

	<p>Prior Reversing Alopecia group classes</p>	<p>NEW Reversing Alopecia small group coaching program</p>
<p>Weekly video modules/classes</p>	<p>5 modules</p>	<p>9 modules</p>
<p>Recordings of all modules</p>	<p>√</p>	<p>√</p>
<p>Transcripts of all modules</p>	<p>√</p>	<p>√</p>
<p>A library of handouts, guides, and studies (substantiation) to accompany each module</p>	<p>√</p>	<p>√</p>
<p>Intimate Zoom video coaching/support calls in a group setting (vs. prior Facebook Live Q&A sessions, and you can remain anonymous if you wish) 1</p>		<p>√</p>
<p>Private Facebook group, with regular check-in and support</p>	<p>Large group, not as personalized</p>	<p>Smaller, more intimate community</p>
<p>The “motherlode” Alopecia Labs Guide</p>	<p>√</p>	<p>Updated version</p>
<p>The “motherlode” Alopecia Supplements Guide</p>	<p>√</p>	<p>Updated version</p>
<p>Course kick-off with a Healthy Mindset class</p>		<p>√</p>

New information about clinical applications for alopecia I've learned since prior program	√	√
Hormone testing via DUTCH (testing kit at a discount, ships internationally) 2		√
Private, 30-min. DUTCH conversation /coaching session with me		√
Digestive health/gut pathogen testing via GI Map 3		√
Private, 45-min. GI Map interpretation/coaching session with a Functional Medicine Certified Health Coach/nurse		√
One additional 30-min. private coaching session with me (to discuss anything related to course)		√
Option for Sustainable Habit Change coaching , at a discount (with Functional Medicine Certified Health Coach, Trina Cameron)		√
Option for additional private coaching with me , at a discount	√	√
15% discount on supplements through Fullscript (U.S. only, but if you're in Canada, Australia, or Europe, I have colleagues who can help with access to other quality dispensaries)	√	√
Discount on my #1 best-selling Essential Thyroid Cookbook (no quantity limit on purchase)	√	√

Two cookbooks of your choice		√
Nourish Your Whole Self Affirmation Cards (56-card deck and accompanying booklet)		√
A selection of 3 quality, follicle-supportive essential oils		√

Some of you may already have DUTCH or GI Map (or other gut health lab) results, but the course does include each and it's very likely that you could benefit from doing the testing again.

1 These Zoom support/group coaching calls will take place at different times during the week to accommodate different time zones. For example, noon Central may be good for those in Europe. Other calls will take place later in the afternoon, Central. Exact times TBD.

2 DUTCH testing (**dried urine testing for comprehensive hormones**) is available for both women and men. If you're the parent of a child with alopecia, I don't want to discourage you, at all, from enrolling in this course—it will still be very helpful. That said, we'll likely get detailed with things that may or may not be applicable to a child, like implications of DUTCH results, for example. The minimum age for a DUTCH panel is 12 years old. No price adjustments will be made for children who cannot do a DUTCH panel, but I'll make it up to you with a coaching session.

3 GI Map is only available for shipping in the U.S. and as in prior years, we'll likely have people in the course who are outside the U.S. Depending on where you are, I have possible alternates for digestive health testing. My nurse colleague, who will be doing these interpretation sessions, is well-versed in all kinds of gut health labs, not just GI Map.

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