



5 Step Clinical Pillars of Care

Moving through the stages of care at Allergy Breakthrough Center with Dr. Garvey, DC



SUPPORTING WELLNESS

FOOD
SLEEP
MOVEMENT
MINDFULNESS
ALLERGIES


STEP 1



FINDING RELIEF

DIGESTION
INFLAMMATION
STRESS
NUTRITION
AAT-ALLERGIES

STEP 2



ROOT CAUSE

GUT INFECTIONS
LEAKY GUT
LIVER CONGESTION
MITOCHONDRIAL DYSFUNCTION
HEMISPHERICITY
ALLERGY/SENSITIVITY

STEP 3



FINE TUNING

HORMONAL BALANCING
FOCUSED NUTRITION
IMMUNE HEALTH

STEP 4



MAINTAINING HEALTH

MINIMAL INTERVENTION
VAGAL TONE
CHIROPRACTIC
AAT
HOLISTIC HEALTH

STEP 5