



COACHING

Confidence | Courage | Commitment

Dear Functional Medicine Practitioner,

I am excited to introduce you to my Winter 2019 BeyondMTHFR[®] coaching program. We are offering you a platform for growth, both professionally and personally, through application of the science of methylation and epigenetics. The goal is to be able to connect with like-minded practitioners who want to change lives by optimizing genetic pathways, using the latest science and natural medicine strategies.

I live the dream of walking into a busy practice, full of patients who are committed to getting better. We get to have fun solving difficult problems, and honestly it never feels like work. I've achieved what I set out to do, but I am just one man, in one clinic. How many more people could we help if we built a tribe of practitioners who used the same cutting-edge tools, getting the same great results?

One of the biggest challenges facing practitioners who are interested in functional medicine and epigenetics is the lack of mentorship and coaching. Everyone needs a coach, and practitioners like you are no different. I recognize how important coaching is not just for my practice but for my own peace of mind. In fact, coaching is *the* reason I have been able to create so much success for my patients as well as for my practice. All the data in the world is great, but without the knowledge and experience to apply it we are left lacking. The benefit of this coaching program is that I will share with you my knowledge and experience to greatly improve your learning curve.

- The coaching program will simplify this complicated and confusing subject, giving you pearls each week that will immediately improve your practice.
- I will be hosting *weekly* coaching and training sessions that cover a wide range of topics such as gut health, epigenetics, hormone balance, sleep, anxiety, pain and more.
- We will learn via a 12-week curriculum and work through each module much like a trimester system in academia. (a bonus class focusing on adrenal fatigue is included at no additional cost)
- My recent book [Your Genius Body](#) will be a central theme in this coaching program as well, giving you a home study tool for both you and your patients.

In addition to weekly coaching calls, you have access to a private online forum dedicated to the BeyondMTHFR[®] coaching program. This allows members to post questions, share stories, and find new areas of research. The forum offers comradery and community for members as we all strive to learn more, be more and heal more...and have more fun along the way!

Please read carefully the information on the following page. Space will be limited and we have a lot of interest. I hope you will join me!

Yours in Health,

Andrew L. Rostenberg, DC, DIBAK, Founder of BeyondMTHFR[®]

Coaching Details:

Cost: \$1500.00 (\$500.00 USD deposit is required to reserve your spot and space is limited)

When: 8:30am – 10:00am MST weekly on Thursday mornings. Coaching begins Thursday, February 28th, 2019 and runs through Thursday, May 16th, 2019. (May 23rd for Bonus Module)

What: Coaching program includes weekly 80-minute group coaching and problem-solving sessions. Sessions will be held on Thursdays (USA) / Fridays (Australia) via GoTo Meeting. Program will be broken up into a 12 week “trimester” and we will cover a wide range of MTHFR-related and functional medicine concepts:

1. Overview & why the gut-methylation-brain process is the key for most chronic patients
2. Stomach and upper GI function
3. Oxalates
4. SIBO
5. Gut origins of methylation, brain and neurotransmitter problems
6. Blood sugar, depression, and methylation
7. Brain, catecholamines, neurotransmitters and hormones
8. Sleep issues and neurotransmitter methylation
9. Case studies
10. How to use genetic reports, OAT, DUTCH and other valuable functional medicine tests
11. Supplement suggestions, protocols, lifestyle medicine concepts and more

*****Bonus Module*** New for Winter 2019 - in addition to the regular 12 week class, we will be offering an in-depth and cutting-edge look at adrenal fatigue science, testing and protocols. This is offered at no additional charge.**

All coaching lessons will be recorded providing you an opportunity to review and study the material, in addition to providing assurance that you won't "miss-out" in the event that you are unable to attend a session.

The first part of the session will be 30-45 minutes in length and consists of an interactive mini-lecture covering the scientific and clinical rationale of the weekly topic.

The second part of the session will be 30-45 minutes in length and is reserved for answering your questions and going over case studies (both mine and yours), supplements, dosages, testing recommendations, and more.

Reserve Your Spot: Call Kristie at 208.322.7755, or email coaching@redmountainclinic.com.