

Rheumatoid Support - 9 Step Coaching Checklist

Review the checklist below to identify areas of improvement to your RA approach

CATEGORY	FROM	TOWARDS
PAIN	Moderate/High	Low/None
MEDICATIONS	Gut Harmful	Gut Neutral
MINDSET/STRATEGY	Frustration/Unclear Plan	Clear Short-term and long-term Goals
DIET	Broad	Plant-Based Highly Specific Sequence
EXERCISE	None	Daily Cardio + Joint Targeted
STRESS	Uncontrolled	Mild and Controlled
SUPPLEMENTS	Many, Unhelpful	Few, Helpful
JOINT PLANS	None	Targeted For Each Joint
SUPPORT	Limited / None	World Class

- Pain Levels - Are your medications sufficient to handle your level of inflammation? If dosage of medication is too low and inflammation is high, it is very difficult for the natural interventions to be effective enough to see steady ongoing improvements. Is a medication switch, or addition, needed?
- Medications - Are you currently using any counterproductive drugs from a gut viewpoint? If you're using medications that cause more "leaky" or have a negative impact on your microbiome, then it makes it very difficult to see ongoing progress with natural interventions. Are medication changes required to give you a platform from which you can improve?

- Mindset/Strategy - Are negative emotions getting in the way of your progress? Let's look at ways to substitute these with a more positive mindset, since emotional states are influential to inflammation.
- Diet - Where are you on the scale of 'poor diet' to 'ideal diet' and what foods are you able to currently eat without adding pain? Dietary perfection will transform your future, help you get you out of pain and protect your joints
- Exercise - The right daily exercise will restore strength and confidence to your life and reduce inflammation
- Stress - Review current stress levels and decide which stress-inducing aspects of your life can be reduced, and how this can be done.
- Supplements - Are you taking too many expensive and unnecessary supplements? Many can actually do more harm than good. A few science-supported supplements is usually all that is needed to assist your healing.
- Joint Pains - Each area of the body requires a different targeted approach. Some need to be challenged, others need to be rested. Based on your set of inflamed areas, you can quickly put in place daily practices that address each area
- Support - Everyone needs help to make progress against this debilitating condition. Make sure you have at least one person that is close to you that shares your vision for your future, who you can talk openly with about your ups and downs. If you want a supportive community, we offer Rheumatoid Support. You will get help from Day 1 with your plan-building, and then ongoing guidance to help you achieve these goals among like minded others.