



THE DETERMINED
HEALTH RECLAIMER

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Your Archetype Mini Report





THE DETERMINED
HEALTH RECLAIMER

01 your health approach

overview

As a Determined Health Reclaimer, you bring distinct characteristics to your healing journey:

- † Relentless persistence
- † Hard-won skepticism
- † Self-advocacy intensity
- † Alternative exploration
- † Community connection
- † Documentation as defense
- † Strategic practitioner selection
- † Anger as fuel



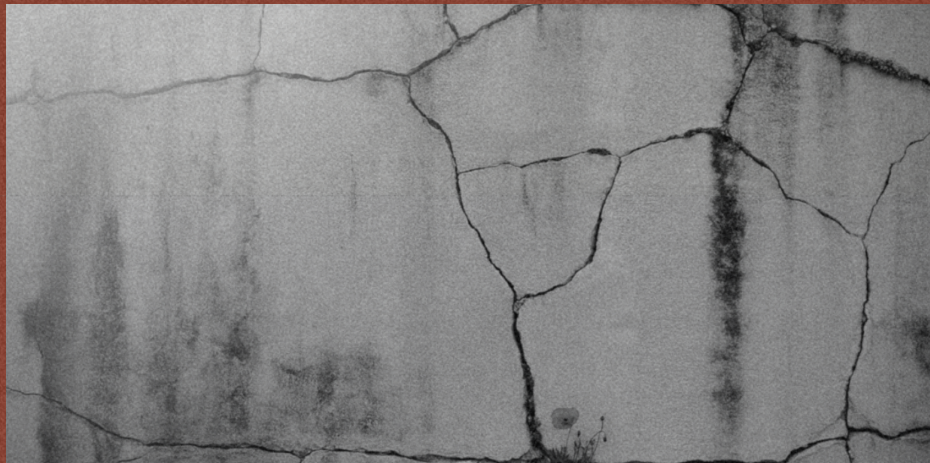
You refuse to be dismissed and keep searching until you find real answers. Your past experiences have made you skeptical, strategic, and fiercely committed to advocating for your own healing.



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02 core wound

The Determined Health Reclaimer carries the wound of betrayal by those who were supposed to help. This wound stems from the profound violation of being sick and being told you're not—being dismissed, disbelieved, or treated as a nuisance by the very people whose job was to diagnose and treat you.



Many Determined Health Reclaimers have specific traumatic memories: the specialist who rolled their eyes, the ER doctor who suggested it was anxiety, the years lost to misdiagnosis while symptoms worsened, the treatments that made things worse because no one was looking at the real problem. These experiences create a wound that goes beyond the physical suffering of illness to include the psychological trauma of not being believed.

This wound often shows up as hypervigilance in medical settings, difficulty trusting providers, and anger at even subtle signs of dismissal. After medical gaslighting, trust isn't freely given—practitioners must earn it.



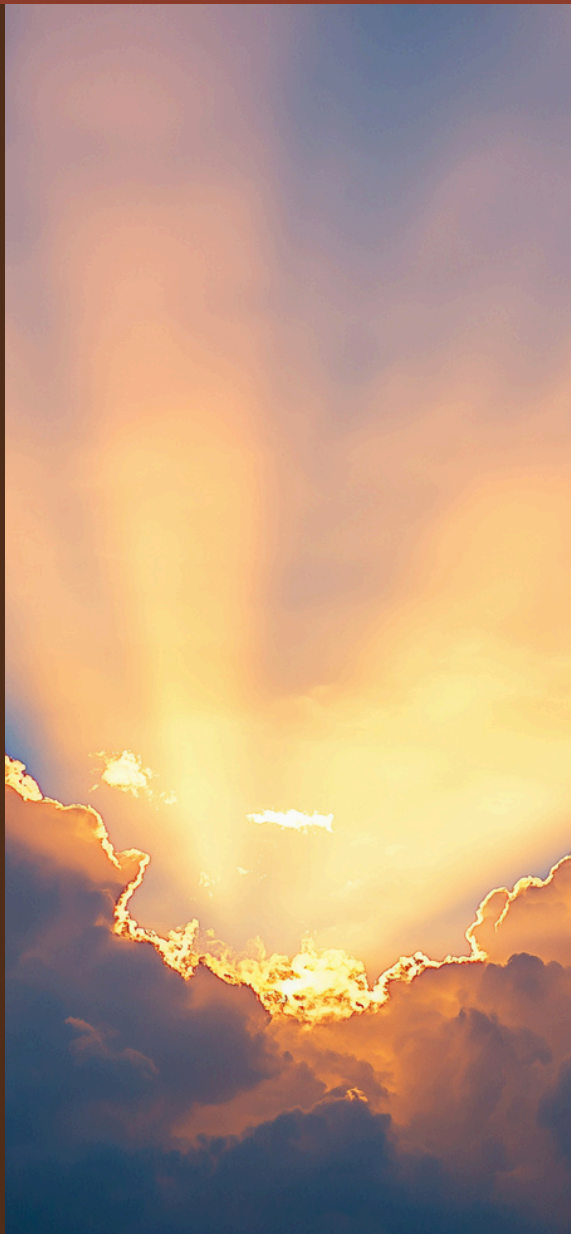
04 deepest motivation

You are motivated by the fierce determination to reclaim the health that was taken from you—not just by disease but by a system that failed to diagnose it, treat it, and believe you about it. Your fight isn't just for symptom relief; it's for validation, for justice, for proof that you were right to keep pushing.

At your core is the belief that everyone deserves to be believed when they say something is wrong with their body. You're fighting not just for yourself but against a system that dismisses too many people, particularly women, minorities, and anyone whose symptoms don't fit neat diagnostic categories. Your advocacy has a moral dimension that extends beyond personal interest.

You're also motivated by the desire to prevent others from experiencing what you went through. Many Determined Health Reclaimers become advocates, educators, and community builders who help others navigate the healthcare system more effectively. The possibility of transforming your suffering into service provides meaning that helps sustain the fight.

Finally being heard, taken seriously, and finding real answers brings deep validation. It's not just about feeling better—it's about being proven right.



5 key challenges

01

The Vigilance Tax

Constantly bracing for dismissal drains energy you could use to heal. That vigilance once protected you, but staying in fight mode all the time is exhausting. Learning when to lower your guard can free up strength for recovery.

02

The Trust Barrier

Even when practitioners are trustworthy, the wounds from past betrayal can make it difficult to fully engage with their care. You might hold back, maintain emotional distance, or dismiss suggestions prematurely. This protection, while understandable, can limit your access to help that could serve you.

03

The Adversarial Default

Your experiences have trained you to expect opposition, which can become a self-fulfilling prophecy. Approaching practitioners with armor on can trigger defensive responses even from those who genuinely want to help, creating conflict where collaboration could have flourished.

04

The Identity Question

When fighting for health has defined you for years, the prospect of not fighting is surprisingly complicated. Who are you when you're not a warrior? What happens to the communities and relationships built around shared struggle? This identity challenge can unconsciously interfere with healing.

05

The Moving Goalposts Problem

After years of fighting for answers, getting answers can feel strangely unsatisfying. The validation you sought doesn't heal the wounds of not being believed. The diagnosis doesn't undo the lost years. There can be a tendency to keep fighting even after the battle is won because fighting has become familiar.

Allie Chandler

Learn more about me [here](#)

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Helping functional medicine practitioners and wellness brands scale to \$2 million-50 million+ through heart-centered, aligned marketing with our proprietary Practitioner Archetype and Wellness Marketing Playbook systems



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WHO I HELP



Functional Medicine Practitioners

earning \$2-10M who want to scale without burnout



Supplement Companies (\$20-50M+) ready to dominate practitioner channels



Wellness Entrepreneurs building courses, programs, and passive income



Health Brands seeking authentic marketing that converts

LEADERSHIP EXPERIENCE

Director of Content



Head of Marketing & Events



Head of Consumer/Trade Marketing

novonesis

Affiliates & VIP Strategic Partners



Marketing Consultant

Dr. Jay Davidson, Sinclair Kennally, Dr. Jaban Moore, Shivan Sarna, and many more

PATIENTS + THOSE LOOKING TO HEAL

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