

Restorative Programs

Take-home message:

Restorative Programs are designed to help you sleep better, stress less, or lessen toxicity, and include:

- **Diet and lifestyle guidance** (and *biohacks*) which specifically support restorative sleep, managing stress, or reducing your toxic body burden.
- **Evidence-based, targeted natural medicine** which safely promote a more restful night's sleep; manage stress, restore balance, and build adaptability; or slowly and gently facilitate detoxification. (Dosage guidelines included.)
- **Focused education and insightful guidance** on restorative sleep (Sleep 101), managing stress (Stress 101), or detoxification (Toxicity 101) to help you gain a greater understanding of the basic physiology and importance of sleeping soundly, stressing less, or minimizing your body's toxic load, as well as how to safely and more predictably do so.

If you have difficulty getting or staying asleep, challenges with managing the inevitable and varied stressors in your life, or the desire to lower your body's toxic burden, then you could benefit from a *Restorative Program*.

Restorative Programs offer powerful, practical support to:

- ⇒ **Sleep more deeply and soundly**
- ⇒ **Manage stress and build resilience**
- ⇒ **Reduce your toxic body burden.**

These areas are frequently a challenge for many people and are intrinsically linked to how you feel you and function, as well as to your weight, shape, and longevity.

Dr. Powers' recommendation: Prior to getting on a *Restorative Program*, I recommend first getting on a *Foundational Program* as the nutrients and diet/lifestyle guidance within fundamentally support restorative sleep, managing stress, and detoxification. If you find you require additional support in these areas, then you may "stack" whichever *Restorative Program* you are seeking additional support with – sleep, stress, or detoxification.

Foundational Programs include key diet and lifestyle guidelines that most fundamentally foster healing, wellbeing, longevity, and a longer healthspan. These guidelines are coupled with a Foundational Formula – one of six different daily supplement formulas matched to your age, health, diet, and medication usage -- designed to fill dietary nutrients gaps and support gut health and detoxification.

Discover which *Foundational Formula* is best matched to your needs by taking a brief, [4-question quiz](#).
Learn more about [Dr. Powers' Foundational Formulas](#)

As with all **Intelligent SelfCare™** programs, *Restorative Programs* utilize an effective combination of:

- ✓ Wholesome diet & lifestyle guidance (focused on sleep, stress, or toxicity)
- ✓ Evidence-based, targeted supplementation (with detailed dosage guidelines)
- ✓ An introductory "101" article to help expand your understanding of the basic physiology and importance of sleep, stress, or toxicity

Both science-based diet and lifestyle guidelines and evidence-based supplementation truly are required to create the most predictably beneficial outcomes in sleeping better, stressing less, and detoxifying. When natural medicine—targeting sleep, stress, and detoxification— is "stacked" on top of a few impactful changes in your daily routine, you create the most direct path to restful sleep, peace of mind, and a reduced toxic body burden.

The **Sleep-Soundly** Restorative Program promotes a good night's rest by:

- ✓ Explaining the fundamentals of sleep physiology (how sleep "works") and how sleep impacts your wellbeing (Sleep 101)
- ✓ Establishing robust Circadian Rhythms which reset your sleep body clock
- ✓ Developing morning and evening routines that promote restorative rest (including helpful "biohack" technologies)

- ✓ Utilizing natural medicine (in bottles/Kits and/or Paks) to facilitate restful, regenerative brain wave frequencies which help you get to and stay asleep.
 - Ashwagandha, L-Tryptophan, L-Theanine, Gotu Kola, Holy Basil, Ziziphus jujuba, and more
 - GABA, valerian, lemon balm, chamomile, L-Theanine, and more

The **Stress-Less** Restorative Program helps manage your daily stressors by:

- ✓ Explaining the fundamentals around how stress can impact your feeling and functioning your very best (Stress 101)
- ✓ Reframing “stressful” events in your life (and moving your needle toward “trusting and surrendering” and away from “fearing and controlling”)
- ✓ Building resilience and adaptability, including technologies that help, like *BrainTap* and *InnerBalance*.
- ✓ Using natural medicine (in Kits and/or Paks) to help manage your body’s stress response (e.g., with adaptogens), and to balance brain chemistry (neurotransmitters).

The **De-Tox** Restorative Program helps lessen your body’s toxic burden by:

- ✓ Explaining the fundamentals around toxicity and how toxic burden can impact your day-to-day living well (Detox 101)
- ✓ Identifying the varied and multiple sources of toxins to help you reduce your toxic exposure (from diet, air, water, environment)
- ✓ Promoting the body’s natural detoxification processes (including autophagy and mitophagy)
- ✓ Facilitating detoxification – slowly and gently – with natural medicine (in Kits and/or Paks) including biohack technologies that help (like infrared sauna therapy).

Learn more about Dr. Powers’ [Sleep-Soundly Restorative Programs](#)

Learn more about Dr. Powers’ [Stress-Less Restorative Programs](#)

Learn more about Dr. Powers’ [De-Tox Restorative Programs](#)

Frequently Asked Questions

ALERT! If at any point your challenges with sleep or stress worsen or become concerning, it is likely time to consult an [integrative physician](#) experienced in functional medicine for additional guidance and support.

All Restorative Programs

Can I do more than one Restorative Program at a time?

Absolutely, though it would likely be more practical to focus on one area initially – sleep or stress or detoxification. If you are desiring support in all three areas, consider beginning with whichever area is your primary concern. If all areas are equally concerning, begin with sleep for about a month, as getting more restful sleep increases resilience and improves one’s ability to manage stress, as well as supports detoxification. Then, if still needed, add stress support (for at least a month), and then add the detoxification Restorative Program.

Can I begin a Restorative Program without a Foundational Program?

Although it is recommended to begin with a Foundational Program for initial assistance with sleeping more soundly, stressing less, or reducing your toxic body burden, each Program is beneficial on its own. If you begin a Restorative Program before a Foundational Program and you find you are still seeking additional support with sleep, stress, or detoxification, adding a Foundational Program would be your next step.

What if I want support with a specific condition (gut health, prostate, blood pressure, etc.)?

Please refer to the [Condition-Specific Program](#) page for this guidance.

Can I take a Restorative Formula if I am taking prescription medication?

It is generally safe and recommended to take a Restorative Formula within the Restorative Program to help you sleep, manage stress, or detoxify, while taking a prescription medication. However, out of an abundance of caution, always inform your doctor of any supplementation you are taking (or want to take) when on a prescription drug.

Can I take a Restorative Formula if I am pregnant or breastfeeding?

If pregnant or lactating, consult with your doctor before taking a Restorative Formula or supplementation of any kind.

Sleep and Stress Programs

If I want support with sleep or stress, what is my next best step?

Step 1: Begin a *Foundational Program*, as the supplements within the Foundational formula provide your essential “base” support for restorative rest and managing stress. In addition, the Key Diet and Lifestyle Guidelines within each Foundational Program include guidance to sleep better and build resilience.

Give yourself about a month on the program so that you and your body can acclimate to your supplements, and you have had an opportunity to make a few diet and lifestyle modifications.

Step 2: After about a month on a *Foundational Program*, if you feel the need for additional guidance and support around sleep or stress, now it is time to begin a *Restorative Program*.

Continue taking your Foundational supplement support, adding in the supplementation from your chosen Restorative Program. At this time, pay particular attention to the specific diet and lifestyle recommendations detailed in your Restorative Program. Once you feel comfortable regularly implementing those recommendations, then consider the more comprehensive list of diet and lifestyle guidelines within the Foundational Program.

Step 3: Once achieving the results you desire – you are sleeping more soundly or feeling less stressed – slowly begin reducing your sleep-aids or stress-aids (supplements), as described in your Restorative Program.

The goal is to take the least amount of sleep and stress support you require, but no less than that! If you find you do better taking the sleep or stress support, you may continue with it indefinitely, although try and skip two days a week and one week every three months. This helps maintain the efficacy of the sleep or stress supplement support. If after reducing or discontinuing your support, you find you did better on it and still need some sleep or stress supplement support, reintroduce it back into your routine and/or continue taking it.

At what point should I consider seeking professional assistance from an integrative physician practicing functional medicine?

If more than one supplement option is offered in your Restorative Program (to help with sleep or stress), try different combinations until you find what works best for you. Try and give it about 1-2 months on your restorative program and if you are still not experiencing significant improvement in your sleep or in managing your stress, seek professional guidance from an integrative physician practicing functional medicine. Find an [integrative doctor here](#).

How often should I take my Restorative supplementation for sleep or stress?

Take the supplements to help with sleep or in managing stress as often and for as long as you need help in these areas. Initially, that will be daily. However, as you experience improvement, experiment with taking less or skipping a day and see how you do.

If you continue to do well, keep seeking the least amount of supplement support needed to sleep or manage stress well. If you find your sleep or stress worsens with less support, resume the dose and/or frequency that worked best for you.

(For more information, refer to the specific guidelines within your Restorative Program.)

Detoxification Programs

If I want support with reducing my toxic body burden, what is my next best step?

Step 1: Start with a *Foundational Program*, as the supplements within the Foundational Formula provide your essential “base-level” support to promote detoxification and lower your body’s toxic load. In addition, the Key Diet and Lifestyle Guidelines within each *Foundational Program* include guidance to reduce your toxic body burden.

Give yourself about a month on the program so that you and your body can acclimate to your supplements and you have had an opportunity to make a few diet and lifestyle modifications.

Step 2: After about a month if you desire additional guidance and support around lowering your body’s toxic load, begin a detoxification *Restorative Program*.

Continue taking your Foundational supplement support, adding in the detoxification supplementation, (as the detox support was designed to be stacked on top of a Foundational Formula). At this time, pay particular attention to the specific diet and lifestyle recommendations detailed in your detoxification Restorative Program.

Step 3: After implementing some (or all) of the guidance within the detoxification program, consider periodically refocusing your attention on reducing your toxic exposure and resuming the detoxification supplement support, as detailed in the detoxification Restorative Program.

What if I cannot afford to continue with both the Foundational supplement support and the Detoxification supplement support?

If you are experiencing budget constraints and can only afford one program at a time, continue with your Foundational Program as the supplements within fundamentally facilitate detoxification. Make sure to also adhere as attentively as you can to the Foundational diet and lifestyle guidelines as they help reduce toxicity, as well.

Do you have a question not answered above? Please let us know at support@intelligenthealthnow.com.

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