

## Step 1: Intake & Initial Assessment

### What Happens:

- Complete intake forms & provide prior lab results
- **Comprehensive blood test (LabCorp or Quest) to assess:**
  - Iron levels, glucose, thyroid & hormone balance
  - Immune markers, kidney/liver function, inflammation, anemias, virus infection
- **Stress & Brain Function Assessment:**
  - Adrenocortex Stress Profile (ASP) - 4-sample cortisol & DHEA test looking at stress hormone levels, cortisol awakening response, and overall circadian rhythm
  - Brain-based in-person exam: BP, oxygen levels, balance & coordination, postural reflexes & tone, eye movements, anxiety, depression, etc.

### Your Action Steps:

- ✓ Complete onboarding paperwork
- ✓ Schedule and complete initial bloodwork at a local Labcorp or Quest near you
- ✓ Attend in-office functional exam + pick up your kits
- ✓ Begin tracking initial symptoms for discussion

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## Step 2: Lab Results Review & Strategy Development

### What Happens:

- **Clinical Lab Review:**
  - Review results of blood tests & stress assessment
  - Identify imbalances & develop initial strategy
- **Immediate Action Plan:**
  - Implement strategies for stress physiology, nervous system balance, and metabolic function
  - Introduce new strategies & targeted supplements (if applicable)

- Evaluate for biometric applications to monitor & improve stress physiology

**Your Action Steps:**

- ✓ Review lab results with Dr. Pucci
- ✓ Discuss findings & personalized strategies
- ✓ Begin implementation of recommended changes
- ✓ Activate your Practice Better account & download the app for ease of access to documents
- ✓ Start your review of gut-brain program content

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**Step 3: Gut Health & Digestive Function Testing****What Happens:**

- **Gastrointestinal & Microbiome Assessment:**
  - GI Effects Stool Profile to analyze gut flora, inflammation, and digestive markers
  - Intestinal Barrier Profile to assess leaky gut
  - Record any problems you have related to your digestive health using the program content inside your plan
- **Clinical Lab Review & Protocol Adjustment:**
  - Address findings (e.g., bacterial or yeast overgrowths, bacterial or parasitic infections, malabsorption concerns, pancreatic insufficiency, and so on ie inflammation)
  - Modify diet and supplement recommendations accordingly

**Your Action Steps:**

- ✓ Submit stool sample for GI Effects testing
- ✓ Coordinate blood draw for Intestinal Barrier + NutrEval testing
- ✓ Submit any additional gut health or food survey checklists
- ✓ Attend review session & discuss findings
- ✓ Adjust diet/lifestyle based on results
- ✓ Begin gut-healing or digestive health protocol if necessary

## Step 4: Functional Nutrition & Hormonal Assessment

### What Happens:

- **NutrEval Test for Comprehensive Nutritional Status:**
  - Evaluates antioxidants, vitamins, minerals, amino acids, mitochondrial function, and toxic exposure
- **Hormonal & Metabolic Testing (if applicable):**
  - Assess estrogen/progesterone balance, adrenal health, or testosterone levels
  - Identify hormone-related triggers for fatigue, mood changes, inflammation, or cognitive decline

### Your Action Steps:

- ✓ Complete NutrEval by bringing a urine sample + in-person blood draw
- ✓ Complete urinary hormone metabolites (if needed)
- ✓ Review results with Dr. Pucci
- ✓ Implement personalized nutrient support & hormone balancing strategies
- ✓ Track progress & adjust plan accordingly

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## Step 5: Ongoing Monitoring, Adjustments & Follow-Up

### What Happens:

- **Regular Check-Ins:**
  - One-on-one follow-ups to adjust your plan as needed
  - Address new symptoms, refine strategies, and optimize healing
- **Additional Testing (Optional Add-Ons):**
  - Food sensitivities, environmental allergies, heavy metals, detox genetics, or Alzheimer's risk assessment

### Your Action Steps:

- ✓ Attend follow-up consultations
  - ✓ Continue tracking symptoms & improvements
  - ✓ Adjust lifestyle, supplements & diet as needed
  - ✓ Discuss any additional concerns by running additional blood work
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#### **Final Notes:**

- The *Better Me Program* is designed as an **iterative process**—each step builds on the last, ensuring that your health plan is continually refined for **optimal results**.
- Dr. Pucci will work closely with you to **personalize every aspect of your care**, providing hands-on guidance throughout your journey.
- If you have **any questions or concerns**, reach out to the office at any time!

#### **Next Steps:**

- ➡ Stay engaged, ask questions, and implement changes as recommended.
- ➡ Your health transformation is a process—trust the journey!