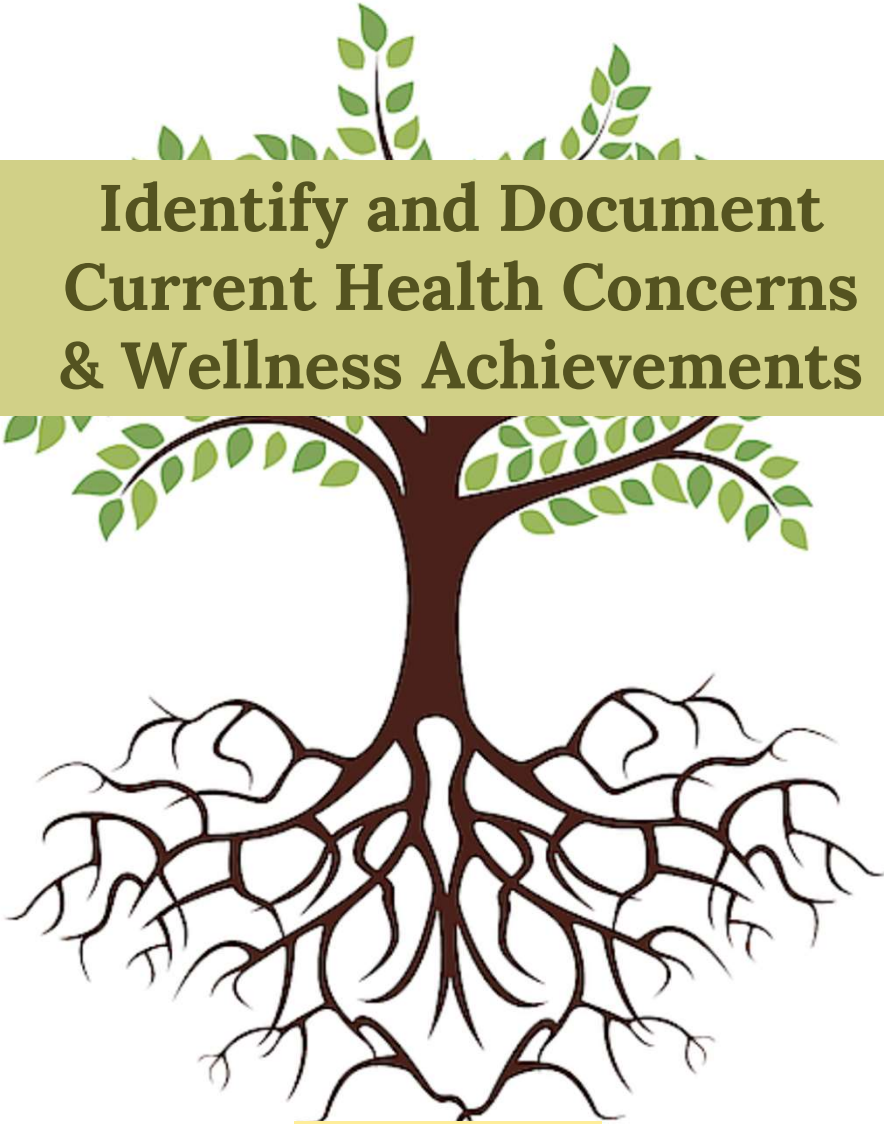
Sleep & Restoration

**Grounding Roots
Stabilizing Life**

Resilience & Defense

**Companionship &
Community**

Self-Care



**Identify and Document
Current Health Concerns
& Wellness Achievements**

Self-Care







BECOMING YOUR TREE OF LIFE

Envision and Create

Envision Your Canopy in Your Tree of Life

Explore the Health of Your Branches and Leaves

Identify Health Concerns and Challenges

Focus on Areas You Are Directed to Notice and Explore

Feel Your Way Down into Your Roots

Note Which Lifestyle Behaviors Support Your Growth

Sense the Roots that Require Your Attention and Focus

YOUR 2020 PANDEMIC STORY

Life Line with Significant Events

HEALTH Timeline

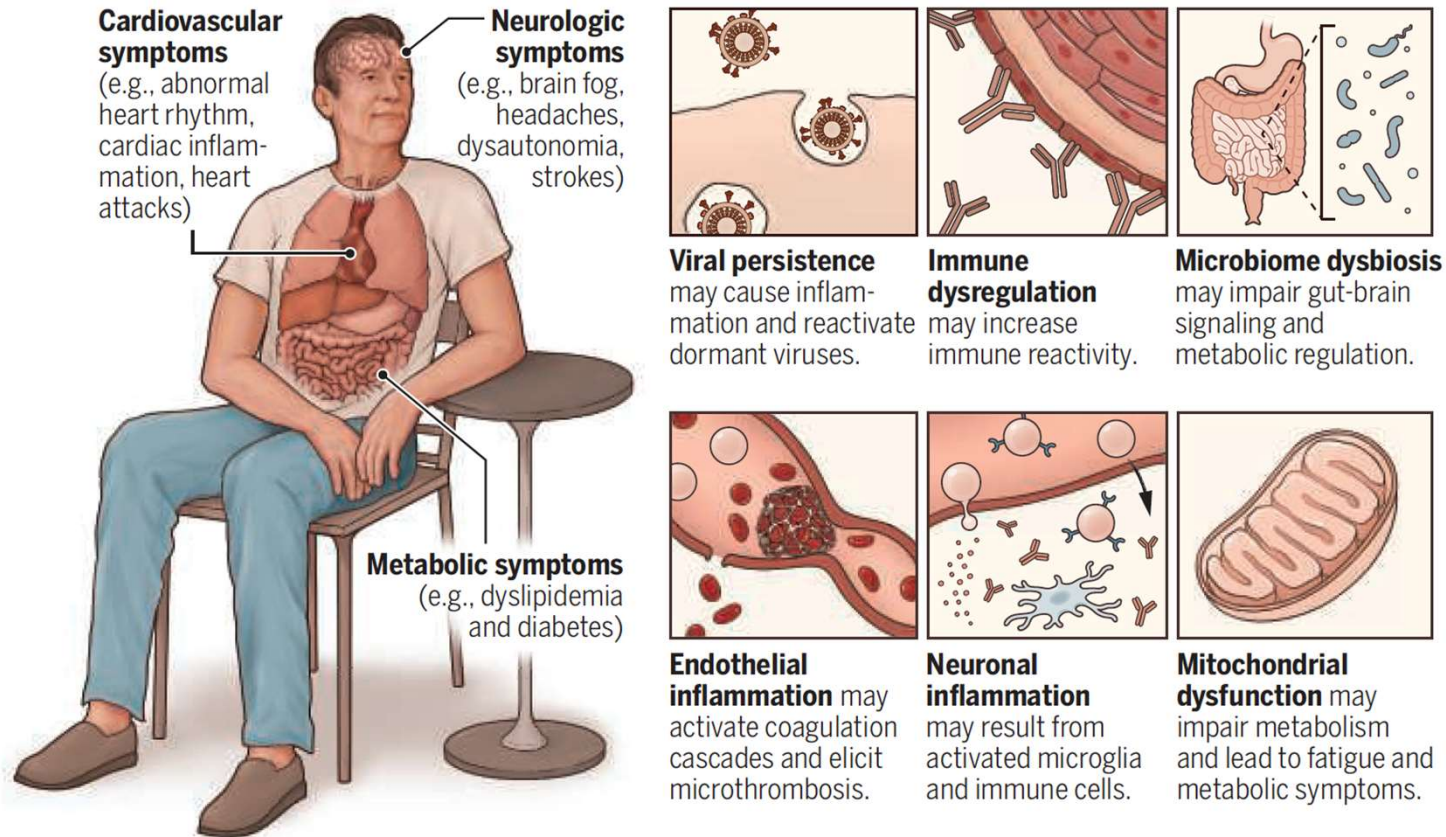
- Epigenetics/Genetics/Genomics
- Family History & Tribal Lore/Ancestral Work
- Childhood Growth & Development
- Adverse Childhood Experiences
- Socio-economic Factors
- Nourishment/Foundational Nutrition
- Microbiome
- Allergies/Sensitivities
- Inflammation
- Infection
- Auto-immun-ing
- Toxicity/BioToxins/Mold
- Metabolic Imbalances
- Stress/Trauma

TRIGGERS?
Reactivation?
Intensifications?
Exacerbations?

2020 ~ Pandemic Health Experience

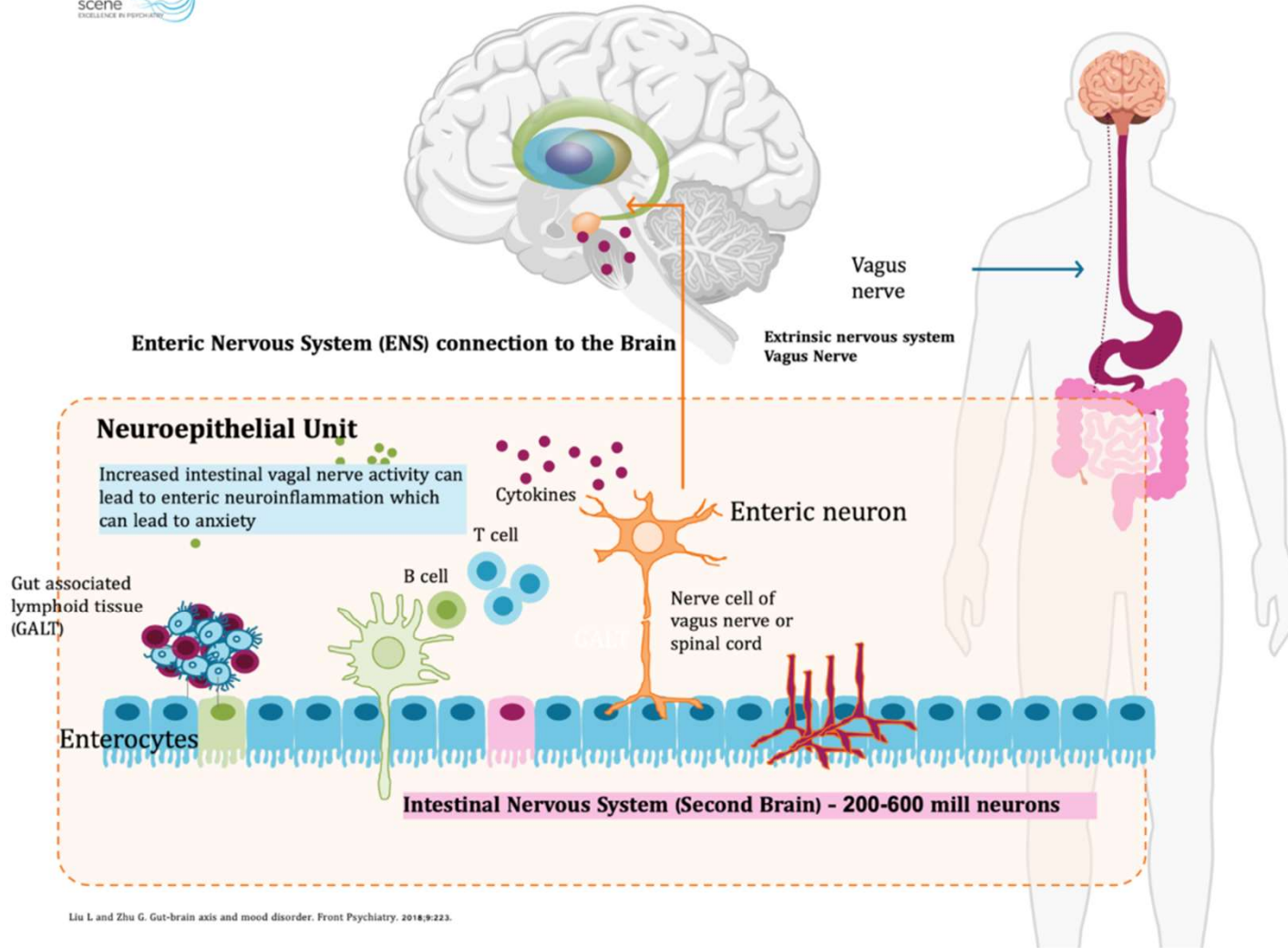
Many forms of Long Covid

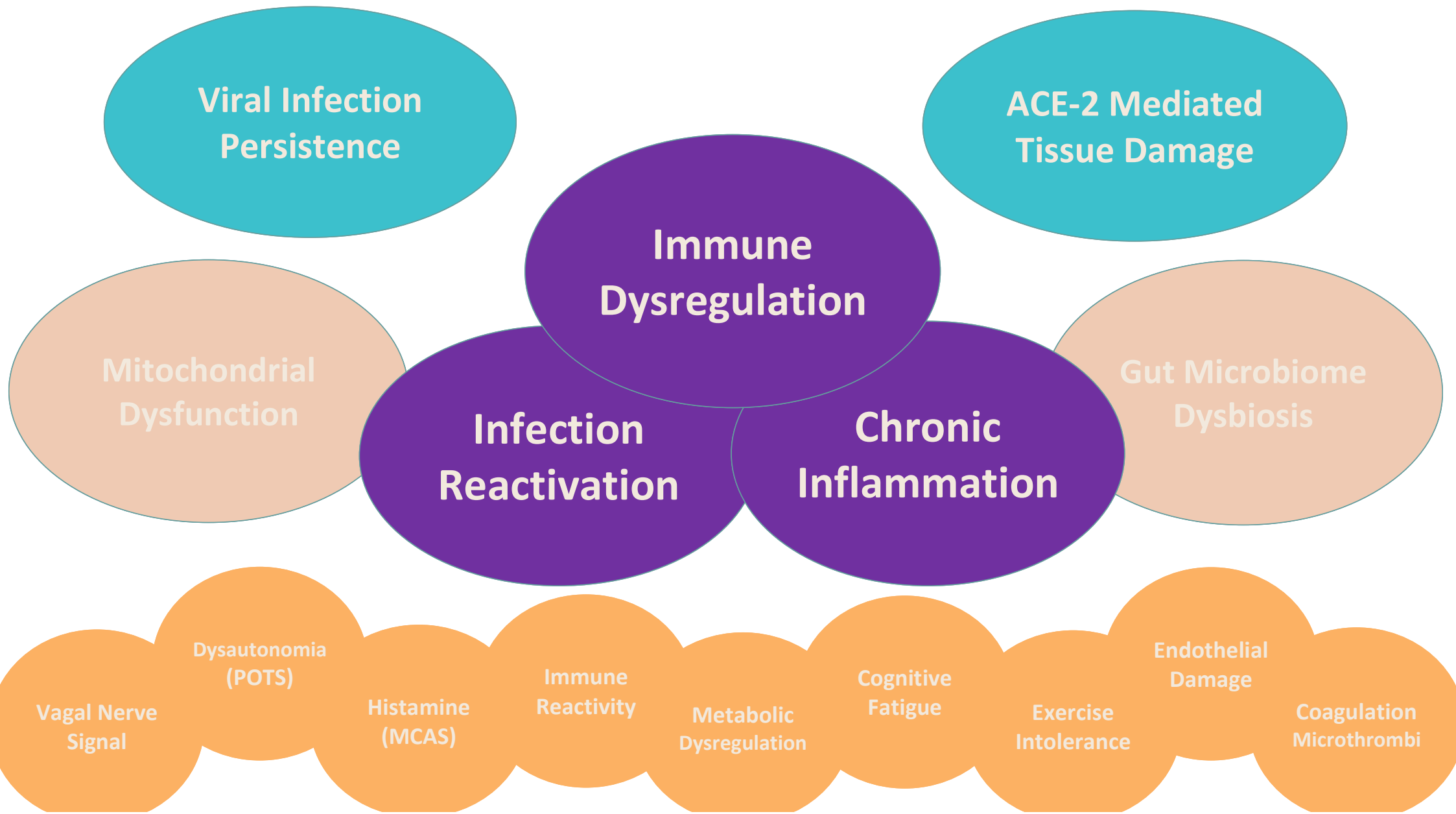
Long Covid is a multisystemic disease with sequelae that affect almost all organ systems. Various putative mechanisms that underlie these sequelae are not mutually exclusive and may explain the myriad health effects seen in Long Covid. Therapeutics that target these pathways, such as antivirals, anti-inflammatory agents, microbiome restoration, and anticoagulant drugs, may ameliorate symptoms.



Al-Aly Z, Topol E. Solving the puzzle of Long Covid. *Science*. 2024 Feb 23 Vol. 383;6685:830-832. doi: 10.1126/science.adl0867.

Vagus Nerve and the Gut Microbiome







ROOT BALL OF RELATIONSHIPS



Movement & Performance

Nourish & Hydrations

Sleep & Restoration

*Grounding Roots
Stabilizing Life*

Resilience & Defense

Relationship Root Ball

Soil ~ Feeds and Nourishes your Vital Life Force



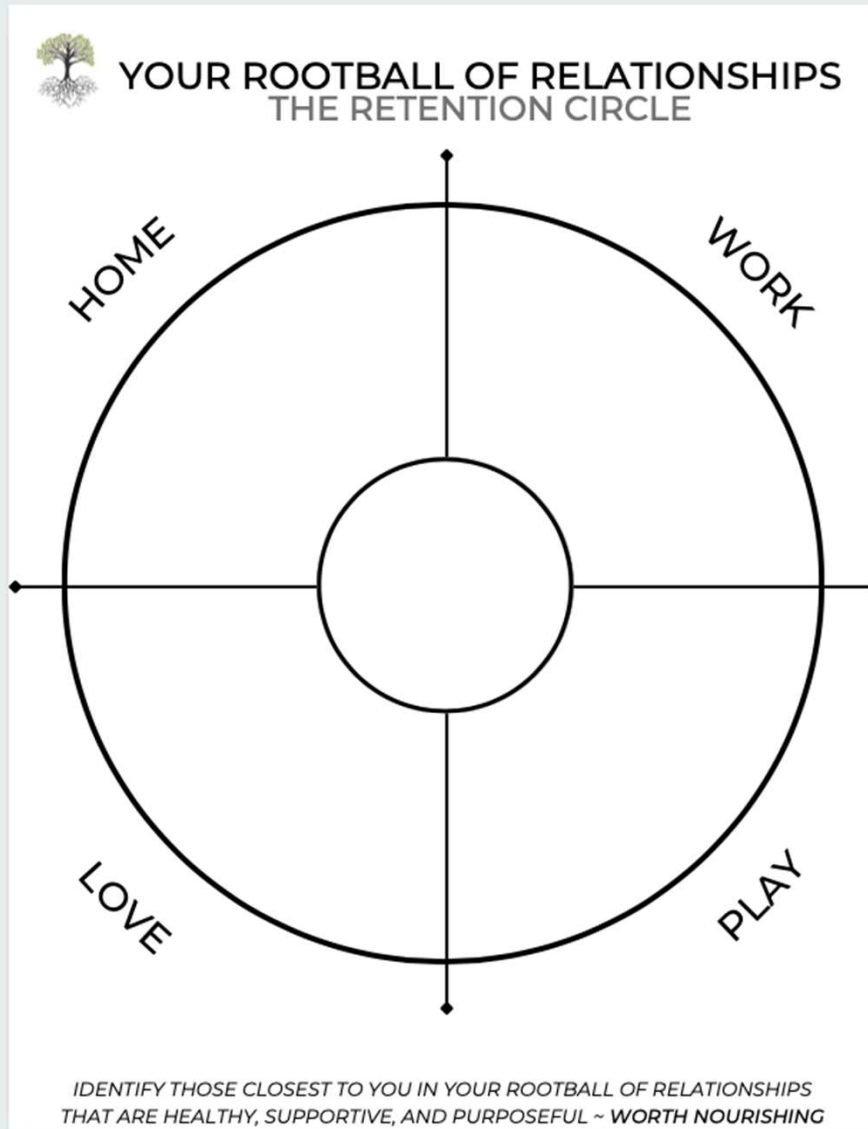
**Companionship
& Community**



**Your
Relationship
with SELF**

Your People
Companionship and Community

ENVISION



Your
Relationships
Inner Circle
Retention
Reframe

**In the Center
Your Relationship
with SELF**

Retention

Your People
Companionship and Community



Inner Circle

Your Inner Circle Forest
Your Relationships

HOME

- ✓ Nesting Partners
- ✓ House & Bed Mates

- ✓ Co-parenting Partners
- ✓ Family Members

WORK

- ✓ Financial Partners
- ✓ Bz Relationships

- ✓ Guides & Mentors
- ✓ Teachers & Advisors

Connection
with Self

- ✓ Intimate Lovers
- ✓ Romantic & Sexual

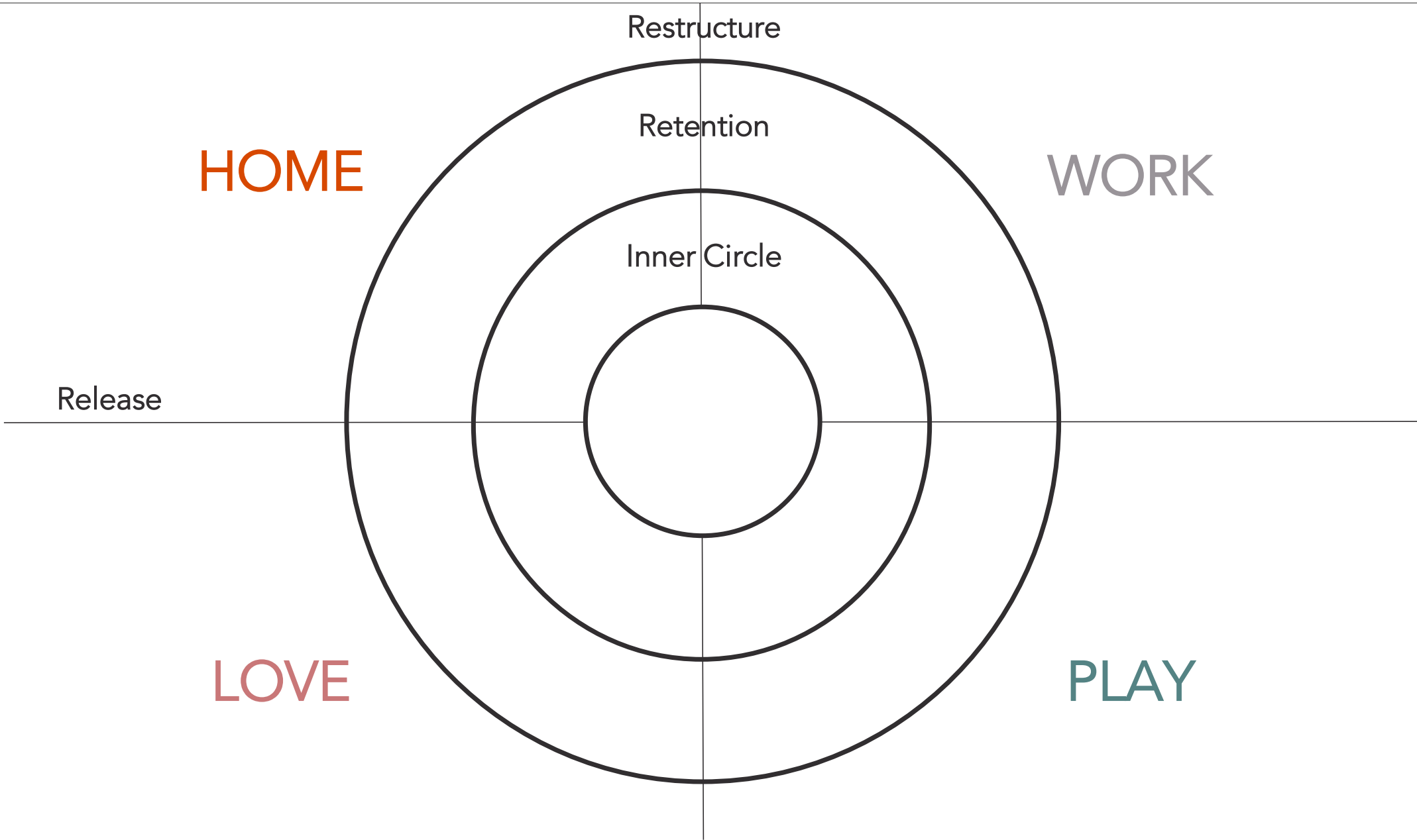
LOVE

- ✓ Friends
- ✓ Trusted Confidants

- ✓ Manifestation Makers
- ✓ Art, Sports, & Music

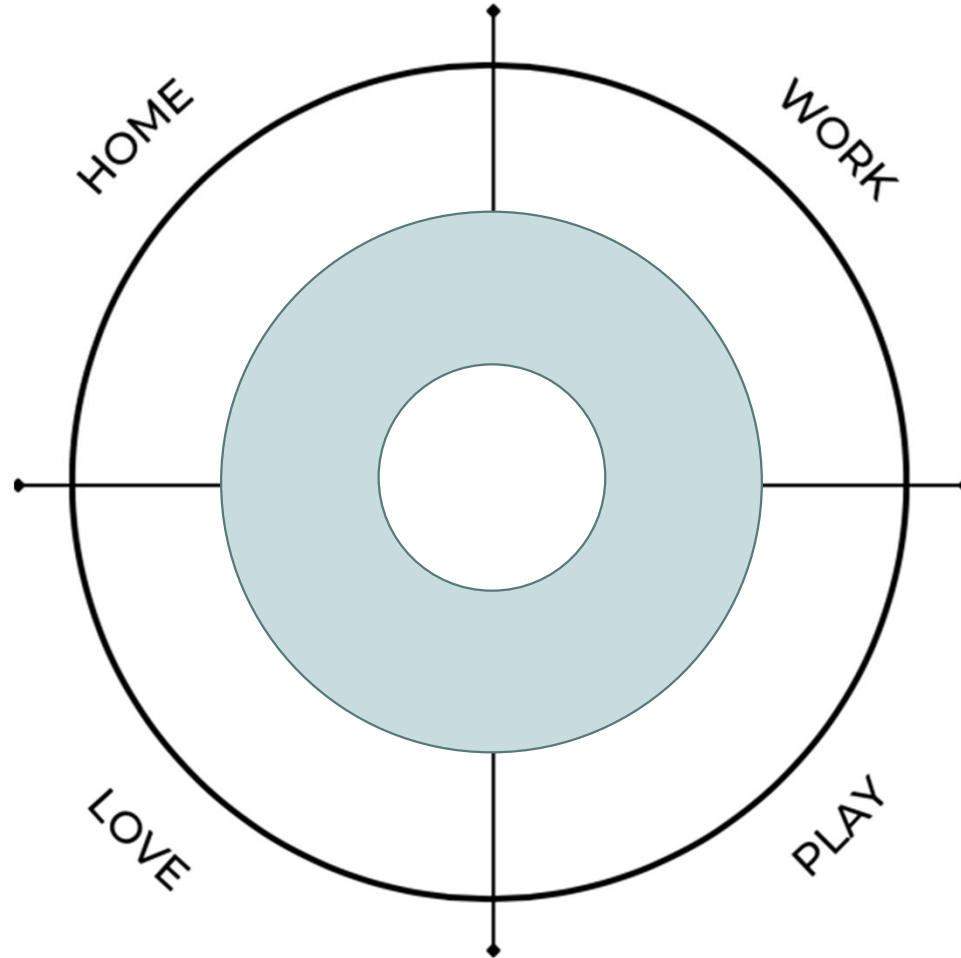
- ✓ Fantasy Partners
- ✓ Creative & Visionary

PLAY





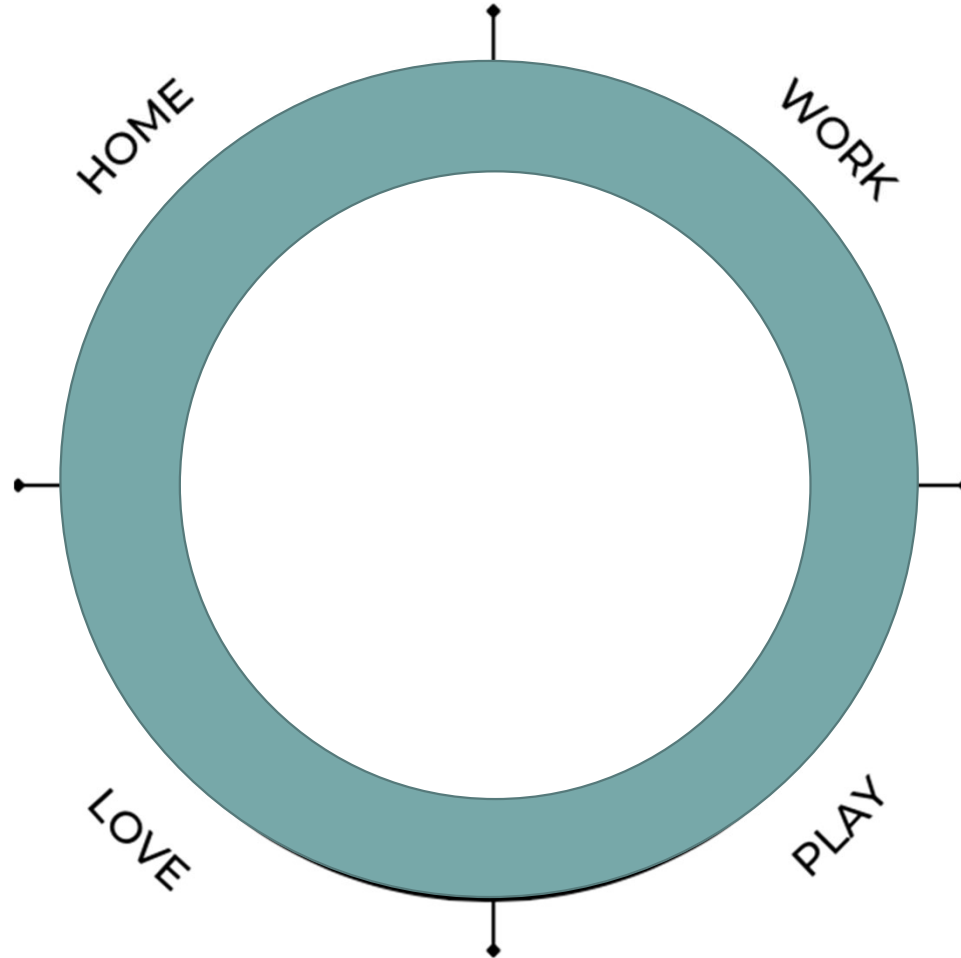
YOUR ROOTBALL OF RELATIONSHIPS THE RETENTION CIRCLE



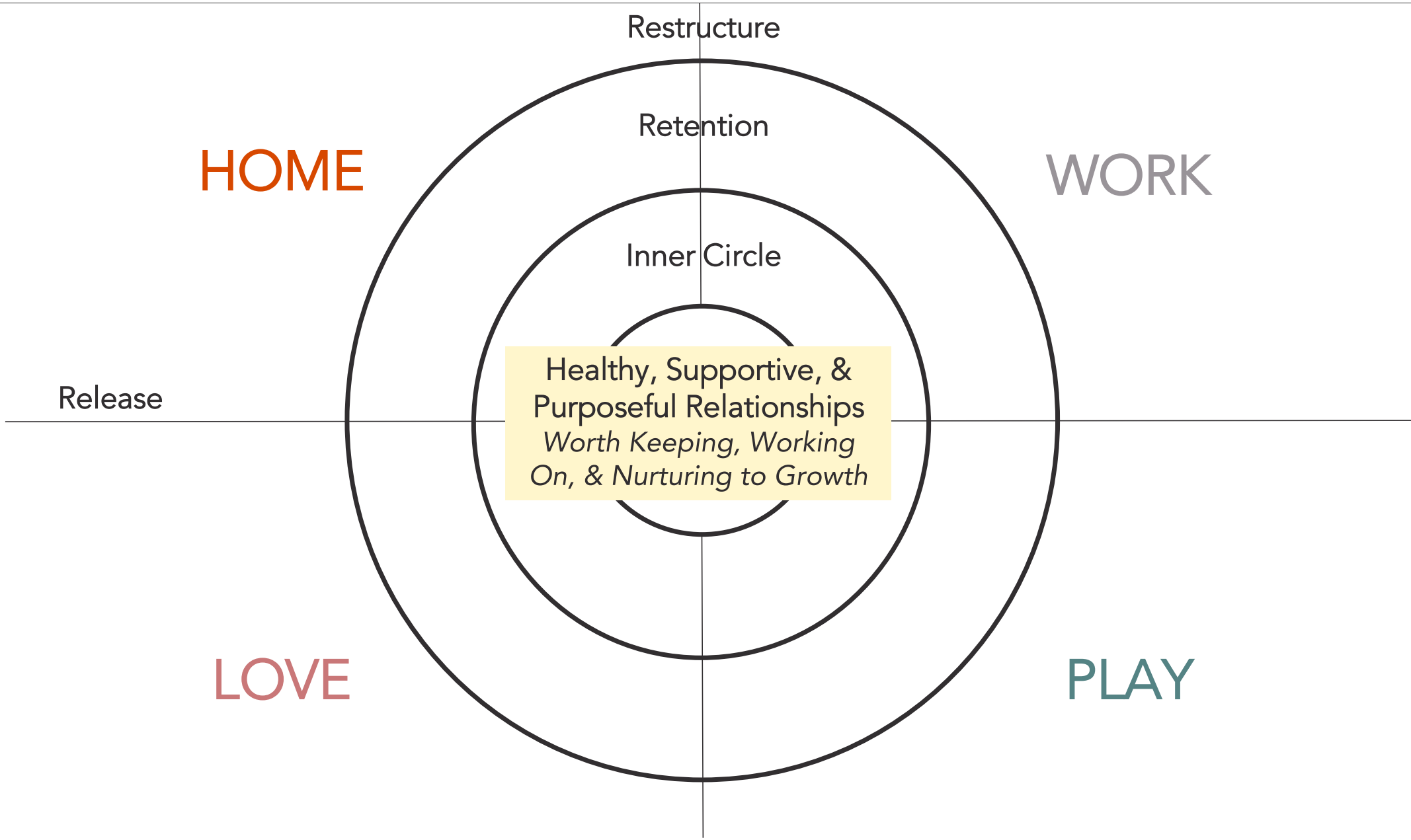
*IDENTIFY THOSE CLOSEST TO YOU IN YOUR ROOTBALL OF RELATIONSHIPS
THAT ARE HEALTHY, SUPPORTIVE, AND PURPOSEFUL ~ WORTH NOURISHING*



YOUR ROOTBALL OF RELATIONSHIPS THE RETENTION CIRCLE



*IDENTIFY THOSE CLOSEST TO YOU IN YOUR ROOTBALL OF RELATIONSHIPS
THAT ARE HEALTHY, SUPPORTIVE, AND PURPOSEFUL ~ WORTH NOURISHING*



HOME

WORK

LOVE

PLAY

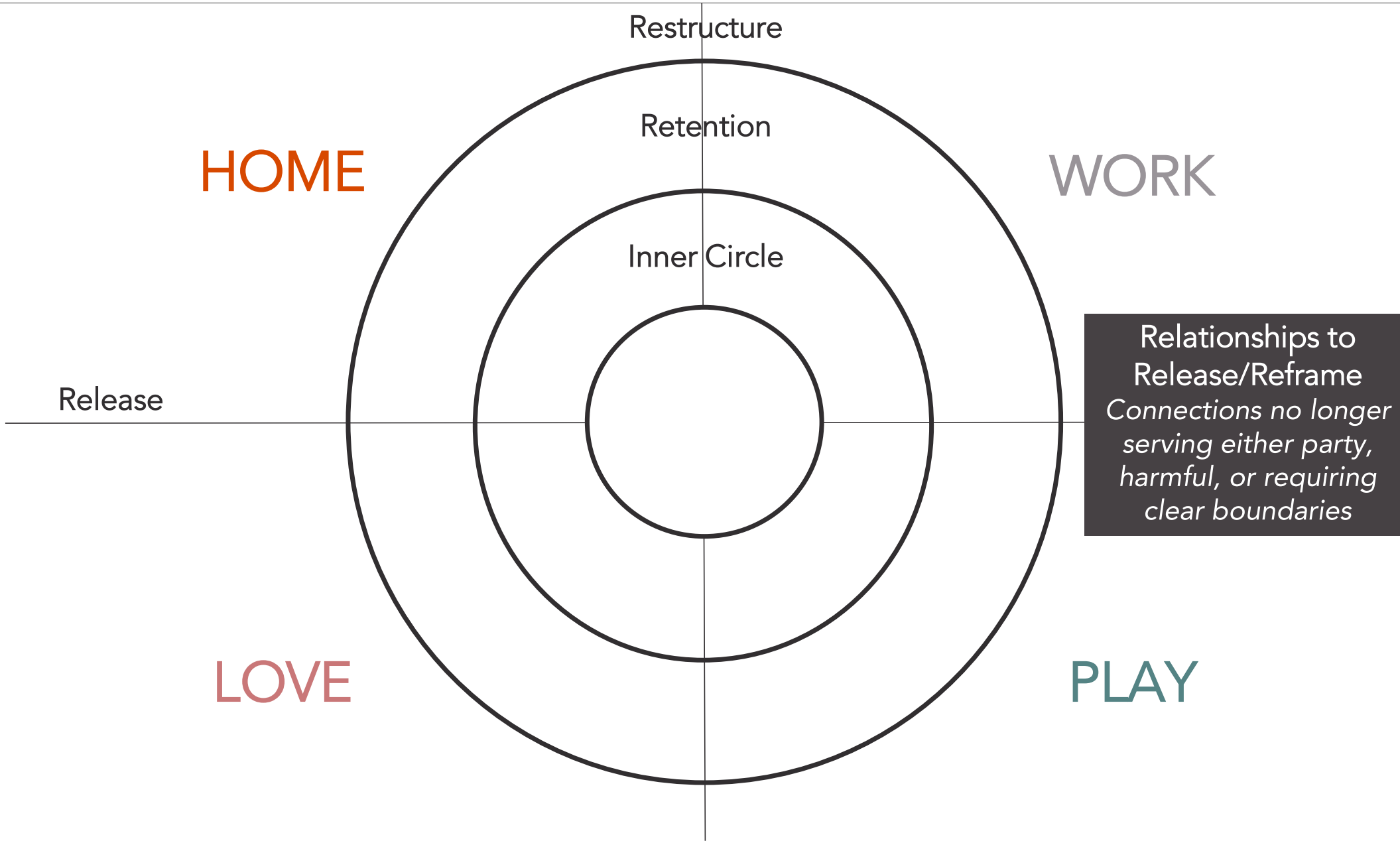
Restructure

Retention

Inner Circle

Release

Healthy, Supportive, &
Purposeful Relationships
*Worth Keeping, Working
On, & Nurturing to Growth*



HOME

WORK

LOVE

PLAY

Restructure

Retention

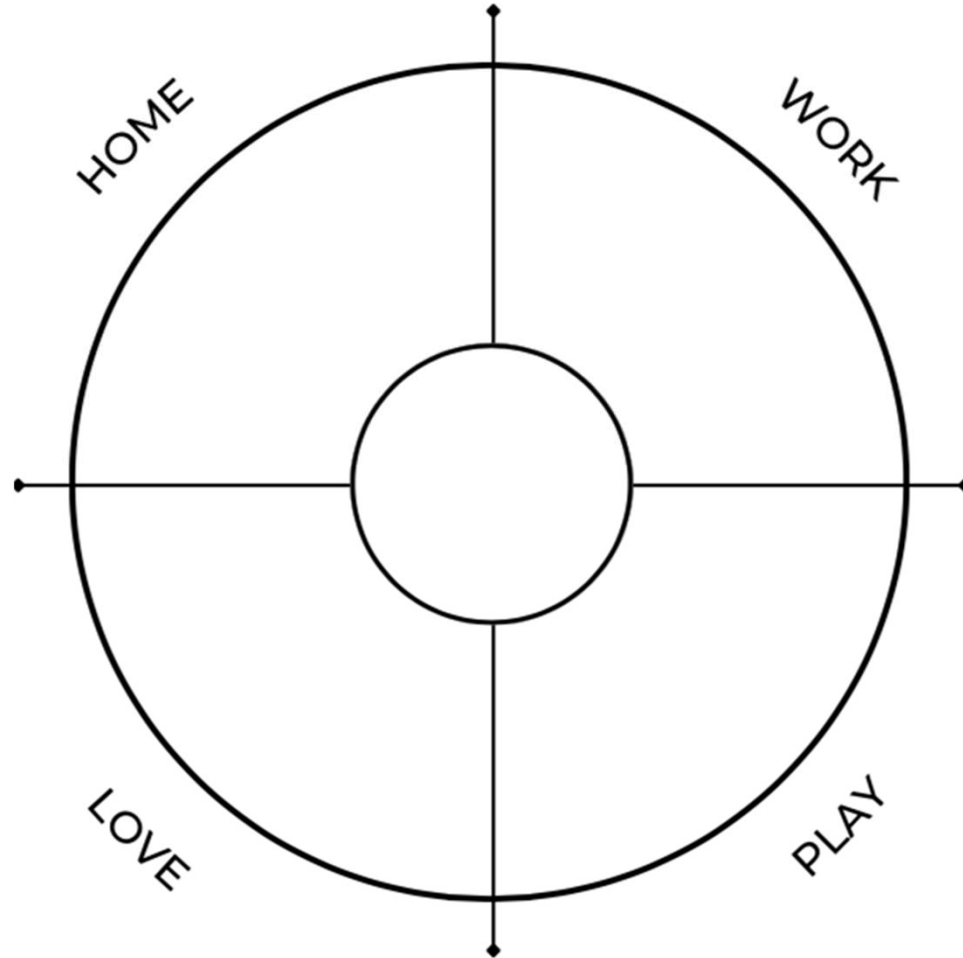
Inner Circle

Release

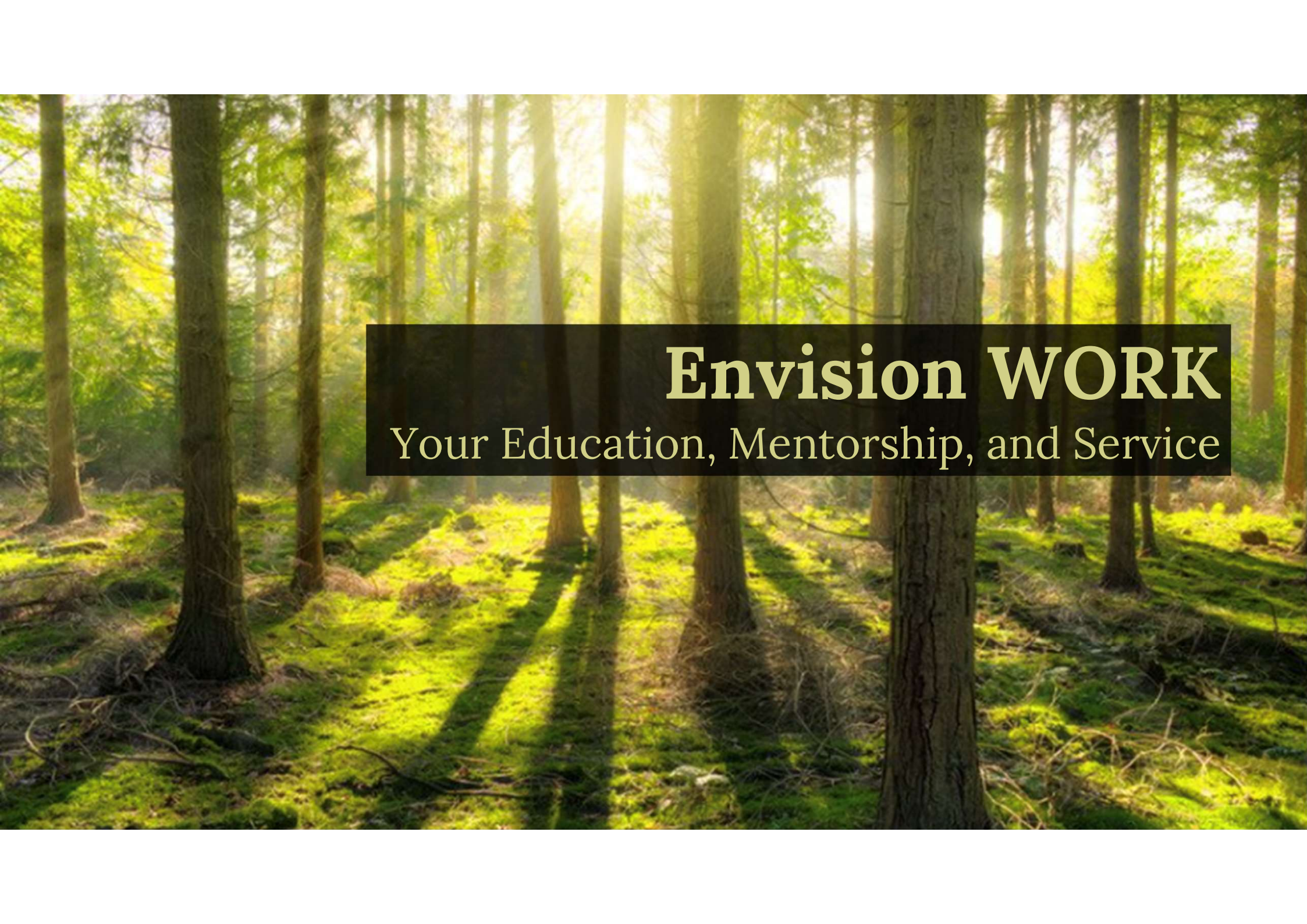
Relationships to Release/Reframe
Connections no longer serving either party, harmful, or requiring clear boundaries



YOUR ROOTBALL OF RELATIONSHIPS THE RETENTION CIRCLE



*IDENTIFY THOSE CLOSEST TO YOU IN YOUR ROOTBALL OF RELATIONSHIPS
THAT ARE HEALTHY, SUPPORTIVE, AND PURPOSEFUL ~ WORTH NOURISHING*



Envision WORK

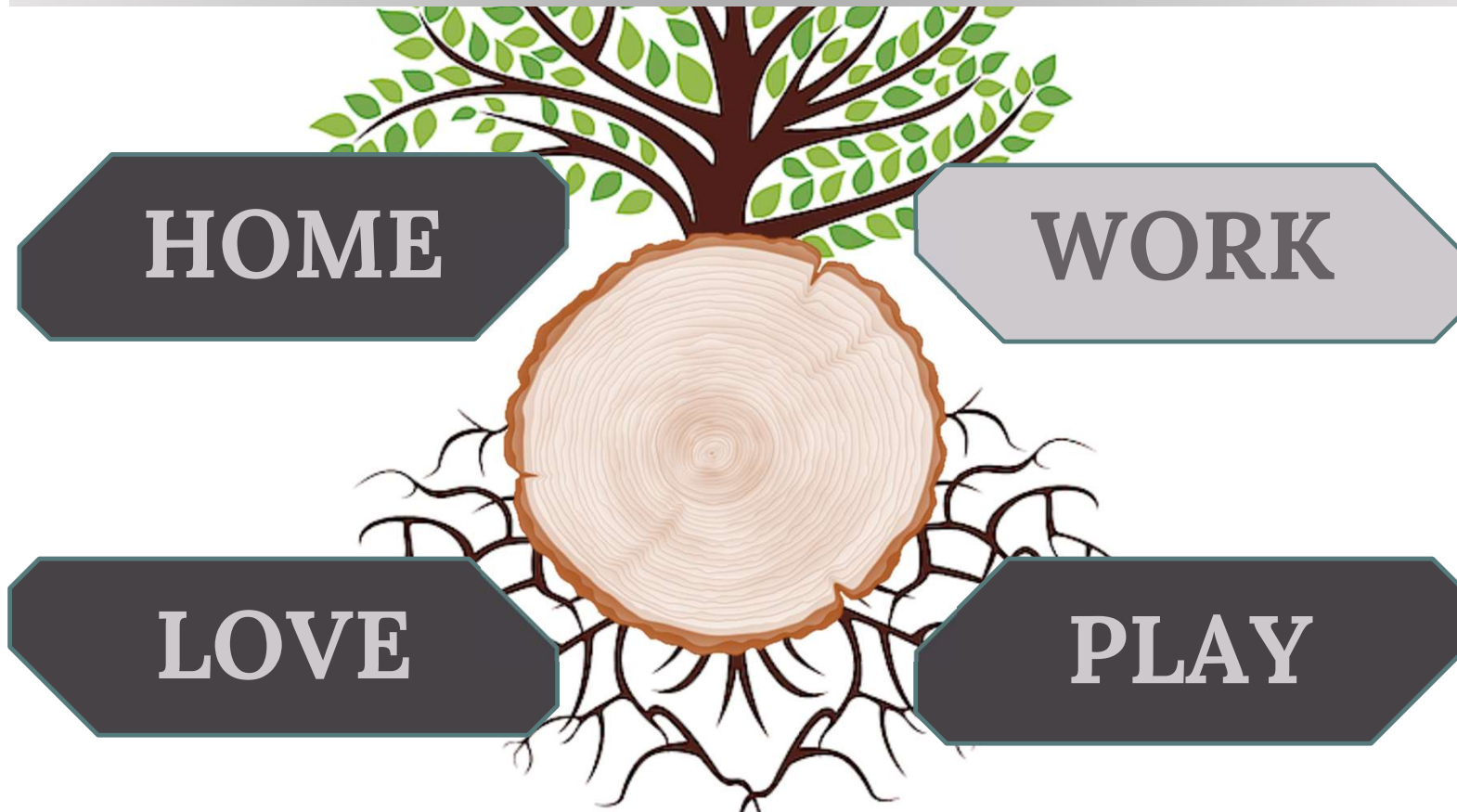
Your Education, Mentorship, and Service

The background of the slide features a large, faint, grayscale fingerprint pattern. The ridges and valleys of the fingerprint are visible, creating a textured, circular effect that frames the central text.

The Influential Elements

WORK, FINANCES, & EDUCATION

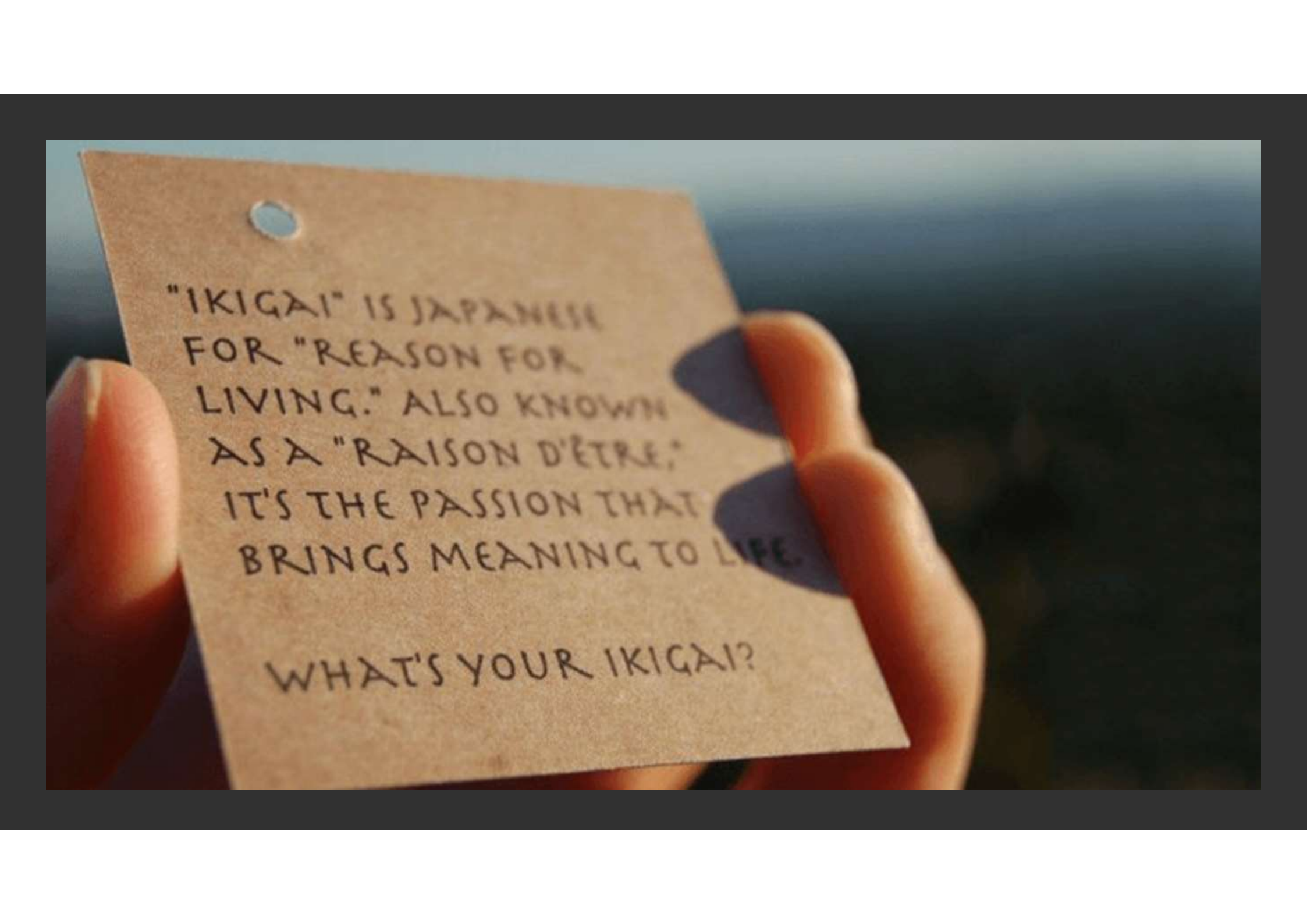
The Influential Elements of Your Tree Rings



Tree Rings - **WORK** Timeline

Expand Upon Your **WORK** and **SERVICE** Timeline

- Reflect on your **Life Story**
- Consider Your **Work Timeline**
- Review the Stages of Life** -does work and service layer into your story
- Reflect on **Dreams and Visions for a Life of Service**
- Plot Your **Education, Career, and Acts of Service**

A close-up photograph of a person's hand holding a piece of light brown, textured paper. The paper has a small circular hole at the top left. The text is printed in a simple, black, sans-serif font. The background is a blurred, dark landscape, possibly a sunset or sunrise over a body of water or a field.

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WHAT'S YOUR IKIGAI?

Life Line with Significant Events
Health Highlights

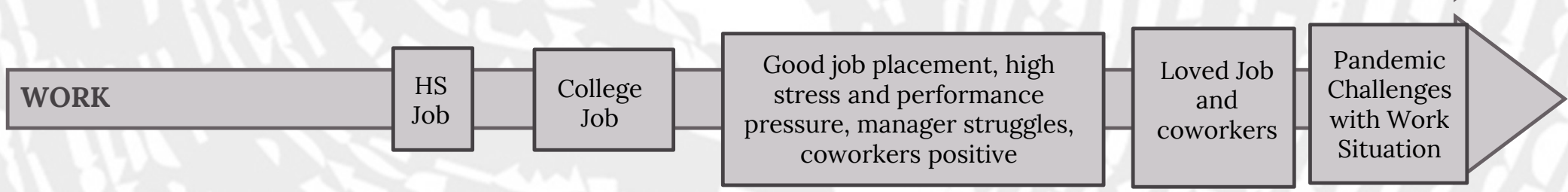
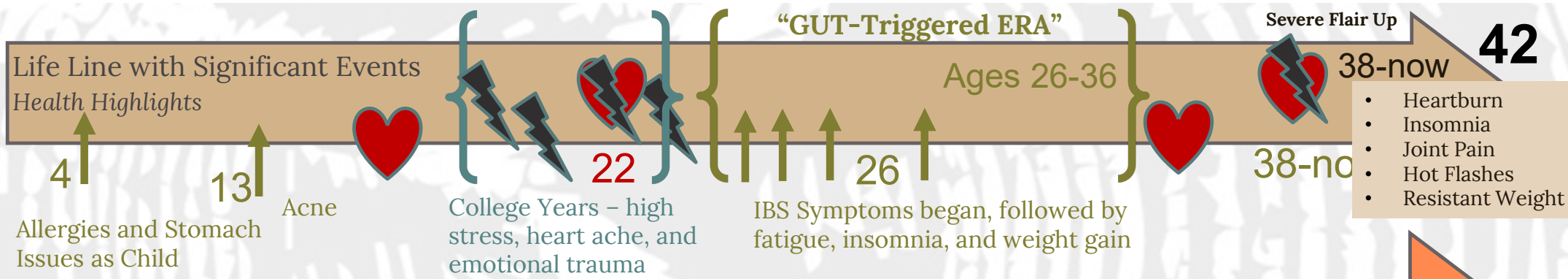
Stages and Eras of Life

HOME

WORK

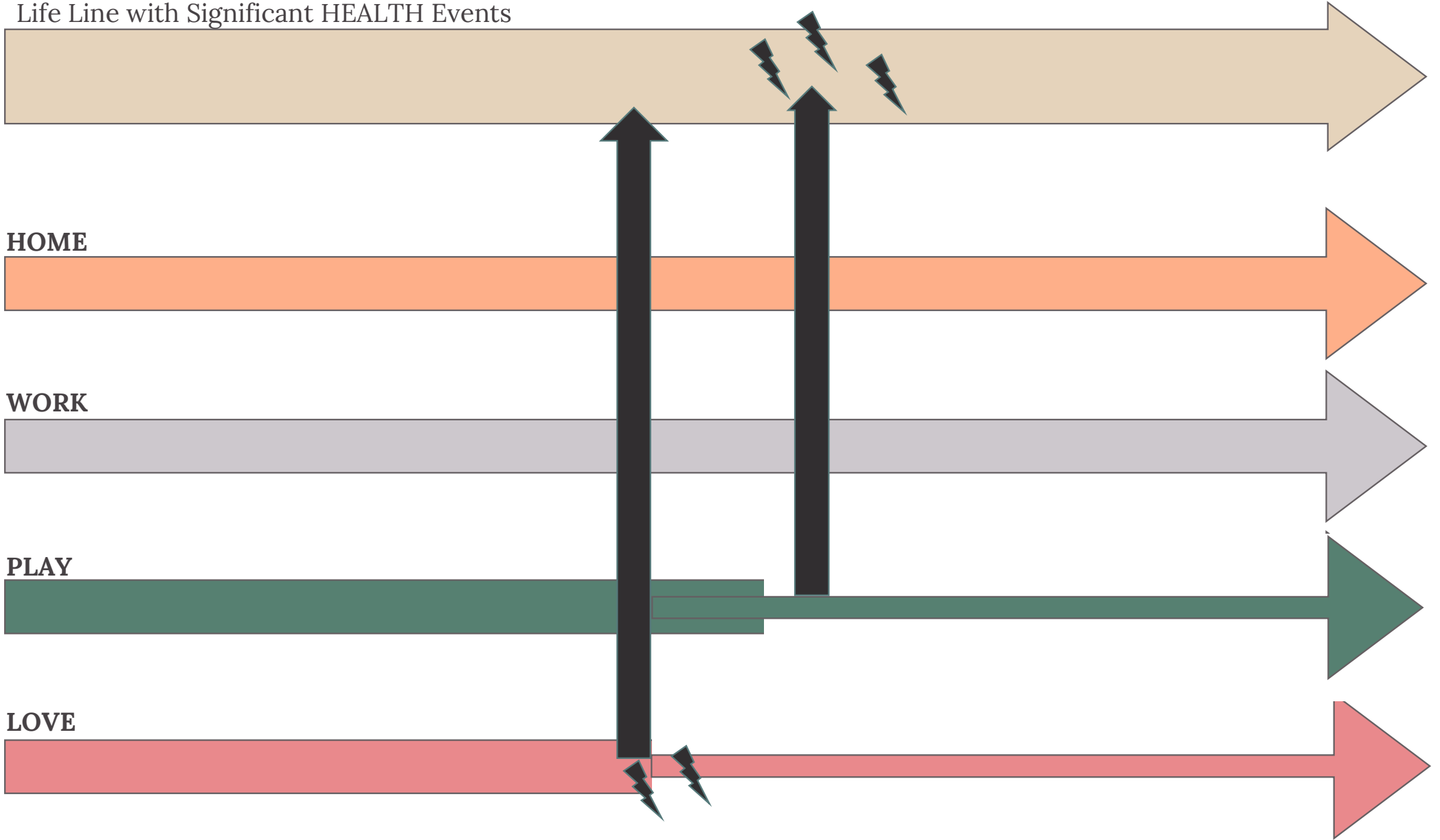
Identify in Your Timeline Review

- Reflect on Your Eras of Work and Service
 - Dreams and Visions for Your Career Path
 - Educational and Personal Development
 - Explore Job vs Purposeful Service
- Start to Fill in Your WORK and Service Timeline

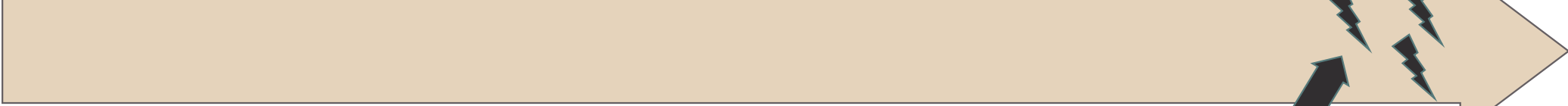


Humane Society / Pet Shelters

Life Line with Significant HEALTH Events



Life Line with Significant Events



HOME



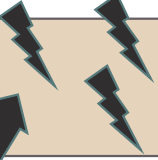
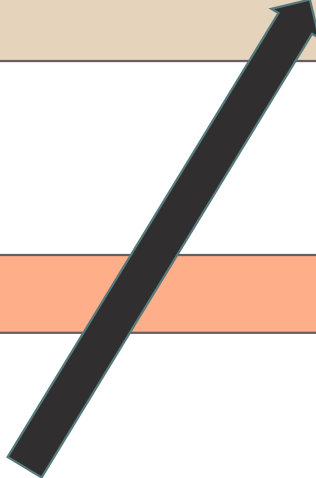
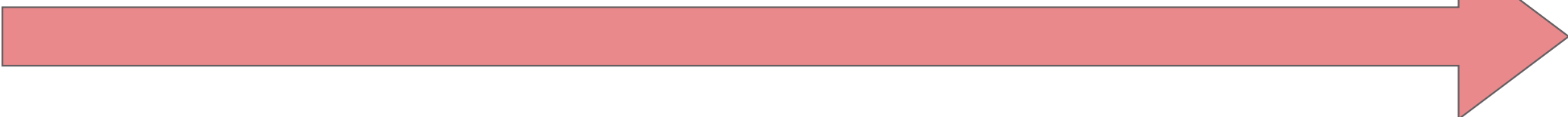
WORK



PLAY



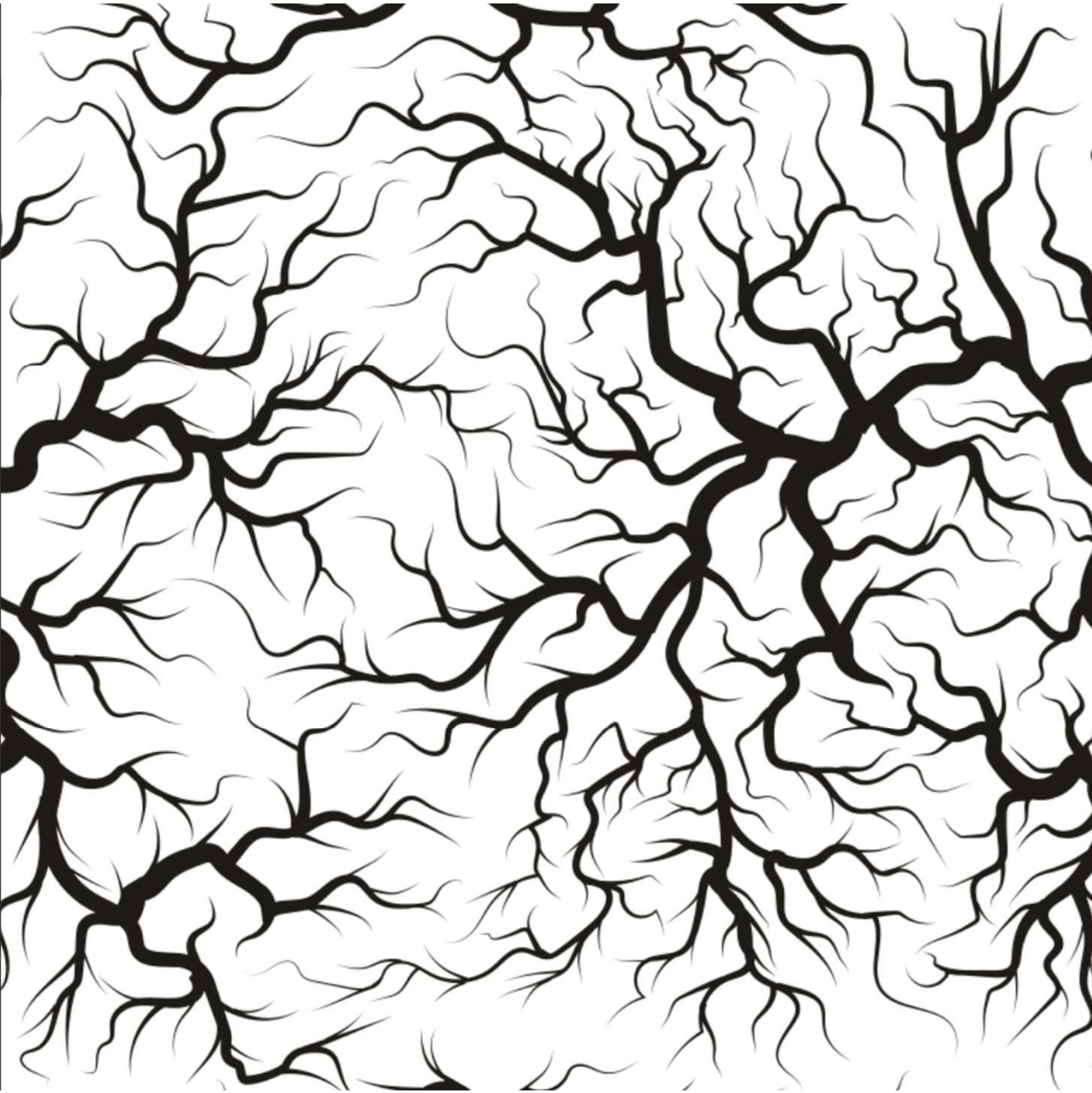
LOVE





YOUR ROOTS

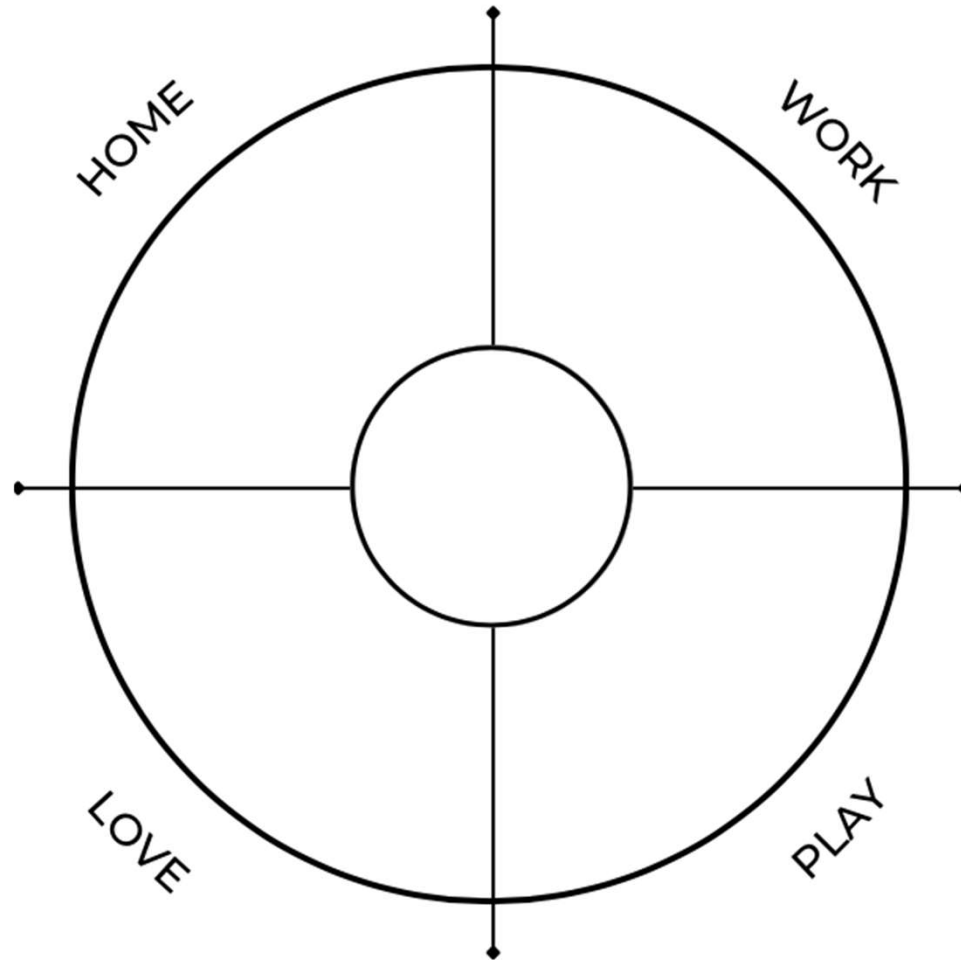
WORK Relationships







YOUR ROOTBALL OF RELATIONSHIPS THE RETENTION CIRCLE

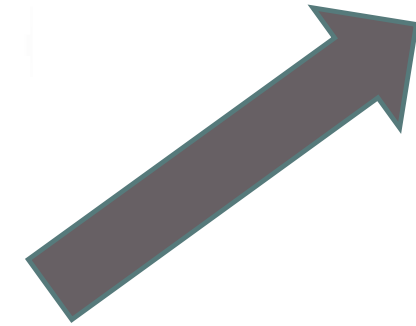
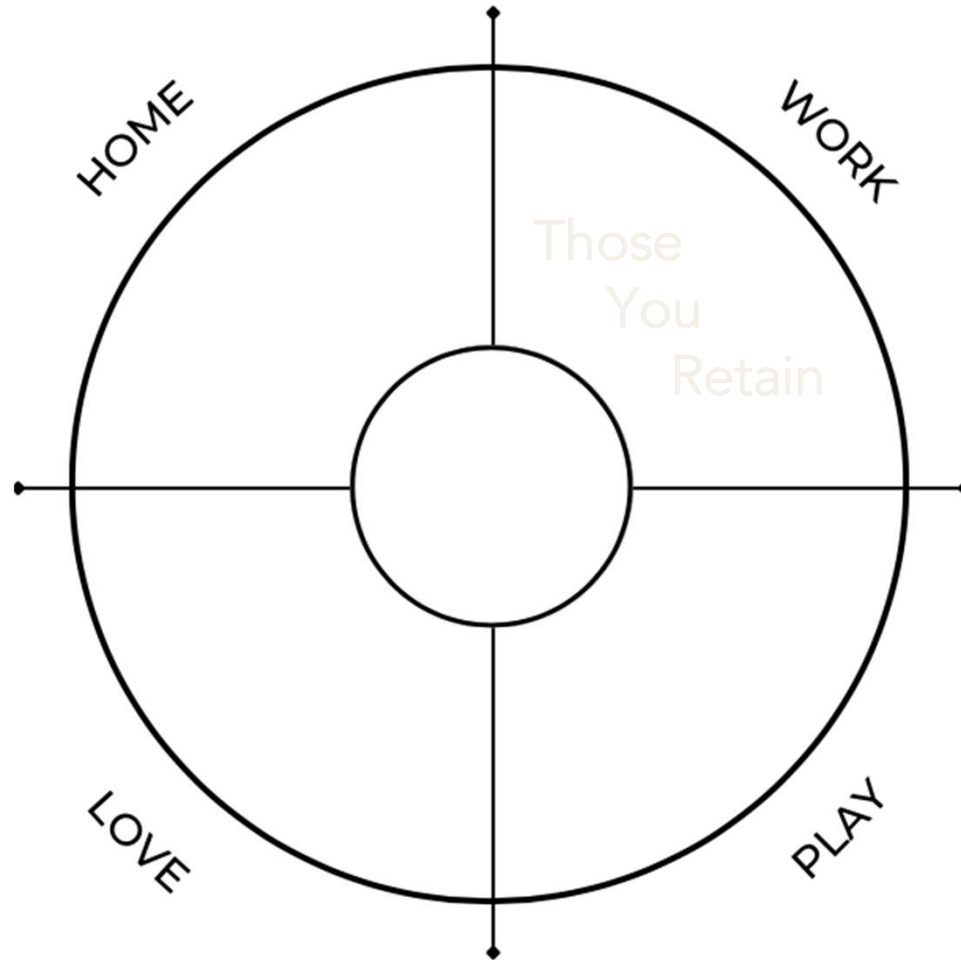


- ✓ ***Bz Partners***
- ✓ ***Financial Relationships***
- ✓ ***Advisors***
- ✓ ***Coaches/Trainers***
- ✓ ***Mentors/Guides***
- ✓ ***Teachers***

IDENTIFY THOSE CLOSEST TO YOU IN YOUR ROOTBALL OF RELATIONSHIPS
THAT ARE HEALTHY, SUPPORTIVE, AND PURPOSEFUL ~ WORTH NOURISHING

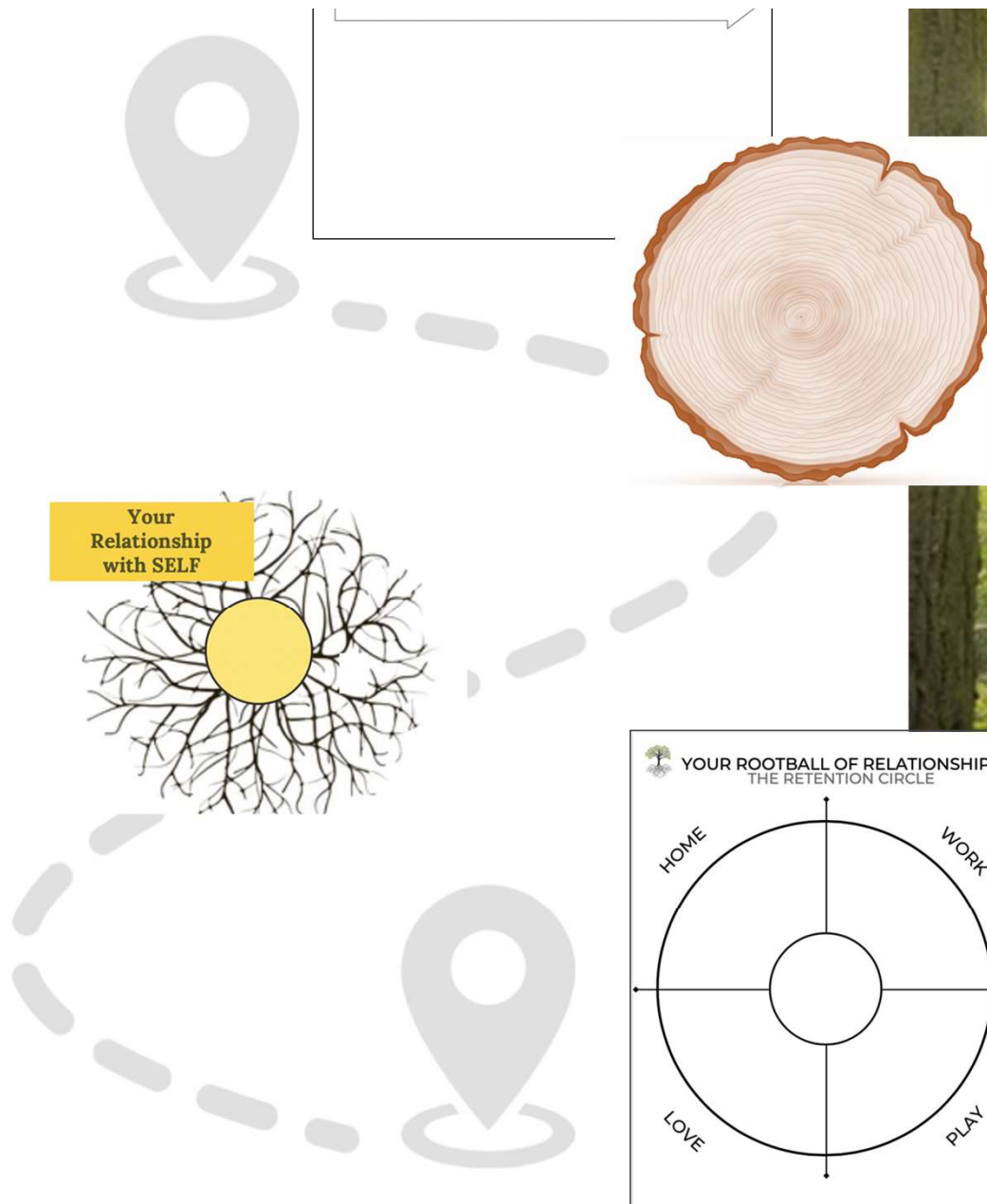


YOUR ROOTBALL OF RELATIONSHIPS THE RETENTION CIRCLE



Those WORK Relationships You Can Release or Reframe

IDENTIFY THOSE CLOSEST TO YOU IN YOUR ROOTBALL OF RELATIONSHIPS THAT ARE HEALTHY, SUPPORTIVE, AND PURPOSEFUL ~ WORTH NOURISHING





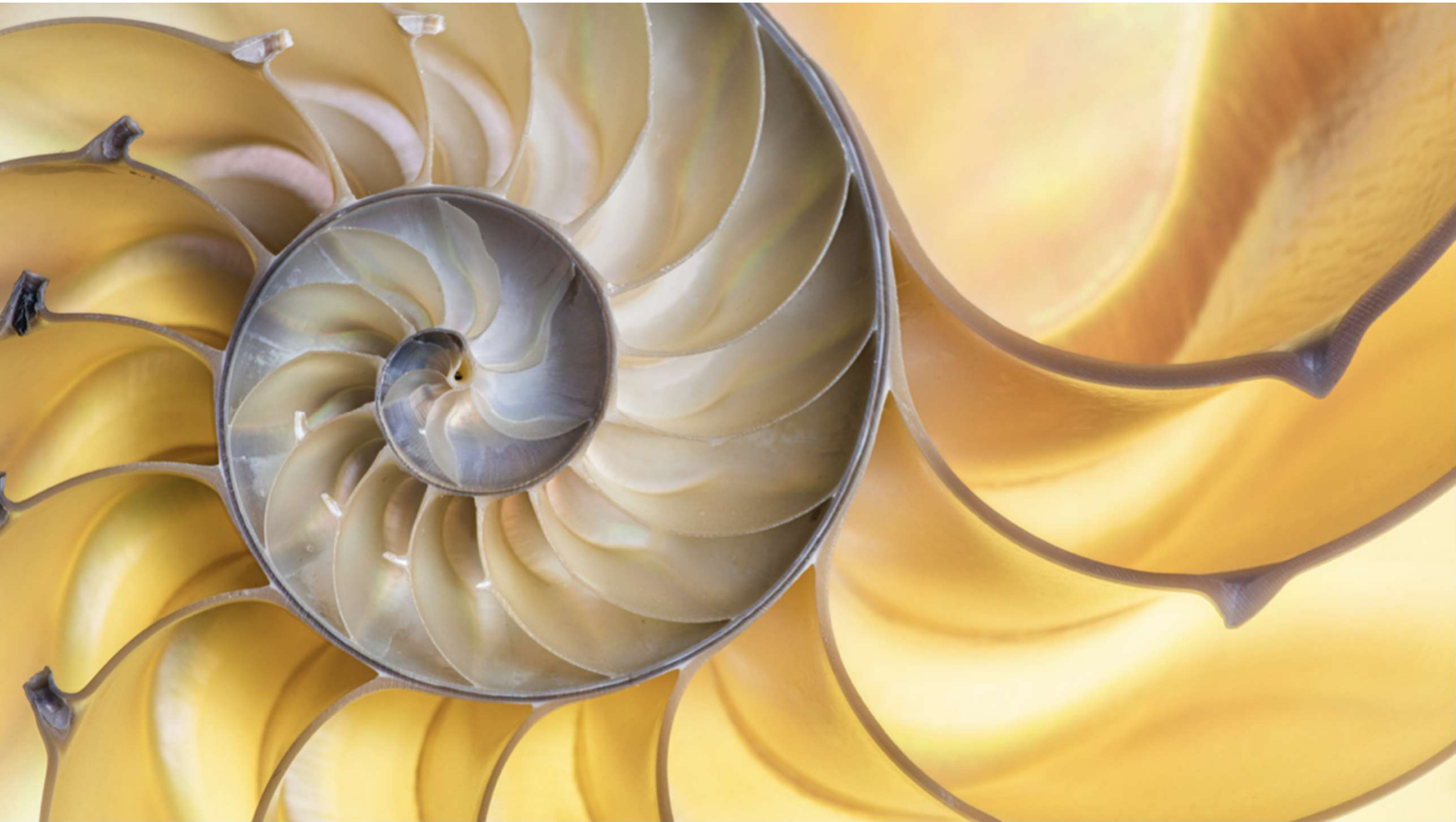
YOUR MEDICAL TRIBE

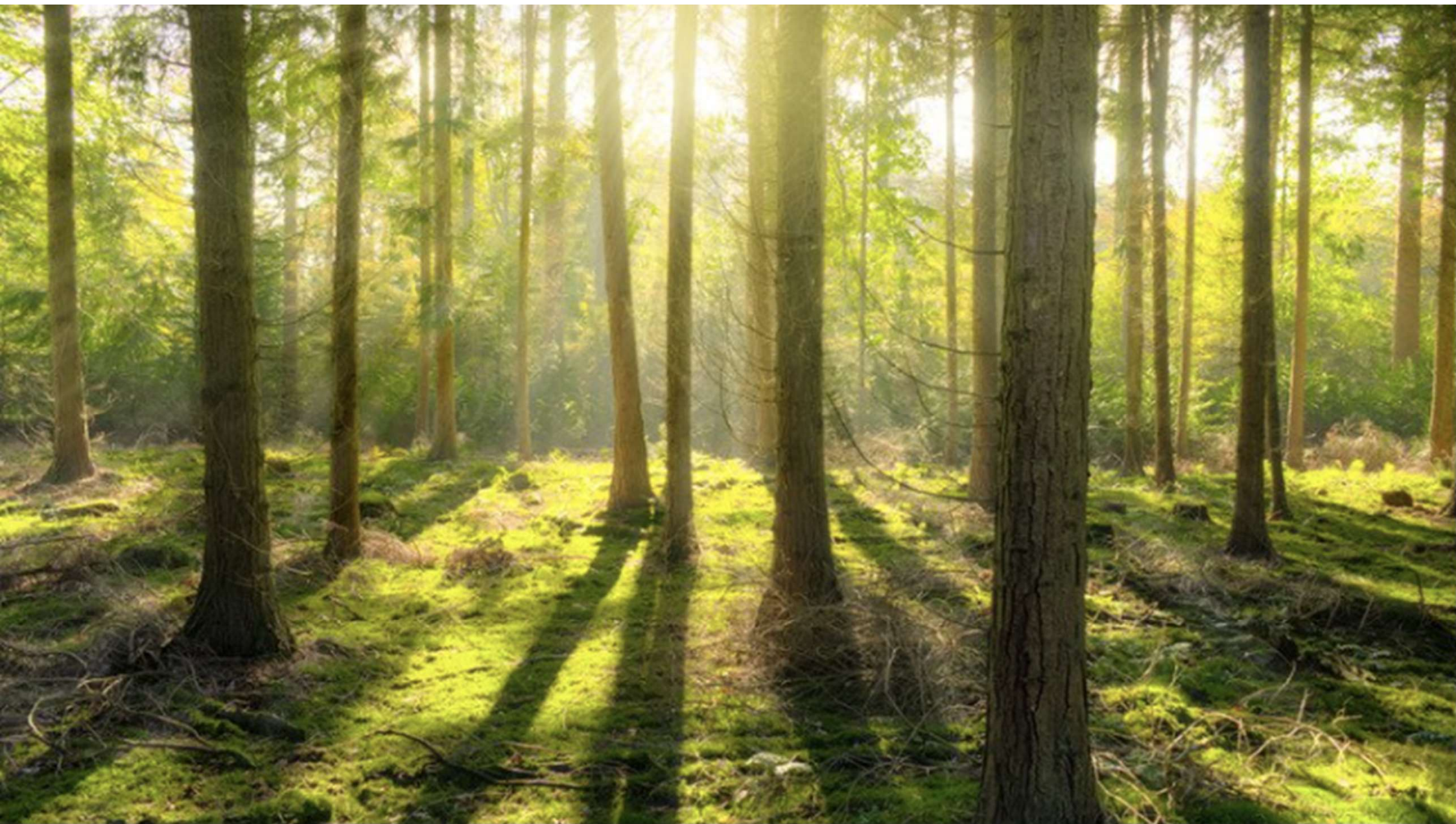
Your Collaborative Care Team
Your Forest

The background is a complex, abstract digital composition. It features a central, bright yellow and white vortex-like structure that radiates outwards. This central element is surrounded by numerous thin, glowing lines in shades of yellow, green, and blue, which appear to be part of a larger, intricate pattern. Scattered throughout the scene are various particles and shapes, including small blue and purple dots, larger colorful circles, and a prominent green pentagon in the lower right quadrant. The overall effect is one of dynamic energy and interconnectedness, with a color palette that transitions from warm yellows and oranges in the center to cooler blues and greens towards the edges.

INTEGRATION







ENJOY DIVING INTO YOUR
Shaking Your Tree
EXPERIENCE



www.DocereVita.com
Dr. Kristi Morlan Hughes