



Innovations in Endometriosis Care Workbook



BUSINESS DEVELOPMENT

COACHING



STEP 1: REGULATE
co-regulative & collaborative partnership



STEP 2: DEFINE
optimal health vision and goals



STEP 3: EMPOWER
collaborative history and data collection



STEP 4: ADVISE
domains of health recommendations



STEP 5: CREATE
a schedule of health



STEP 6: INTEGRATE
web of support



STEP 7: BALANCE
maintenance, expansion, and recovery

IWHI PROTOCOL
FOR INTEGRATIVE HEALING FOR WOMEN

FUNCTIONAL MEDICINE

1

Regulate



- Regulation is foundational to regeneration.
- Does your client have regulation practices for regular practice and for acute stress shifting?
- In your presence, do your clients feel regulated?
- How regulated are you? Do you practice tools of regulation?

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2

Define



- What does “healthy” mean to your client?
- Why does she want to feel well in her body?
- What does she want to do with her healthy and energized mind and body?
- What does she envision for herself in 1 year, 5 years?

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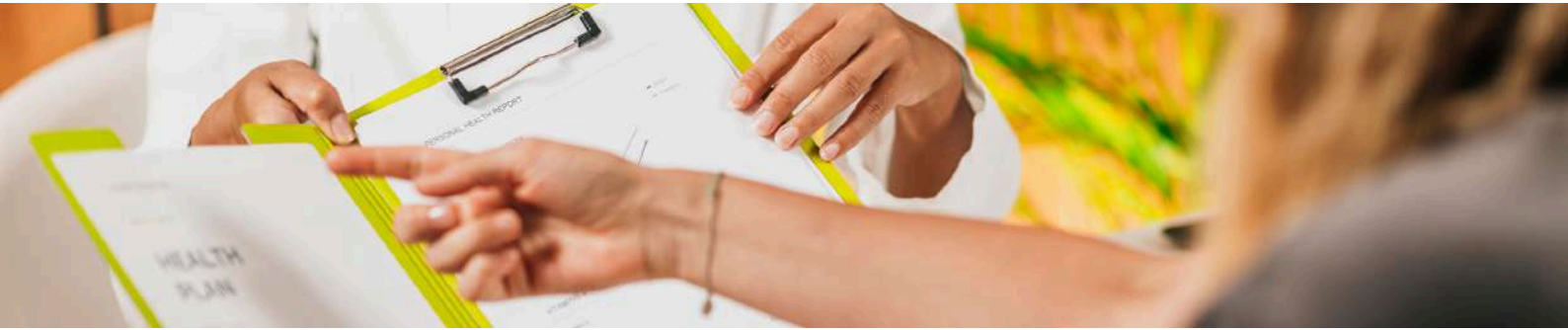
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3

Empower



- What is her health story?
- What is she doing now to support her health?
- Who is on her health team?
- Which physiologic testing will give her the best insight for her unique case?
- Consider Gut Microbiome Testing, Urinary Organic Acids Testing, Metabolic, Mitochondrial, and Immune Testing as needed.

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Advise



- What motivates her?
- How clear is her vision?

- Where would she like to begin?
 - Nervous system retraining
 - Nutritional support
 - Focus on energy
 - Focus on inflammation and symptom management
 - Detoxification
 - Sleep
 - What else?

Endometriosis Pre- and Post- Surgical Inflammation:

<https://us.fullscript.com/plans/iwhi-endometriosis-pre-and-post-surgical-inflammation>



5

Create



- Start building out her health behavior changes into her schedule.
- What are her non-negotiables?
- How will she navigate changes in her schedule?
- What happens when life gets in the way and she skips a day?

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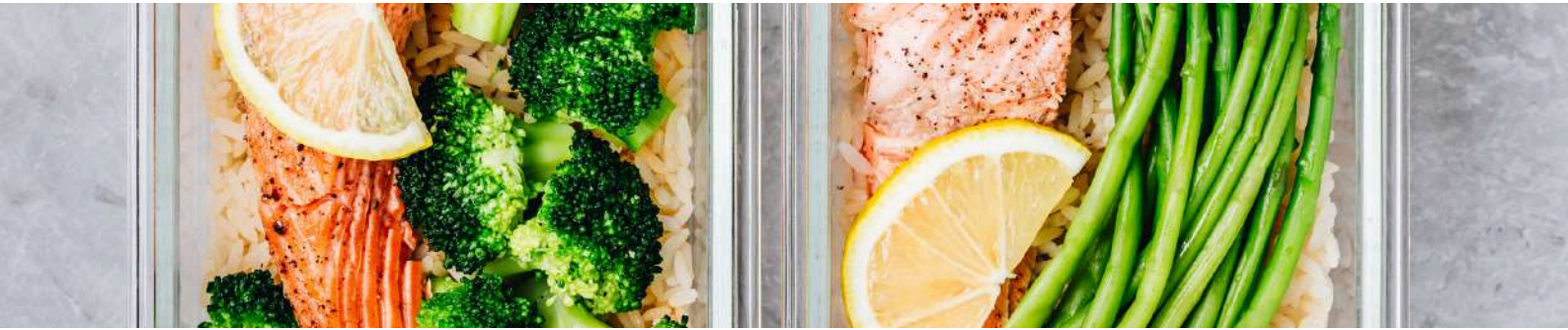
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Integrate



What support will she need to be sure that she consistently implement the behavior changes that she commits to?

- HRV measurement
- Meal prep to make her anti-inflammatory nutrition feel easier and more delicious!
- Pre-measured supplements in a weekly pill box for ease.
- HOCATT and red light therapy sessions in a spa-like environment.

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Balance



- After her first program (3, 6, 12 months?), does she feel ready to maintain these behavior changes?
- Measure and track improvements in her daily stress, sleep, HRV, and lab data update every 6-12 months or as needed.
- What is the response of her health team, family and friends?
- Make a plan and support her over time.
- This is a living, patient, flexible, empowered, and collaborative process.

Testing is a key motivator for her!

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