

Metabolic Health

Scientific Breakthrough to Reverse Aging, Neutralize Stress & Barricade Disease NATURALLY

Are you ready to make your metabolic health your No.1 priority? Our Trust Your Gut Formula 90 day program proudly supports individuals challenged with ailments such as, but not limited to these health categories:

HORMONAL IMBALANCES

THYROID PROBLEMS

DIGESTIVE ISSUES

CHRONIC FATIGUE (LOW ENERGY)

BLOOD SUGAR CHALLENGES

STUBBORN BELLY FAT

BRAIN FOG

ELEVATED CHOLESTEROL

What is the Trust Your Gut Formula?

Simply put, it's a program that reverses the Aging process & Neutralizes Stress, Balances Hormones, and Barricades Disease Naturally. In the modern world, people have access to a great deal of information on health and wellness. From the internet, to magazines, and even tips from friends, it can be tough to cut through the clutter and find the best way to follow your doctor's recommendations. The Blueprint Healthcare Network Trust Your Gut Formula is where we want to come in and help support you.

Physicians typically have just 3-4 minutes of a patient's visit time to spare for lifestyle guidance, if they do so at all. Blueprint's Trust Your Gut formula helps support you as you take action to reduce and/or resolve the above ailments.

We recognize that patient care does not end with diagnosis. Patients need support to understand their condition and make healthy changes. The Trust Your Gut formula will help you establish a track and follow a plan to achieve your best health.

Whether you are working with our doctors or need some additional support with your physician's recommendations, we are here to serve you and bridge the gap that can be created in today's fast-paced medical system.

HOW ARE WE DIFFERENT?

Our approach can be described as neither traditional nor alternative. Blueprint's Trust Your Gut formula approaches the human body as a biological system, a colony of cells that interact with each other and the surrounding environment. Based on the principle of the father of medicine "First do no harm", we address the human body as a biological system that has the tendency to balance towards the best possible health condition.

Patients that reach our offices seek to identify the real cause of their health problems and learn what they can do to improve and support their health.

The Trust Your Gut Formula's approach does not conflict with combined pharmaceutical or homeopathic treatment. On the contrary, it improves the individual's response, compliance, and outcomes while reducing any side effects that could be part of pharmacological prescriptions and treatments.

THERE ARE 3 VITAL COMPONENTS TO OUR TRUST YOUR GUT FORMULA

We trust that healing your gut and optimizing your microbiome can help resolve a lot of common chronic illnesses, without relying on medications forever to alleviate symptoms.

VITAL COMPONENT

#1

THE ROOT CAUSE

The critical factor that holds the key to reversing aging, neutralizing stress, and barricading disease, but is being ignored!

VITAL COMPONENT

#2

THE NO-GUESS DISCOVERY TEST

How to eliminate the guess work with One simple test anyone can do and very few doctors know about!

VITAL COMPONENT

#3

THE ONE HORMONE

The Four-Letter Hormone that holds the key to your health

TL;DR:

The Trust Your Gut Formula is a 90-day program designed to reverse aging, balance hormones, reduce stress, and prevent disease naturally. It helps with issues like digestive problems, fatigue, stubborn belly fat, brain fog, and more by addressing the root causes of poor metabolic health. Unlike traditional care, this approach supports long-term healing without over-reliance on medications. The program includes:

Identifying the Root Cause of metabolic issues.

A No-Guess Discovery Test to pinpoint what's wrong.

Targeting a Key Four-Letter Hormone crucial for overall health.

The goal is to optimize gut health and the microbiome for lasting wellness and better medical outcomes.