



YOUR ROADMAP TO HEALTH



D.R.E.S.S. FOR HEALTH SUCCESS

A simple, step-by-step guide to a healthier, happier you. No tricks, no easy fixes, just the critical combination of the five pillars of health, **D**iet, **R**est, **E**xercise, **S**tress Reduction, and **S**upplementation to repair, rebalance, and restore your health.



CONVENTIONAL & FUNCTIONAL TESTING

Laboratory testing is an essential part of the evaluation process at Princeton Integrative Health and is used to help establish treatment plans. It begins with the same foundational health assessment that conventional doctors use: Blood pressure, blood sugar, cholesterol, BMI—they are all vital indicators of the state of your physical self.



THERAPEUTIC PROTOCOLS

Based on your tests results, an appropriate therapeutic protocol will be administered to begin the healing and health restoration process. This includes but isn't limited to medicine, nutritional supplementation, and other healing modalities.



SUPPLEMENTAL SUPPORT

Supplements fill in the gaps where nutrients and healthy lifestyle habits fall short. Through Substitution, Stimulation, and Support, supplements assist in the healing and the restoration of normal function and balance to the body.



ONGOING SUPPORT & ENCOURAGEMENT

Throughout the process, we engage, educate, empower, and encourage people to make health a priority. We provide the resources and tools required to make real life changes, and provide the support needed to make those changes stick.

Delivered with love by your
Partner In Health