



Herb Doc's Precision Wellness ROADMAP:



Your Journey to Complete Wellness

The number one question my team and I get from new clients is, **“Where do I start?”**

That's because most people don't have just one health goal. For instance, Kim – one of our many success stories – came in wanting to lose 50 pounds, start exercising regularly, get off her heartburn medication, and turn around her pre-diabetes.

That's a lot to ask at one time! And if you try to tackle all of your own health goals at once, you're almost guaranteed to fail.

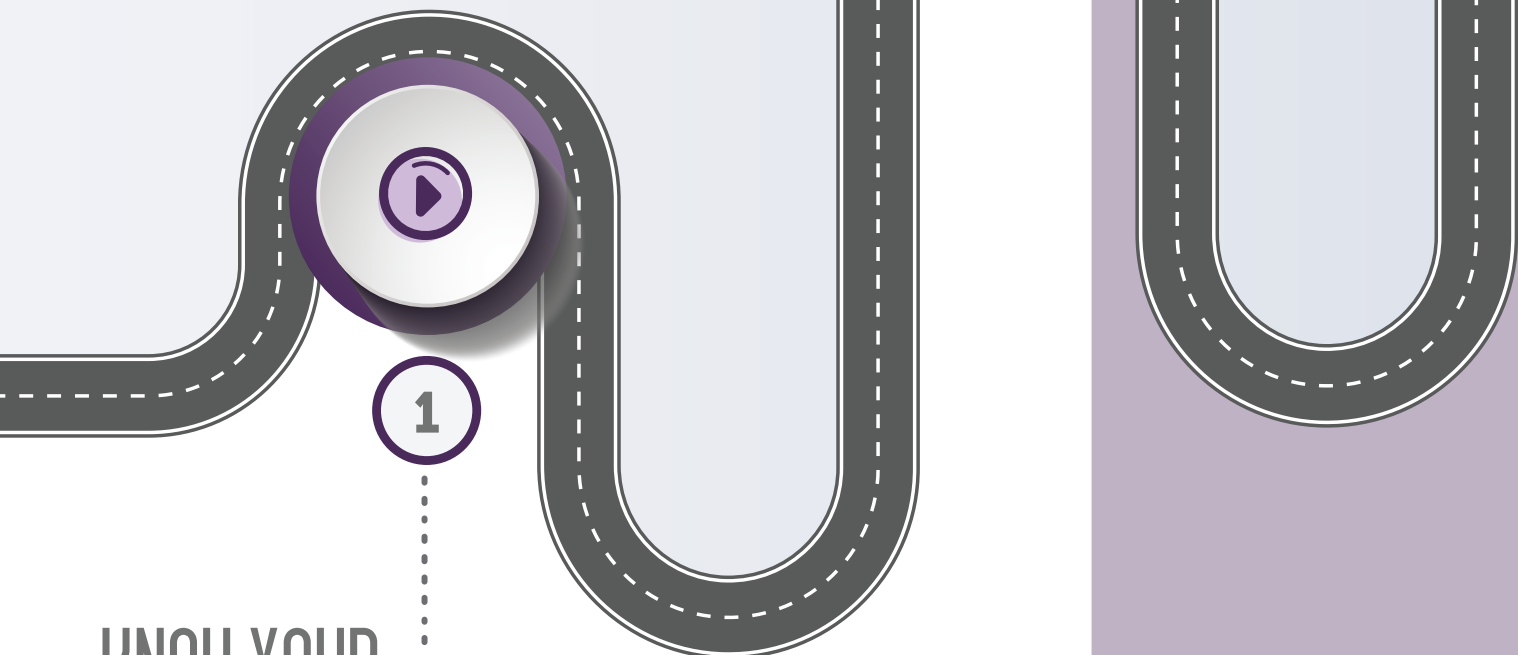
That's why it's so important to have a roadmap you can trust. Let's break down your journey into small, manageable steps that make scientific sense and will keep you moving forward.

No matter what your personal goals are, the end destination is always the same: I want you to feel better than you ever have. No settling for “looking good for your age,” and no compromising on your energy, positivity, or potential.

You can do this!

**xo,
The Herb Doc**

Your Journey to Complete Wellness Begins Now



KNOW YOUR STARTING POINT

This is key!

Let's create your first set of Mile Markers – the ways you'll measure your success:

- Before you begin, it's essential to measure where you are now. Track your progress using these key metrics:

1. Weight & Lean Body Mass: Use a smart scale to calculate lean body mass.
2. Waist & Hip Measurements: Record these to monitor changes.
3. Your Big Why: Define your motivation—how will achieving your goals transform your life?
4. Symptom Tracker: Note any symptoms you've been living with (fatigue, mood swings, bloating, cravings, etc.).

Mile Markers
Measure Success





2

ADD QUALITY FOODS & NUTRIENTS BEFORE YOU TAKE AWAY

No one wants to feel deprived! Make healthy swaps part of your routine *before* you diet.

Start by **ADDING** these to your day:

Start by adding nutrient-dense foods to your daily routine. Focus on:

1. 5+ servings of non-starchy veggies from a rainbow of colors.
2. Pure spring water to stay hydrated.
3. High-fiber foods like legumes, nuts, seeds, and berries.
4. High protein or loaded smoothies for breakfast.
5. High-quality protein from grass-fed beef, wild-caught fish, pasture-raised poultry, beans, lentils, and Plant-based Protein Shakes.



Then try **TRADING UP** for more nutrient-dense, low-inflammatory foods by swapping:

- + Dairy milk for unsweetened nut, oat, or flax milk (read ingredients for nasty inflammatory oils!)
- + Raisins for fresh berries
- + Traditionally grown veggies for organic
- + French fries or potato chips for baked sweet potatoes
- + Muffins and cereal for [Plant-based Protein Shakes](#)
- + Factory-farmed poultry for pastured organic poultry
- + Peanut butter for unsweetened nut or seed butter (read ingredients for nasty inflammatory oils)
- + Popcorn for kale chips
- + Canola or vegetable oil for avocado oil
- + Candy bars for [fiber](#) or [protein bars](#)
- + Wheat or corn tortillas for rice, cassava, egg, or coconut tortillas



EAT BY THE CLOCK

3



When you eat matters as much as what!

1. Limit your eating window to 12 hours or less.
2. Incorporate overnight fasting: Start with 12-14 hours and gradually increase to 16-18 hours.
3. Mindful eating: Drink water first, eat only when truly hungry, use smaller plates, and chew thoroughly.
4. No snacking: Quality foods will keep you satisfied for 4-6 hours between meals.
5. Stress-free meals: Avoid eating when stressed—practice meditation, EFT, or deep breathing to calm your mind.

No snacking! When you add in quality foods, you should be able to go 4-6 hours between meals.

LAST TIP:

Don't eat when you're stressed out – use meditation, EFT, or deep breathing to create a calmer mindset before you choose your meals.



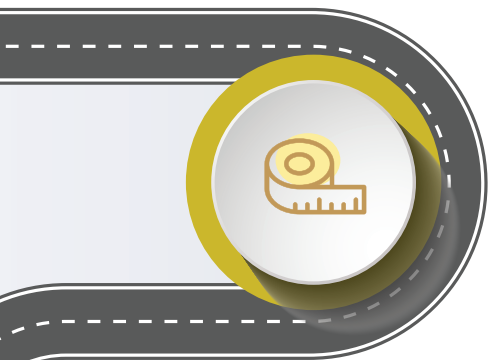


4 TIME TO DETOX

Toxins can hinder weight loss and overall health. Cleanse your body for at least a week:

1. Eat clean, lean protein and fiber.
2. Fast for 12+ hours between meals.
3. Drink plenty of water (half your body weight in ounces daily).
4. Get 7-9 hours of restful sleep each night.

Add detoxification nutrients or Amino Acid Supreme Powder if needed.



5 MEASURE & ASSESS AGAIN

Time to check those Mile Markers again – you'll be amazed by your progress!

- WEIGHT AND LEAN BODY MASS
- WAIST AND HIP MEASUREMENTS
- MOVEMENT TOWARD YOUR BIG WHY
- CHANGES IN SYMPTOMS



6 MOVE MORE

Start small and build up your activity level:

1. Track your steps with a fitness tracker and aim for 7,000+ steps daily.
2. Move for at least 1 hour a day, combining exercise and daily activities like walking or taking the stairs.
4. Surround yourself with a supportive, health-focused community to stay motivated.



UNCOVER HIDDEN FOOD INTOLERANCES

Food sensitivities can cause weight gain and other symptoms. Use the **KBMO FIT Test** to identify intolerances to the top 7 culprits. Add gut-healing supplements as needed.

TOP 7 FOOD INTOLERANCES

GLUTEN

DAIRY

EGGS

SOY

CORN

PEANUTS

SWEETENERS



Add gut-healing supplements, and **digestive enzymes** if needed.*

7



MEASURE & ASSESS AGAIN

Look at those Mile Markers again. You're doing great!

- WEIGHT AND LEAN BODY MASS
- WAIST AND HIP MEASUREMENTS
- MOVEMENT TOWARD YOUR BIG WHY
- CHANGES IN SYMPTOMS

8



RESISTANCE TRAINING

Incorporate resistance training to build muscle, boost metabolism, and tone your body. This is key for long-term weight management!

9





ACHIEVE METABOLIC FLEXIBILITY

Optimize your metabolism by reducing harmful sugars like concentrated fructose with the Sugar Impact Diet. Find the right carb balance for your body chemistry. Add supplements to support insulin sensitivity and blood sugar balance, such as in our **Metabolic Reset™**.



MEASURE & ASSESS AGAIN

You guessed it!
Time to record your
Mile Markers and give
yourself a round of
applause.

- WEIGHT AND LEAN BODY MASS
- WAIST AND HIP MEASUREMENTS
- MOVEMENT TOWARD YOUR BIG WHY
- CHANGES IN SYMPTOMS



12 BURST TO BLAST FAT & BOOST BRAIN POWER

Replace long cardio sessions with burst training (high-intensity interval training). Just 12-15 minutes a few times a week can burn fat and boost brain power.



13

14

GET FASTER RESULTS WITH FASTING

Be sure you've stopped snacking, and incorporate intermittent fasting (aka time-restricted feeding) to trigger cellular repair, improve metabolic flexibility, and increase fat burning.

Start with a 12-14 hour overnight fast. Work your way up to 16-18 hours. Everyone's body is different—listen to yours to find your fasting sweet spot.

INCORPORATE LIFESTYLE STRATEGIES: SLEEP DEEP, STRESS LESS & GROW YOUR MINDSET

True wellness is about your entire lifestyle, not just diet and exercise. That means:

- + **Making quality sleep a priority (That's 7-9 hours every night...)**
 - ↳ Track with Oura Ring, Fitbit, Garmin, or Apple Watch
 - ↳ Supplement as needed, especially with necessary amino acids
- + **Addressing your stress (Time for a life cleanse?)**
 - Meditation
 - EFT (a.k.a. tapping)
 - Supplement as needed
- + **Staying positive and resilient (Mindset is everything!)**
 - Warrior Mom





15

FIVE MINUTE FLEX

Now that you're moving more, it's time to improve your flexibility & core strength. Spend at least 5 minutes a day on stretching and core work for better balance and mobility.



16

MEASURE & ASSESS AGAIN

Revisit your Mile Markers regularly:

1. Weight & lean body mass.
2. Waist & hip measurements.
3. Progress toward your Big Why.
4. Changes in symptoms.



17

TAKE ON INDIVIDUAL CHALLENGES

Now that you've dialed in your diet and fitness, you can turn your attention to any symptoms that remain using targeted supplements, focused dietary and lifestyle interventions, and advanced lab testing.

- LOOK AT:**
- + Autoimmune issues
 - + Toxicity
 - + Gut function
 - + Insulin resistance/
Type 2 diabetes
 - + Thyroid/adrenal health
 - + Balancing sex hormones

CONGRATULATIONS!

You've taken some amazing steps. By now, you've probably also realized that your journey to wellness is highly personal and lasts a lifetime.

Your body and needs will continue to change. I recommend you make mindset maintenance part of your daily routine, continue to detox quarterly, and retest your food and carb intolerances every year.

It's also important to keep track of those Mile Markers! Don't be afraid to weigh yourself every day and measure your waist and hips weekly. What you measure, you can improve...

As life brings new challenges, your roadmap is here to help you take the steps you need to stay fit, healthy, and positive.

And to keep yourself motivated and inspired, plug into a health-focused community who will support you on the journey.

Enjoy the ride!

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.