

#NoSuchThingAsHealthy
the 4 Phase T.I.R.R. Framework
Getting Started Checklist

START
HERE



WHEN YOUR
RESULTS ARRIVE

Phase 1: Test

- Watch Welcome Video
- Download Getting Started Checklist
- Download Testing Instructions
- Download Submission Form
- Watch First Things First Video
- Complete Submission Form
- Send in hair sample & submission form
- Watch Part 1: Food Sensitivities Module 1
- Watch Part 1: Food Sensitivities Module 2
- Watch Part 1: Food Sensitivities Module 3

Phase 2: Implement

- Watch Part 2 Module 1 & Make Your List
- Watch Part 2 Module 2
- Watch Part 2 Module 3
- Plan no reds for 2-6 Weeks

Phase 3: Reintroduce

- Watch Phase 3 Module 1 Reintroduce 2 Reds/Week
- Watch Phase 3 Module 2

Phase 4: Rotate or React

- Watch Phase 4 Module 1
- Watch Phase 4 Module 2
- Watch Phase 4 Module 3