A SAMPLE PLAN · DE-IDENTIFIED

Your Paath Plan

Your engine is healthy. Your thermostat is turned down. Blood sugar, liver, kidneys, hormones — strong across the board. What your labs found is a body in conservation mode: low on magnesium, vitamin D, and fuel — and short on movement. Everything from your visit is in here, with the full meal plan built from foods you love.

80 markers read

4 supplements chosen

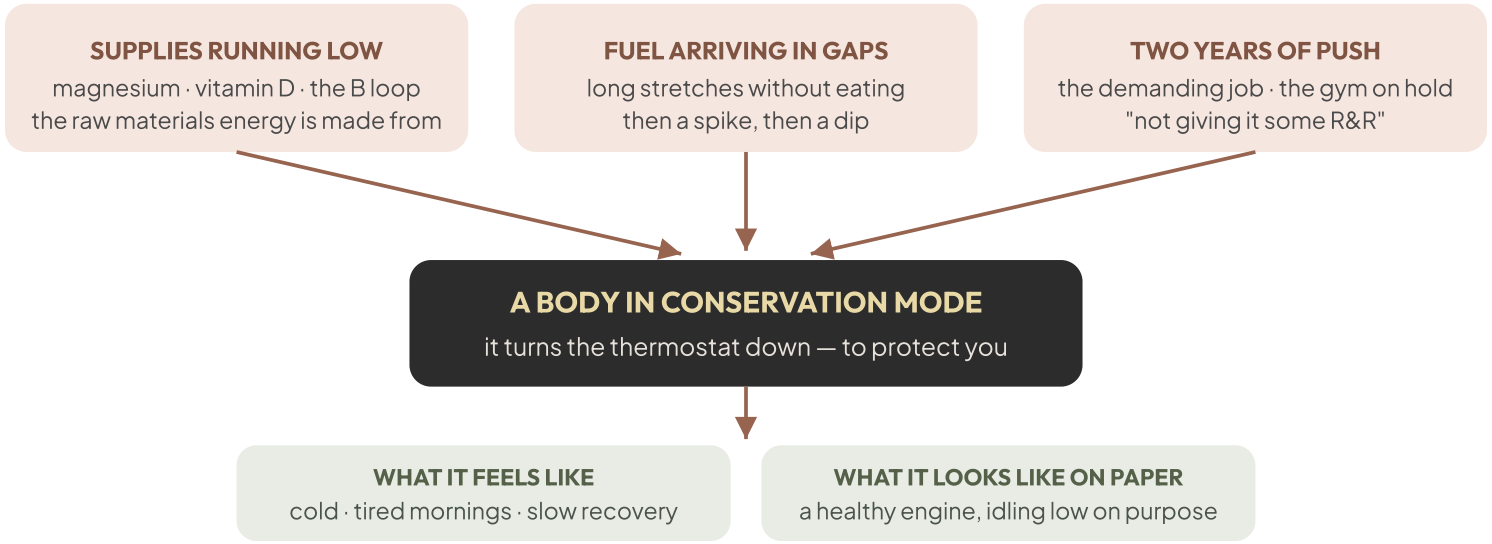
1 full meal plan

Drawn fasting at **LabCorp** · read in full by **your practitioner**



WHY YOU FEEL THIS WAY

Three currents, one feeling



THE MECHANISM, IN YOUR PRACTITIONER'S WORDS

"When the body is stressed it does not want to ramp up metabolism, which is really the main job of the thyroid… so the signal is getting turned down." And the crucial part: *"Your body is doing exactly what it's supposed to do — but potentially you're pushing it too hard in certain areas and not giving it some R&R."* **The fix is not to push a tired system harder. It is to send the opposite signal** — steady fuel, restocked minerals, real movement, real rest — until the thermostat turns itself back up.