



ROADMAP TO CHRONIC ILLNESS RECOVERY

**Your 5-Step Plan To
Find Relief**



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INSTRUCTIONS: To fully understand what's going on "in there," I recommend you take it section by section and think about how it applies to your symptoms,

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WELCOME!

I'M ALLISON YOUR CHRONIC ILLNESS
RELIEF BESTIE

Hey there!

I'm glad you got the Chronic / Mystery Illness Recovery Roadmap!

I put this guide together for you as a tried and true way to kick-start your recovery - because I've been there myself.

I'm guessing by now that you've already tried so many things such as . . .

- AIP diets
- Low Histamine diets
- A variety of pain relieving medicines and even biologic medicinal products such as Humira, Enbrel, Cimiza and others.
- Seeing specialist after specialist, running more tests

And you may also have tried many other therapeutic diets and healing modalities only to find that your pain, fatigue and poor digestion symptoms keep nagging at you no matter what you try.

The truth is, you can relieve your symptoms and help your body to heal. You just need a framework and guidelines that walk you through healing your body in a particular order.



[Allison Samon | Functional Nutritionist](#)



YOUR JOURNEY TO HEALING

WHAT'S IN STORE FOR YOU...

This guide is going to help you shake the way you think about reclaiming your health after struggling with chronic or mystery illness.

Together, you and I are going to help you become empowered and take back control over your life.

In the next pages you'll learn the exact things that I used to end my unexplained chronic pain and mystery illness and what I've now taught to thousands of people just like you!

Imagine being able to:

- Have freedom of movement in your body
- Lose weight without dieting, deprivation, or despair
- Know exactly what and how to eat for your unique body to heal
- Avoid surgery, get off medications with unwanted side effects
- Feel invigorated, and become more fulfilled

You're about to learn how to achieve the health and life you want without having to suffer with confusion, frustration, and pain any longer. You'll learn once and for all how to become the master of your own body and healthcare! I'm talking about having the knowledge and confidence to make the decisions that serve you best and get you on the path to optimal health. And you wanna know the best part?

Well, my clients tell me the best part is that they never have to worry about falling off track anymore. (Whew!) It's actually easier than they thought to maintain! Because once you understand what works best for you, healthy and vibrant is just who you become and how you feel. Period. You can recover from years of chronic/mystery illness. Pretty freakin' awesome, right?

Here's to you becoming the **CEO** of your own body!



HOW TO USE THIS GUIDE

YOUR CHECKLIST

Here's how to get the most out of this guide. Follow the steps below and check them off one by one so you can track your progress and reward yourself for moving forward.

- Step one:** Take the symptoms self assessment on pages 9 & 10 to get a more wholistic view of where you are at right now.
- Step two:** Tally your score from the assessment on page 11 to determine what level of toxicity and illness your body currently has.
- Step three :** Once you have your assessment results, watch the video on page 13 on the 5 pillars to resolve your chronic illness.
- Step four:** Now that you know the 5 pillars you will take a deeper dive into the first pillar by watching the videos on page 14.
- Step five:** You'll also want to set your personal intentions for what you'd most like to shift for yourself.
- Step six:** Take a look at the supplement recommendations and the recipes on pages 16-24 then dive into the action plan on page 26 & 27 where you will get to work on deciding the actions you're going to take that feel most aligned for you.
- Step seven:** Determine if you need individualized support. If you have moderate to severe toxicity you are in a category where you will be best served by having a personalized plan and support where you can get customized recommendations, supplements and expert advice.

Even when you have the exact same diagnosis as another person, the same treatment protocols often don't work - because the root causes are different. Working together we can peel back the layers of the onion to discover your unique treatment plan.



YOUR INTENTIONS

USE THE SPACE BELOW TO SET YOUR INTENTIONS FOR WHAT YOU ARE MOST WANTING TO RESOLVE WITH YOUR CHRONIC ILLNESS...

A large, empty light gray rectangular area intended for writing intentions.



SELF ASSESSMENT



ASSESS YOURSELF

HOW TO USE THE SELF ASSESSMENT

Let's begin with an assessment of where you are currently at with your health.

Think back to how you've been feeling over the last 30 days.

Allow yourself to check all of the boxes that have been relevant for you in the last month even if they are intermittent.

Use this point scale:

0 Never or almost never have the symptom

1 Occasionally have it, effect is not severe

2 Occasionally have it, effect is severe

3 Frequently have it, effect is not severe

4 Frequently have it, effect is severe

And remember that this is your tool to show yourself a true and accurate picture of what's going on in your body. The more truthful you are with yourself the more you can fast track your healing.

So give yourself about 20 minutes to take the assessment on the following pages and then be sure to dive in to the next section where you can get guidance on how to jump start your healing.



SYMPTOMS CHECKLIST

Initials_____

Date_____

Rate each of the following symptoms over the past 30 days:

Point Scale:

0 Never or almost never have the symptom
1 Occasionally have it, effect is not severe
2 Occasionally have it, effect is severe

3 Frequently have it, effect is not severe
4 Frequently have it, effect is severe

HEAD

_____Headaches
_____Faintness
_____Dizziness
_____Insomnia
_____TOTAL

EYES

_____Watery or itchy eyes
_____Swollen, red or sticky eyelids
_____Bags or dark circles under eyes
_____Blurred or tunnel vision (does not include near- or far-sightedness)
_____TOTAL

NOSE

_____Stuffy nose
_____Sinus problems
_____Hay fever
_____Sneezing attacks
_____Excessive mucus formation
_____TOTAL

MOUTH/ THROAT

_____Chronic coughing
_____Gagging, need to clear throat
_____Sore throat, hoarse, loss of voice
_____Swollen or discolored tongue, gums or lips
_____Canker sores
_____TOTAL

EARS

_____Itchy ears
_____Ear aches, ear infections
_____Drainage from ear
_____Ringing in ears, hearing loss
_____TOTAL

SKIN

_____Acne
_____Hives, rashes, dry skin
_____Hair loss
_____Flushing, hot flashes
_____Excessive sweating
_____TOTAL



SYMPTOMS CHECKLIST

LUNGS

- _____ Chest congestion
- _____ Asthma, bronchitis
- _____ Shortness of breath
- _____ Difficulty breathing
- _____ TOTAL

DIGESTIVE TRACT

- _____ Nausea, vomiting
- _____ Diarrhea
- _____ Constipation
- _____ Bloating feeling
- _____ Belching, passing gas
- _____ Heartburn
- _____ Intestinal/stomach pain
- _____ TOTAL

WEIGHT

- _____ Binge eating/drinking
- _____ Craving certain foods
- _____ Excessive weight
- _____ Compulsive eating
- _____ Water retention
- _____ Underweight
- _____ TOTAL

HEART

- _____ Irregular or skipped heartbeat
- _____ Rapid or pounding heartbeat
- _____ Chest pain
- _____ TOTAL

ENERGY / ACTIVITY

- _____ Fatigue, sluggishness
- _____ Apathy, lethargy
- _____ Hyperactivity
- _____ Restlessness
- _____ TOTAL

JOINTS / MUSCLE

- _____ Pain or aches in joints
- _____ Arthritis
- _____ Stiff or limitation of movement
- _____ Pain or aches in muscles
- _____ Feeling of weakness or tired
- _____ TOTAL

MIND

- _____ Poor memory
- _____ Confusion, poor comprehension
- _____ Poor concentration
- _____ Poor physical coordination
- _____ Difficulty in making decisions
- _____ Stuttering or stammering
- _____ Slurred speech
- _____ Learning disabilities
- _____ TOTAL

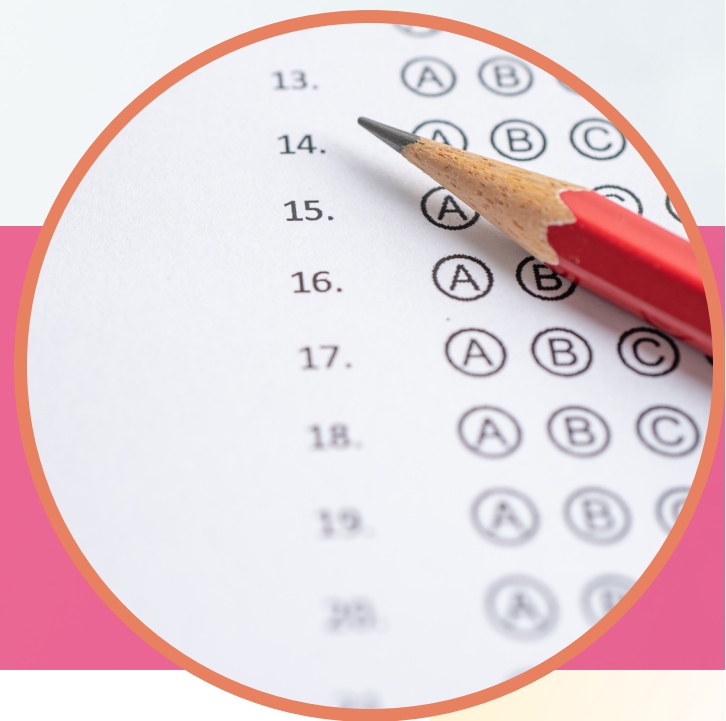
EMOTIONS

- _____ Mood swings
- _____ Anxiety, fear, nervousness
- _____ Anger, irritability, aggression
- _____ Depression
- _____ TOTAL

OTHER

- _____ Frequent illness
- _____ Frequent or urgent urination
- _____ Genital itch or discharge
- _____ TOTAL

GRAND TOTAL _____



TALLY YOUR SCORE

HOW DID YOU DO?

So how did you do? Add your individual scores and total each group. Add each group's scores and give a grand total.

Here's what I tend to look for with my private clients:

OPTIMAL = less than 10 (congrats! You're doing great!)

Getting yourself into the optimal range is the goal.

Typically, my clients are somewhere between mild and severe:

MILD TOXICITY = 10-50

MODERATE TOXICITY = 50-100

SEVERE TOXICITY = over 100

In functional nutrition, when we say "toxicity" in regard to your total score we mean the toxic load, or inflammation, your body is carrying due to factors such as diet, lifestyle, infection, and environmental toxins.

Inflammation is THE ROOT of all chronic illness.

Now that you know where you are, your work is to find ways to get your inflammation down and address the 5 pillars that you learned earlier so that you can ditch your symptoms and start feeling better.

And one of the ways to do that is by adding in targeted nutraceuticals. You can [purchase some "getting started" supplements from my Fullscript dispensary](#) (at a discount) and learn more on pages 15-19 .



[Allison Samon | Functional Nutritionist](#)

5 PILLARS TO HEALTH



THE FIVE PILLARS OF HEALTH

YOUR ROAD TO HEALING STARTS HERE

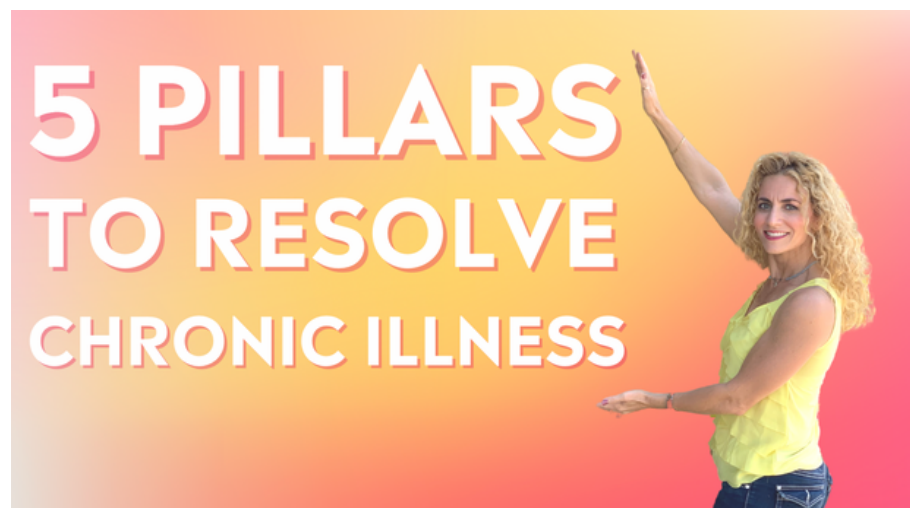
Your road to healing starts right here because we are going to help you focus on the five areas that get the needle moving in the right direction.

I've been a functional nutrition practitioner for over a decade and have taught 1000's of clients how to reverse their chronic and mystery illnesses. I know what works and what keeps people spinning.

Here are the 5 pillars to reversing chronic illness & mystery symptoms:

1. Digestive Health
2. Blood Sugar Mastery
3. Nutrient Density
4. Hormone Balance
5. Optimize Your Environment

Watch this video where I break down the 5 pillars even more. These are the things I wish I had known when I first started struggling with unexplained chronic pain, migraines, weight fluctuations and fatigue that would have saved me 10+ years of grief, money and misery that I now teach my clients.



[WATCH VIDEO](#)



PILLAR ONE

OPTIMIZE DIGESTIVE HEALTH



The first pillar to stop and reverse chronic and mystery illness is to optimize your digestive health.

The 3 most inflammatory foods that adversely effect your digestion are:

1. Gluten
2. Dairy
3. Processed Sugar

In the following 4 videos, we address what these ingredients do in your body and why it's imperative for your healing journey that you remove them for good.

Plus in the final video you'll learn immediate next steps you can start taking on your healing journey to speed up your road to recovery!



[Watch Video One](#)



[Watch Video Two](#)



[Watch Video Three](#)



[Watch Video Four](#)

SUPPLEMENTS

CHRONIC ILLNESS RECOVERY: DIGESTIVE OPTIMIZATION & PAIN RELIEF PROTOCOL

Digestzymes

Enzymes are needed for anything that goes through the digestive system.

There are 3 types: Food, Digestive and Metabolic.

Digestive enzymes have the purpose of breaking down foods, allowing their nutrients to be absorbed in the bloodstream and used by cells to perform body functions.

Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCL to support optimal digestion of proteins, fats, and carbohydrates.

This product aids in the breakdown of caseomorphin (from casein) and gluteomorphin (from gluten).

Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose.

Taking digestive enzymes, like Digestzymes™ before meals may be helpful if you experience gas and bloating after eating, constipation, or a feeling of fullness after eating only a small quantity of food.



CHRONIC ILLNESS RECOVERY: DIGESTIVE OPTIMIZATION & PAIN RELIEF PROTOCOL

SPM

Specialized pro-resolving mediators are compounds naturally made in your body. SPMs are responsible for resolving inflammation. As you age, you'll have some degree of impairment of SPMs .

This is part of the reason why there's higher risk of chronic inflammatory disease as you get older.

And part of the reason why chronic pain may plague you for years on end. It could be triggers like: elevated glucose, metabolic syndrome or IBD.

Simply taking anti-inflammatories are not enough. They help reduce inflammation, but SPMs RESOLVE it. Without that phase, you can have more chronic low-grade inflammation.

Within 4 weeks of taking SPMs daily, studies show chronic pain sufferers have a 50% reduction in pain. They get their lives back!

And it also shows great results for metabolic syndrome, endometriosis, IBD, asthma, obesity, peripheral arterial disease and more!



CHRONIC ILLNESS RECOVERY: DIGESTIVE OPTIMIZATION & PAIN RELIEF PROTOCOL

Magnesium

The King of Minerals (like Mighty Mouse) is an essential mineral.

It's needed for over 600 enzymatic reactions in the body and involved in every single pathways.

The adult body contains approximately 25g magnesium.

- 50-60% in the bones.

Many normal body functions depend upon it for optimal function:

- bone integrity and strength
- cell division
- reduces fatigue, tiredness and helps better sleep
- electrolyte balance
- muscle functions
- protein synthesis
- energy-yielding metabolism
- relaxes nervous system

And there are many clinical signs that show deficiency.



CHRONIC ILLNESS RECOVERY: DIGESTIVE OPTIMIZATION & PAIN RELIEF PROTOCOL

Methyl B Complex

This formula of methylated B vitamins & other methyl donors contains the MOST active forms of each.

This means this formula is incredibly helpful for:

- fatigue
- brain fog
- depression
- anxiety.

For the maximum focus every day, take 1-2 daily in the AM!

This is made for those with mental health, chronic fatigue or MTHFR type mutations genetically.

Methylated B Vitamins provide the nutrients you need, in an easy to absorb form, to help you effectively combat stress.



RECIPES



FUEL YOUR BODY

DELICIOUS AND NUTRITIOUS RECIPES

Almond Chai Smoothie

- 2 Handfuls baby spinach
- 1 Cup water
- 1 Tablespoon hot water
- 2 Tablespoons almond butter
- 1 Tablespoon coconut oil
- 1 Teaspoon ground flax seeds
- ½ Teaspoon matcha green tea powder
- ¼ Teaspoon cinnamon
- 1 Cup ice (optional)
- 1 Drop of liquid stevia

In a small bowl, mix the hot water with the matcha green tea powder and pour into a blender. Add the remaining ingredients and blend.



Drink and enjoy, knowing you're treating your body with great care while also having a yummy treat!





FUEL YOUR BODY

DELICIOUS AND NUTRITIOUS RECIPES

Mushroom Oat-Sotto

Prep time: 15 min

Cook Time: 50 min

Serves 4-6

4 Tbsp extra virgin olive oil
3-4 Garlic cloves, minced
1 Red onion, chopped small
2 Cups 'Kandarian Ancient Grains' brand Nude Oats
4 Cups vegetable broth
6 Sprigs fresh thyme
1 ½ Cups white wine
1 Red or yellow pepper, chopped
1 Cup Tuscan kale, ripped into bite sized pieces
8 oz Crimini mushrooms, sliced
Salt and pepper to taste
Nutritional Yeast (Optional)



Using a large saute pan, heat the oil over medium heat and add garlic and onion.

Sauté until onion is translucent, about 5 minutes. Add nude oats and stir until coated. Pour in 1 cup of broth. Stir and lower flame. Cover and let cook, stirring occasionally, until liquid is absorbed.

Add another cup and do the same. When that is absorbed, add 1 cup of wine and add the thyme, salt and pepper. Stir, cover and cook until liquid is absorbed.

Add another cup of broth, stir and add vegetables. Stir and cover. Stir occasionally.

When liquid is absorbed, add last cup of broth and ½ cup of wine. Stir and let simmer uncovered. Taste the oats to check for firmness. If it's still a tad hard, cover and let simmer for 5 minutes. Check again. Adjust seasonings.

Serve with nutritional yeast sprinkled on top if desired.

FUEL YOUR BODY

DELICIOUS AND NUTRITIOUS RECIPES

Faux Pho

1 Tbsp olive oil in a large pot.
1/2 Diced onion
1 lb Of Brussels sprouts (trimmed).
4 Cups of veggie broth
1 Tbsp grated ginger
4 oz Thinly sliced shiitake mushrooms
8 oz Quartered white button mushrooms
Any variety of mushrooms and mix it altogether
3 Heads of Baby Bok Choy
1 cup or bag of Corn Nibblets
1 Can of water chestnuts
5 Tbsp Bragg's Liquid Aminos
Shirataki Noodles
2 Tbsp sesame oil
3 Limes

Heat 1 tbsp olive oil in a large pot. Add in 1/2 diced onion.
On medium high, add in 1 lb of Brussels sprouts (trimmed).

Splash 1 cup of veggie broth to slightly steam and blanch.

Add 1 tbsp grated ginger and washed shiitake mushrooms and quartered white button mushrooms.

Add in another 3 cups of veggie broth to cook down the mushrooms.
Stir frequently.

Add 3 heads of chopped baby bok choy, corn nibblets, a can of water chestnuts, 5 tbsp Bragg's liquid aminos and rinsed shirataki noodles.

Bring to a slow simmering boil for a couple minutes. And before serving, top off with 2 tbsp sesame oil, the juice of 3 limes and 4 tbsp chopped mint (optional). You can even add quinoa or another gluten free noodle!





FUEL YOUR BODY

DELICIOUS AND NUTRITIOUS RECIPES

Vegan Sausage w/ Butternut Squash, Beets and Brussels Sprouts

4 Vegan (Beyond) or pork sausage
4 Tbsp avocado oil (in two divided portions)
2 Cups Brussels Sprouts (trimmed and halved)
2 Cups Butternut Squash, diced
2 Medium Beets Cleaned and sliced
1 Cup pomegranate arils
1/4 Pistachio nuts (for garnish)
Olive oil (optional)

On a baking tray lined with parchment paper, roast Brussels, Squash and Beets, rubbed with avocado oil, for 20 min at 400°

With 10 minutes left, pan fry sausages in avocado oil for 8 min. Slice and place on a plate. Add and toss with vegetables once fully cooked.

Drizzle with Olive Oil.

Garnish with pomegranate and pistachio.

Serve and Enjoy warm!



**YOUR NEXT
STEPS**



YOUR ACTION PLAN

OUTLINE YOUR STEPS TO HEALING

Healing yourself from chronic illness starts with optimizing your digestion. Based on what you've learned so far... What goals do you have for your health?

And what actions are you going to take?

Now that you know that the food you eat directly impacts your symptoms, on the next page take a few minutes and decide what your goals are for optimizing your digestion such as...

- **Are there foods that you know you need to cut down or remove?**
- **Are you giving yourself enough time to eat and digest your food properly?**
- **Will you start adding in more fiber-rich fruits and vegetables so you can crowd out the top inflammatory foods like: gluten, dairy and processed sugar?**
- **Are you supporting your stomach acid and helping yourself optimize your digestion?**
- **Are there supplements you feel called to add in to support your healing journey?**
- **Are you willing to try new and different recipes and get inspired?**

Go ahead right now and take 10 minutes to write down your top 3 goals and action steps on the next page.



YOUR ACTION PLAN

WRITE OUT YOUR GOALS & YOUR ACTIONS

MAIN GOAL 1

THIS IS IMPORTANT TO ME BECAUSE

THE ACTION I WILL TAKE IS

MAIN GOAL 2

THIS IS IMPORTANT TO ME BECAUSE

THE ACTION I WILL TAKE IS

MAIN GOAL 3

THIS IS IMPORTANT TO ME BECAUSE

THE ACTION I WILL TAKE IS



EXPERT TIPS

THINGS TO BE ON THE LOOKOUT FOR

As you start to make more changes to your diet you'll want to learn how to differentiate between healing reactions and symptoms.

And that is what I am here to help you with.

Because you might have just taken out all gluten in your diet, and all of the sudden you feel tired, irritable and have headaches.

You might even wonder...

“Did I accidentally eat the wrong food?”

Or perhaps the things you are trying are helping you to some degree, but your symptoms are still lingering. It's not enough.

This is where it's helpful to get some expert guidance and support.

Which is where I come in. If you're working through the suggestions in this roadmap and need some extra support and guidance I'm here for you!

I deeply believe that you can heal from any chronic or mystery illness but sometimes it's about having the right level of guidance from someone who can see the entire picture of what's happening with your body.

So if you're feeling called to get some support with someone who can tell you where this all started, why it happened and what to do now...



I HAVE HELPED HUNDREDS OF PEOPLE TRANSFORM THEIR CHRONIC AND MYSTERY ILLNESS NATURALLY. ARE YOU NEXT?



"I am soooo thankful that our paths crossed. I love working with you. It's all planned for me! You have helped me change my life for the better!! I love you!!"



Jeana, Alabama, Long term client



I had the pleasure to be working with Allison Samon after my diagnosis of Hashimoto's disease. Allison believes and guides people that you can do anything to turn your health around. Allison recommended specific and tailored diet and lifestyle changes for me personally so the turnaround to better health could begin. Allison is very uplifting, has all the patience to listen to you is very thorough and takes all the time you need, she is beyond knowledgeable in her field. I am so happy and I feel energetic and healthy. I highly recommend Allison!



Angelique, Los Angeles



"Allie is the most valuable and truly amazing investment I have ever made in myself! She provided the education, accountability, personalization, and kindness that has helped me change my life for the better. Working with Allie has opened my eyes to the specific things in my diet and environment that challenged me (body, mind, and spirit). Today I am able to better navigate my day and my meals armed with understanding - I simply feel "in beautiful balance". Allie understands the challenges of living in this modern world, and I completely credit her with helping me find a path to be healthier, stronger, happier, and more hopeful."



Jennifer, S. Carolina



"Allison is my go to Nutrition pro. She give me up to date guidance and helps me stay on track. Not only do I love her recommendations for myself, but I send all my clients to her because she knows her stuff and helps you feel better FAST!



Alysa Rushton, Long Term Client

WHAT'S NEXT?



Now you know how to create a chronic illness recovery plan. But do you know how to apply this to your unique situation?

Let's talk and discuss how you can create a personalized chronic illness recovery plan for your individual needs and lifestyle.

ON YOUR FREE 20-MINUTE CALL WE WILL...

- Uncover more about your condition and symptoms
- Discuss a plan of action to get you into recovery mode

[GET ON MY CALENDAR](#)

I look forward to meeting you and helping you along YOUR road to chronic or mystery illness recovery!



MEET ALLISON

YOUR CHRONIC ILLNESS RELIEF BESTIE



Hey There!

I'm Allison Samon aka "Health Allie". I'm a Functional Nutrition and Lifestyle Practitioner and public speaker. I work virtually with people like you to get out of chronic illness, escape from mystery symptoms, and help re-design your lifestyle so that you can be fit, energized, and pain free in ways that are easy, fun, and sustainable.

I became so passionate about the work I do after my personal struggle with extra weight, chronic pain, and a mystery illness that had me in its grips for over 10 years (despite being considered "healthy" and active by my doctors). During this time, my 50 year old father, seemingly in perfect health (on the outside at least), died suddenly of heart disease we never knew he had. This added to the despair and confusion I had been feeling for years about what felt so wrong in my body.

At the height of my illness, I saw multiple neurologists, physical therapists, and orthopedists, none of whom were able to do much to help. When exploratory surgery was suggested, I knew that it was the last straw...



[Allison Samon](#) | [Functional Nutritionist](#)



I THOUGHT

SOMETHING WAS WRONG WITH ME!



I finally found an alternative health practitioner who introduced me to this wild concept of nutrition (wink wink) -- which was my biggest revelation and THE missing piece in my puzzle.

As I adjusted what I was eating, my body began to heal faster than I ever thought possible. I lost those 10 pesky pounds, and have been able to keep them off for over 15 years! I no longer have migraines, acne, or joint pain! Best of all, I regained the stamina to keep up with my demanding work schedule -- and even for some fun too!

After figuring out my personal chronic/mystery illness battle, I decided to become a Health Coach and then deepened my work with a Functional Nutrition education. Now, I've been working with clients just like you for over a decade. I'm on a personal mission to help you ditch chronic pain and put those mystery symptoms behind you and into the rear view mirror. I delight when you get your life back and fall in love with how you feel in your body. I adore it when I see you turn back the clock and rock your life!

Together, let's shake up the way you think about dis-ease, your body and nutrition. Let's turn the tables on your chronic illness and let it be a thing of the past.

I believe in you!

Allie Allison Samon
Your Functional Nutritionist

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