| Reversing<br>ALOPECIA<br>is an inside job   | Reversing Alopecia<br>Mastercourse program |
|---|--|
| Weekly video modules/classes  | 9 modules                                  |
| <b>Recordings</b> of all modules  | $\checkmark$                               |
| Transcripts of all modules  | $\checkmark$                               |
| A <b>library</b> of handouts, guides, and studies<br>(substantiation) to accompany each module              | $\checkmark$                               |
| <b>Intimate Zoom video coaching/support calls</b> in a group setting (you can remain anonymous if you wish) | $\checkmark$                               |
| <b>Private (unsearchable) Facebook group,</b> with regular check-in and support                             | Small, intimate community                  |
| The "motherlode" Alopecia Labs Guide  | Updated version                            |
| The "motherlode" Alopecia Supplements Guide   | Updated version                            |
| Course kick-off with a <b>Healthy Mindset class</b>   | $\checkmark$                               |

| New information about <b>clinical applications</b> for alopecia I've learned since prior program   | $\checkmark$ |
|--|--------------|
| Hormone testing via <b>DUTCH</b> (testing kit at a discount, ships internationally) <sup>1</sup>   | $\checkmark$ |
| Private, <b>30-min. DUTCH conversation</b> /coaching session with me   | $\checkmark$ |
| Digestive health/gut pathogen testing via <b>GI Map</b> <sup>2</sup>   | $\checkmark$ |
| Private, <b>45-min. GI Map interpretation/coaching</b><br><b>session</b> with a Functional Medicine Certified Health<br>Coach/nurse  | $\checkmark$ |
| Additional <b>30-min. private coaching session</b> with me, to discuss whatever you'd like   | $\checkmark$ |
| Option for additional <b>private coaching with me,</b> at a discount   | $\checkmark$ |
| <b>15% discount on supplements through</b><br><b>Fullscript</b> (U.S. only, but if you're in Canada,<br>Australia, or Europe, I have colleagues who can help<br>with access to other quality dispensaries) | $\checkmark$ |
| <b>Discount</b> on my #1 best-selling <u>Essential Thyroid</u><br><u>Cookbook</u> (no quantity limit on purchase)  | $\checkmark$ |

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.

<sup>1</sup>DUTCH testing (**d**ried **u**rine **t**esting for **c**omprehensive **h**ormones) 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.

<sup>2</sup> 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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