

# Evolutionary Roadmap

SIGNATURE PROGRAM



## PHASE 1

### Gut

Heal and strengthen upper and lower digestion to ensure optimum health.

### Immune

Reduce overall inflammation with immune-customized nutritional support.

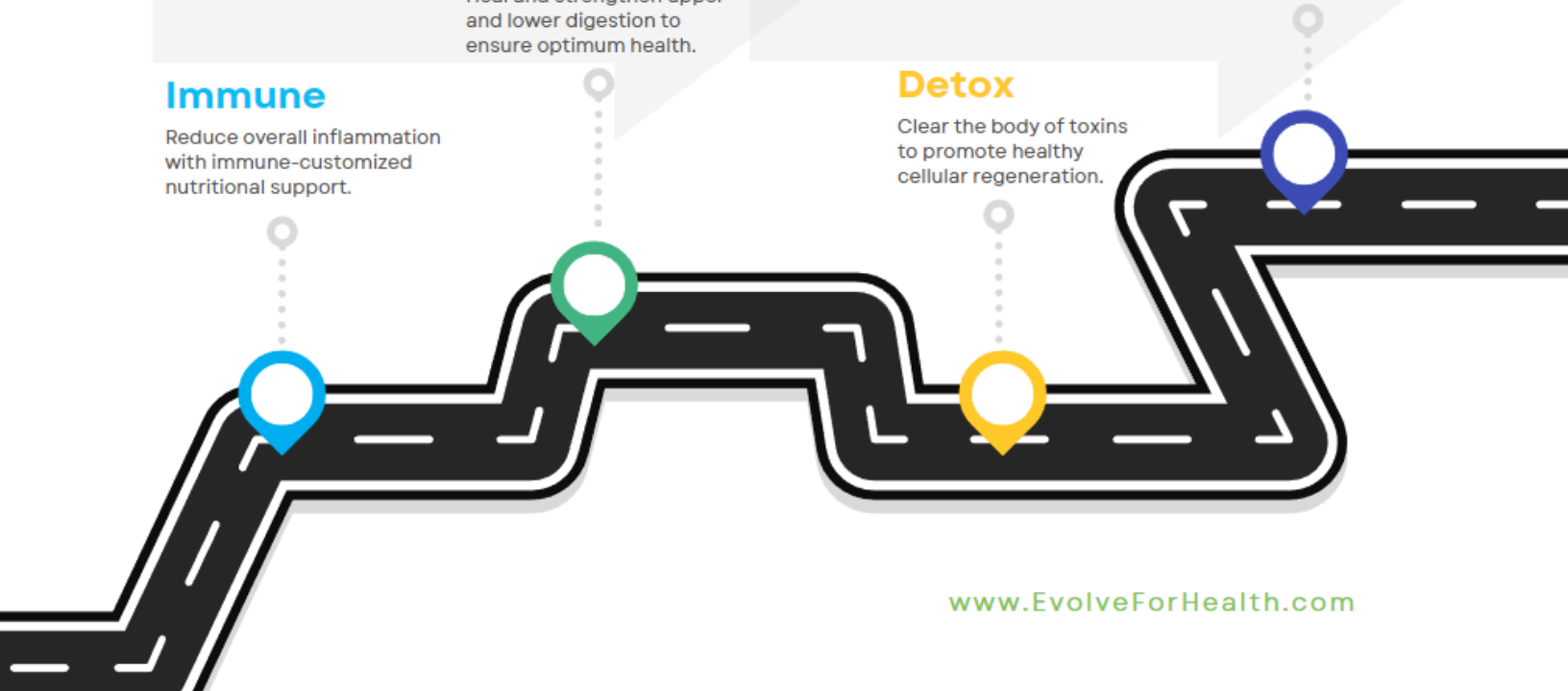
## PHASE 2

### Detox

Clear the body of toxins to promote healthy cellular regeneration.

### Hormones

Naturally support healthy Hormone levels and achieve balance.



[www.EvolveForHealth.com](http://www.EvolveForHealth.com)

2024

ROADMAP

# Welcome!

This Roadmap is designed to help you restore your health, step-by-step.

By supporting the “Foundational” aspects of our overall health, we are addressing the root causes of our symptoms and working to eliminate disease, protect DNA, and promote longevity of life.

It's never too late to restore your health. You are never too old or too far gone.

It helps to know the steps to take and to get the support you need as you adapt to certain lifestyle changes.

That combination is crucial.

If that is something you don't already have then it may be wise to work with a Certified Health Restoration Coach.

Our Signature Program, The Evolutionary Roadmap, is not only a program, but also a lifestyle designed to shift your body from living in a state of slow deterioration to living in a state of active restoration.

Developed through her own personal experience as well as her education, Gail Alibozek, Certified Health Restoration Coach, has created this Roadmap - a manual for optimum wellbeing in the 21st century.

Now that the guesswork on how to support your health has been removed, all that's left is to get started!

You'll find that **Step 1** has already been provided for you in your email, so you can get started right away!



Click here to get started: <https://my.powerdiary.com/clientportal/evolveforhealth>



## Phase 1

[Weeks 1 – 6]



### IMMUNE

Step 1



#### Testing

Discover the foods that are inflammatory reactive to your specific Immune System by completing our at-home IgG Antibody finger-prick test against over 110 foods.

And get started right away, with swapping out the generally inflammatory foods while you wait for your results to come in!



#### Meet your Coach & Discuss your Customized Diet Plan!

Once your Immune IgG Antibody Test results come in, your Coach will help you to refine your diet plan according to your recent IgG Antibody test results, during this online 60-minute Customized Nutritional Guidance Appointment.



[Weeks 7+]

### GUT

Step 2



#### Testing

Complete our at-home 3-Day Comprehensive GI Analysis test during a full moon period to gain a complete understanding of your Digestive health, both upper and lower.

Click here to get started: <https://my.powerdiary.com/clientportal/evolveforhealth>

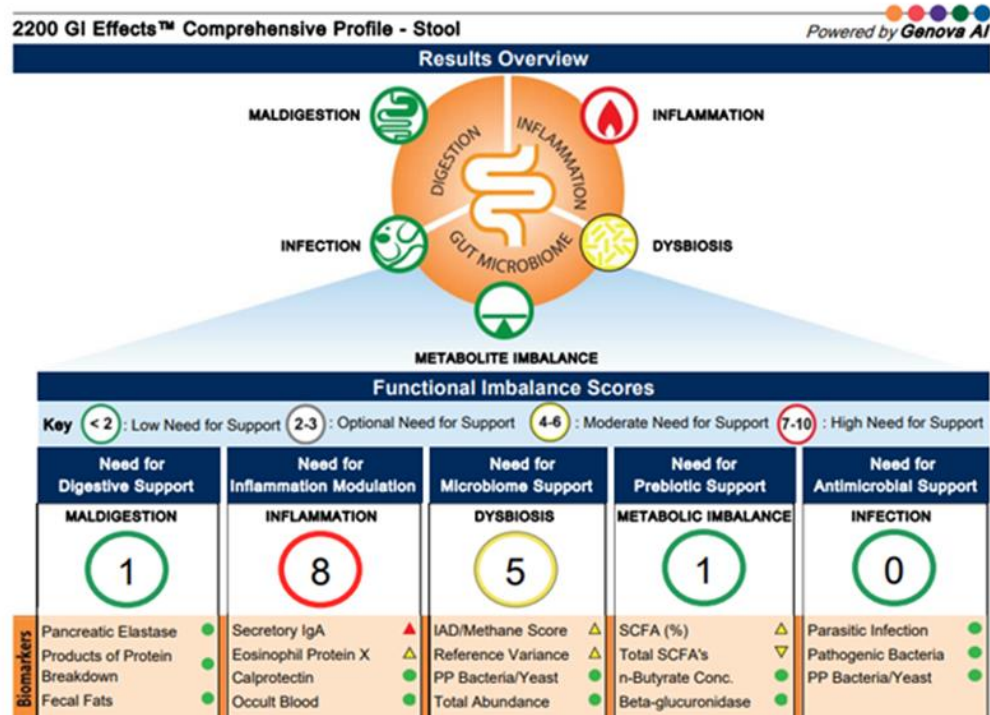
# Evolutionary Roadmap

## SIGNATURE PROGRAM



### Meeting with your Coach

Start restoring Digestive function with a plan of care based upon your Comprehensive GI Analysis results, during this 60-minute online appointment with your Certified Health Restoration Coach. Whether focusing on upper digestive function or lower, the goal will be to heal any damage and optimize nutrient absorption. Your Coach will discuss an estimated timeline of healing and when to advance on to *Phase 2*.



# FINISH



Click here to get started: <https://my.powerdiary.com/clientportal/evolveforhealth>



## Phase 2

[Weeks 1 – 6]

### DETOX

#### Step 3



#### Testing

Receive your at-home Hormone Elimination test, complete it as instructed and mail it in. Once results are received, your Coach will begin to create a customized detox plan based on your results.



#### Review *The Wellness Way's* "30-Day Detox Diet Book"

Once you have completed the test and mailed it in, you can begin to prepare yourself for your detox by reading through *The Wellness Way's* "30-Day Detox Diet Book" and getting a thorough understanding of the detoxification process. It's important to get a good understanding before you begin, so you can take the time to prepare yourself for some next-level self-care.



#### Meeting with your Coach!

Your Coach will present you with a 30-Day customized detox plan, according to your test results, and set you up for a successful detoxification period, during this online 60-minute Detox Education Appointment.

Click here to get started: <https://my.powerdiary.com/clientportal/evolveforhealth>

# Evolutionary Roadmap

SIGNATURE PROGRAM



## Complete Customized 30-Day Detox Plan

Follow along with *The Wellness Way's* "30-Day Detox Diet Book" and incorporate your customized detox plan created by your Certified Health Restoration Coach, to bring about a radical transformation and invest in your future wellbeing.

(Weeks 7+)

## HORMONE

### Step 4



## Meeting with your Coach!

Meet with your Coach to discuss a plan of action in obtaining healthy Hormone production and conversion. During this online 60-minute Hormone Restoration Appointment, your Coach will use your combined test results to give you the personalized guidance you need to continue restoring homeostasis and set you up for a lifetime of continued good health habits.



# FINISH



Click here to get started: <https://my.powerdiary.com/clientportal/evolveforhealth>