



10 Steps to Brain Health a Coaching Program

This is for you if:

You have a child who is struggling in school even though s/he is really smart. Maybe s/he is exhibiting anxiety, inability to focus, or unable to sit down and relax. Maybe s/he has full-on meltdowns and rage episodes that make it hard to go out in public for fear of something setting her off. The teachers don't know what to do and you are exhausted fighting with your child during homework time or just in general when you have other children to tend to. You are willing to think outside the box and try anything, and you know in your heart of hearts that you could help your child if you just had a strategy and were pointed in the right direction.

How We're Going to Get Your Results:

I support parents of struggling school-age children by addressing the physical, emotional, and energetic levels of brain health and development.

To address the **physical** level:

- I help the parents analyze their child's **diet and nutrition** so that the brain can be nourished to perform optimally.
- I also identify **environmental toxins** and stressors so that neural inflammation may be reduced and maximize function.
- And I provide the parents with a home-movement program addressing the **sensory stimulation** the child needs so that the brainstem can mature and make connections to other areas of the brain.

To address the **emotional** level:

- I teach **stress-reducing techniques** so children can learn to self-regulate, so there is whole-brain communication, and so the parasympathetic system can be stimulated for better digestion, sleep, and focus.

What's Included:

- (1) 90 minute intake where I go over health history and questionnaires that you fill out
- (10) 45 Minute Deep Dive Calls to dive into every layer of your child's brain health & put you on a custom path that will get things moving in the right direction. Content for the week/step will be sent through video and links. Our time on the call together will be to clarify and reflect on the content as well as setting implementation goals.
- A individualized home movement / sensory program that you will implement with your child for 3 months

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Whole Child Learning and Wellness



- One Hair Tissue Mineral Analysis (HTMA)
- Unlimited Text Mentorship through a private Facebook Group so you always have someone in your corner & can get answers fast, and
- Private Facebook Group access to be surrounded by a community of others on the same healing journey
- Optional lab testing (\$500 + individual lab fees) used to get a more microscopic picture of what is happening in the body and to create a supplement protocol
- Optional kinesiology session to determine foods to avoid and to create a supplement protocol (\$300)

How it Works:

Quite simply, I'm going to help you discover what are the roots to your child's learning/behavior struggle. I will teach you how the brain develops and grows and find hidden opportunities to help repair and link-up the brain so that your child can (take risks, be calm, focus, sit still, effectively communicate) And you have what I believe is required for massive exponential progress over the next 3 months.

Step	Step/Sub-Step (coaching only)
(90 min)	Intake, order labs (if desired)
1 (45 min)	Take care of yourself / Importance of water / Breathing techniques / Tapping
2	Sensory Basics for Brain development: + Provide individualized home program
3	Nutrition basics for brain health: What not to eat / what to eat / muscle testing as a tool (or to follow MRT if ordered)
4	Supplement Basics for brain health: + Provide protocol based on ART or FDN testing
5	Environmental Toxins: What to avoid + recipes for soap, body butter, and cleaners
6	EMF hygiene
7	Helping the brain detox
8	Sunlight / D3 / florescent light / blue light
9	Brain Gym techniques for brain integration
10	What else is out there? Next Steps
Note: All content will be sent via video and weekly calls will be time for clarification & reflection of the content + goals for implementation	