

Are you getting the sense that your well-being is off balance? Don't wait to self-correct.



When you first began your Restore Kit™ journey, there's a good chance there were a lot of things about your well-being that were off balance, to the point that it was hard to trace symptoms to specific causes. By now, however, **you should be far enough into your recovery to be able to see patterns and connect symptoms with their triggers.** Even the smallest symptom can be a sign of things getting out of balance.

A few self-assessment questions to ask yourself:

- Have you been under more stress than usual?
- Did you eat something you weren't supposed to?
- Has sleep taken a backseat to other concerns?
- Have you been exposed to a virus or bacteria?

You should, by now, also be more aware of how your body reacts to certain stress factors. For instance, food sensitivities cause slightly different symptoms than a bacterial flare-up. Being aware of the subtle differences can sometimes help you self-correct faster.

Whenever a flare-up of symptoms occurs, it's important to mentally review the list of [five System Disruptors](#) and look for discrepancies. This is the best time to be more vigilant — *before* things get out of hand.

You may also need to increase your [Restore Kit](#) supplement dosages or shift supplements. With constant self-monitoring, flare-ups will occur less often and be less intense.

My Personal Experience

Even now, at a point where I consider myself recovered, there are still bumps in the road. **Generally, however, I am able to recognize them early, find the underlying causes, and recover quickly.** Being tuned in to my body and maintaining



vigilance against health threats has real advantages. I am more balanced than the average person, and I have fewer and smaller bumps than even healthy people.

*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. Always consult your qualified healthcare provider before beginning any diet or program.

The Vital Plan is a company devoted to enhancing wellness through education, support, and herbal supplements.

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