



FAMILY PROGRAM GUIDE

# HolistIQ Family Resilience™

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*When one person is struggling, the whole house feels it.  
When a family gets healthier together, the whole house  
changes.*

One family. One coordinated wellness plan.

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## Your family is one system, not four separate people

Think about your own home.

When one person isn't sleeping, everyone feels it. When a child is struggling with focus, anxiety or regulation, routines start changing around them. When a parent is exhausted, meals get harder, movement disappears, patience gets shorter, and everyone quietly adapts.

Yet most wellness advice still looks at one person, one symptom and one recommendation at a time. That can leave families with multiple appointments, multiple opinions, multiple plans, and one exhausted person trying to hold all of it together.

*HolistIQ Family Resilience™ starts somewhere different.*

I step back and look at the patterns across your household: sleep, nutrition, stress, movement, recovery, environment and routines. Then I ask one question.

*Where could the smallest meaningful changes create the biggest effect across the family?*

That's the program.

01

**See the  
Pattern**



02

**Find the  
Priority**



03

**Change the  
Household**

## Five problems. Or one family pattern?

Imagine this household.

|               |                            |
|---------------|----------------------------|
| MOM           | Exhausted by 3 PM.         |
| DAD           | Sleeping poorly.           |
| TEENAGER      | Stressed and irritable.    |
| YOUNGER CHILD | Struggling with focus.     |
| THE FAMILY    | Dinner has become chaotic. |

At first glance, those look like five separate problems. But step back.

- Late evenings may affect sleep.
- Poor sleep may affect morning routines.
- Rushed mornings may affect breakfast.
- Energy crashes may affect mood and focus.
- Exhausted parents may rely more on convenience foods and screens.
- Screens may push bedtime later.
- And tomorrow the cycle begins again.

*Sometimes the most powerful place to start isn't the loudest symptom. It's the pattern underneath it.*

That's what HolistIQ is designed to look for.

## Does your house feel like this?

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Read these slowly. If a few of them land, you're exactly who this program was built for.

- ☐ Everyone seems tired, but for different reasons.
- ☐ Meals, bedtime or screens have somehow become daily negotiations.
- ☐ One child's needs seem to shape the rhythm of the entire household.
- ☐ You've tried improving food, supplements, sleep or routines, but nothing seems to stick for long.
- ☐ Different people in your family are getting different advice, and you're the one trying to connect it all.
- ☐ You know your family could be healthier, but you honestly don't know what to tackle first.
- ☐ You're taking care of everyone else's health while quietly putting your own last.

*You probably don't need more information. You need to know what matters first.*

## How I connect the dots

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Instead of starting with isolated symptoms, I look for patterns across the areas that shape everyday health.

### THE AREAS I LOOK ACROSS

Sleep

Nutrition

Stress

Movement

Recovery

Home Environment

Daily Routines

I call this approach **Human Pattern Intelligence™**. Your **HealthPrint™** helps me organize what I'm seeing across these dimensions, so I can identify priorities, track patterns, and guide your family's wellness plan.

*The goal isn't more data. It's knowing what to do with it.*

## Here's what actually happens

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### 1 I LISTEN

Your family's health history, concerns, routines and goals. What's working? What's difficult? What keeps repeating?

### 2 I LOOK FOR PATTERNS

HealthPrint™ assessments, nutrition, sleep, stress, movement, lifestyle and the home environment help me see the household more completely.

### 3 I FIND THE PRIORITIES

Not everything needs fixing at once. I identify the areas that deserve attention first.

### 4 I BUILD YOUR FAMILY WELLNESS BLUEPRINT

Individual needs and shared family goals become one coordinated plan your household can actually follow.

### 5 I ADJUST AS YOUR FAMILY CHANGES

Monthly reassessments and progress reviews help me see what's improving, what's getting stuck, and what needs to change next.

## You don't leave with another pile of recommendations

You leave with your Family Wellness Blueprint™, one clear picture of where your household is and what to do next.

### YOUR FAMILY WELLNESS BLUEPRINT™

|                             |                                               |
|-----------------------------|-----------------------------------------------|
| <b>What's Happening Now</b> | The patterns and priorities I'm seeing.       |
| <b>What Matters First</b>   | The few areas worth focusing on now.          |
| <b>What's Individual</b>    | What each family member may need differently. |
| <b>What's Shared</b>        | The changes the household can make together.  |
| <b>What Happens Next</b>    | A realistic plan for the coming weeks.        |

*Less guessing. Less conflicting advice. More direction.*

## Choose your depth of support

After your Discovery Assessment, I'll recommend the level that fits where your family is right now.

### RESET

3 Months · \$1,495

*Get clear. Get organized. Get moving.*

Best for families who know things need to change but don't know where to begin.

**FOCUS** Identify patterns › establish priorities › build core routines › create momentum.

### RECOVER

6 Months · \$2,495

*Build the habits until they actually hold.*

Best for families where patterns have been developing for longer, or where previous changes haven't lasted.

**FOCUS** Everything in Reset, plus deeper implementation, troubleshooting, accountability and progress-guided adjustments.

### TRANSFORM

12 Months · \$3,995

*For families who need a longer runway.*

Best for more layered situations, long-standing lifestyle patterns, or families who want sustained guidance while new routines become their normal.

**FOCUS** Long-term partnership, ongoing reassessment, evolving priorities and sustained family implementation.

Not sure which fits? That's exactly what the Discovery Assessment is for. You don't have to pick before you talk to me.

## What's included

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- Up to 4 household members
- A personalized Family Wellness Blueprint™
- Individual wellness recommendations for each person
- Monthly HealthPrint™ assessments for enrolled family members
- Family progress reviews
- Practical, at-home implementation support
- Educational resources
- Ongoing guidance for the full length of your program

**More than 4 in your household?** You can add each additional family member for \$199.

### The goal is independence, not dependence

I don't want your family to need a wellness program forever. I want you to understand your family's patterns, build routines that work in real life, and become more confident about what helps your household stay well.

Progress may not look dramatic. It may look like:

- Bedtime becoming easier.
- Someone having more energy after school.
- Dinner becoming less chaotic.
- The family moving more without scheduling another "health activity."
- A parent finally feeling like they're part of the wellness plan too.

Small changes, repeated often enough that eventually "this is what we're trying to do" becomes "this is just how our family lives."

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HolistIQ provides holistic wellness and preventive lifestyle support. These programs are designed to support and guide your family's wellbeing alongside your existing medical care. HolistIQ does not diagnose, treat or cure any medical condition, and nothing in this guide is intended to replace the care of your physician or licensed healthcare provider.



*You don't have to know what your family needs yet. That's what the first conversation is for.*

**YOUR FIRST STEP**

## **HolistIQ Family Discovery Assessment**

**\$299**

I'll look at your family's concerns, routines, lifestyle and wellness patterns together, and identify the areas that may deserve attention first. You'll leave with greater clarity around:

- What patterns are showing up
- What may be worth prioritizing
- Where your family could start
- Whether Family Resilience™ is the right next step

*Enroll in a Family Resilience program within 14 days and \$199 of your Discovery Assessment is applied toward your program.*

**BOOK YOUR FAMILY DISCOVERY ASSESSMENT**

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PRECISION WELLNESS THROUGH HUMAN PATTERN INTELLIGENCE™