

Re-Evaluating Your Health Progress & Updating Your Supplement Needs

Why bother to re-evaluate?

To feel and function your best now and into your future, regardless of how you feel, your body needs to be re-evaluated periodically to:

- Monitor your body's health needs (nutrients; natural medicine; sleep; exercise; etc.)
- Track your health trajectory (improving; worsening; etc.)
- Assess and prevent common disease risks early on (cardiovascular; cancer; etc.)

Why re-evaluate supplement needs?

Bottom line: *Your health is your most precious asset that allows you to live your best life, and the right supplements in the correct amounts help you protect it.*

Supplementation prescribed by Dr. Powers serves to either replenish nutritional deficiencies (vitamins; minerals; antioxidants; omega-3 fats; etc.); or, as natural medicine to facilitate healing in a particular area (gut health, immune support, detoxification, stress management, sleep aids, etc.).

For sure, as your body responds and adapts to your prescribed supplementation, your supplement needs will shift, i.e., nutrient levels will replenish; areas requiring support will no longer need it, or will change over time.

The clues needed to understand how your body is doing and what supplementation it can benefit from are gathered from information gleaned from re-testing, re-examination, and/or consultation.

With this updated information, you can better understand how you are improving; areas still requiring support; and the specific supplementation that will best serve your body's needs to be well and stay well (prevent disease).

Re-testing also helps to ensure you are not taking any supplements that you no longer need, or that may begin to do more harm than good if taken too long (or without a break).

Re-evaluations are best scheduled quarterly, semi-annually, or annually, but ultimately depend on your health goals and needs at the time.

Re-evaluating your supplement needs helps:

- Avoid excessive or imbalanced nutrient and antioxidant levels (potentially harmful)
- Ensure supplement effectiveness and continued benefit by rotating them

Dr. Powers' supplement recommendations take into account:

- Your body's nutrient and natural medicine needs at the time recommendations were made
- Prescribing only the amount and type of supplementation that will support your body's health

Personal Supplement Prescription (PSP) Expiration (formerly "PNP")

Bottom line: *Your PSP expiration date means it's time to update your supplement needs to ensure you receive maximum benefit and avoid any potential harm from over- or prolonged supplement dosing.*

Therefore, for your protection, once your **PSP** expiration date passes, supplement refills are no longer available until you are re-evaluated.

Word to the wise: Schedule your re-evaluation *prior* to your **PSP expiration date**.