

Program Table of Contents Quick Reference Guide



Orientation Module

- Video 1: Welcome & Program Mission
- Video 2: Program Specifics
- Video 3: Setting Yourself Up for Success & Further Support Opportunities

Handouts:

- Terms of Service (copy for your records)
- Program Table of Contents -- Quick Reference Guide (this handout)

Module 1: Foundations & Fundamentals of a Trauma-Informed Approach

Weekly Motivational & Thought-Provoking Message:

- The Universal Governing Law of Nature

Module Videos:

- Video 1: Holistic HTMA Pro: What Does Holistic Truly Mean?
- Video 2: 28 Things to Know About Stress and Trauma
- Video 3: Trauma Signs & Essentials to Know
- Video 4: 10 Foundational Tips for Working with Clients Within a Trauma-Informed Approach
- Video 5: The Wellness Code 4R Framework for Holistic Healing
- Video 6: Minerals & HTMA Overview
- Video 7: Root Causes of Mineral Imbalances & Chronic Dis-ease
- Video 8: Whole-Person, Whole-System Self-Healing
- Video 9: Lab Account Set-Up, Ordering, Running the Test, & Supplement Account Set-Up
- Video 10: Key Takeaways & Action Steps

Handouts:

- PDF of PPT slides
- How Chronic Dis-ease Unfolds Iceberg Graphic (client resource)
- The Trace Elements Lab digital requisition form
- HTMA instructional handout to email to clients
- Minerals, Mindset, Emotions, & Energy -- 15 Tips for Regulation (client handout)
- Reference, Tools, Supplements, & Interventions Guide (practitioner use ONLY)
- PDF of Module 1 quiz (for reference and study purposes)



Module 2: Single Mineral Value Interpretation (Physical & Metaphysical)

Weekly Motivational & Thought-Provoking Message:

- Neuroscientific Principles of Cultivating Success

Module Videos:

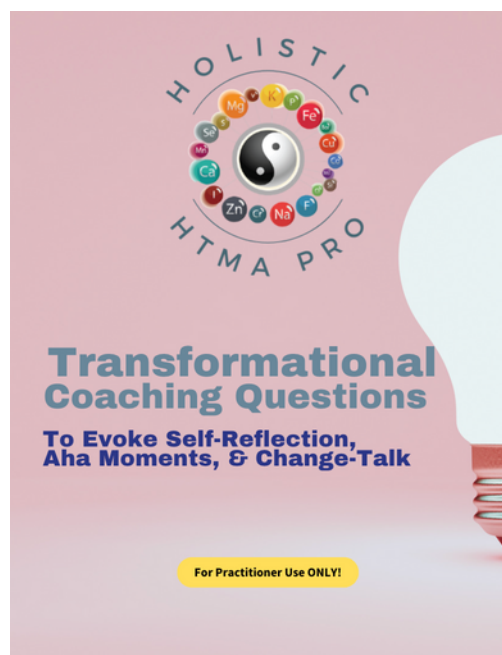
- Video 1: Module Overview, Food-for-Thought, & More
 - Link Between Physical and Emotional Pain
 - Mother's Nervous System is the Foundation
 - Hallmark Signs of Unresolved Inner Child Attachment Wounds
 - Review Exercise: Practice Using Client-Friendly Language
- Video 2: Transformational Coaching Mini-Lesson -- The Breath Awareness & Mineral Balancing Connection
- Video 3: Reasons for High and/or Low Values
- Video 4: The Primary 4 Minerals
- Video 5: 2nd-Level Minerals
- Video 6: 3rd-Level Minerals
- Video 7: Key Takeaways & Action Steps

Handouts:

- PDF of PPT slides
- Transformational Coaching Questions Guide (Practitioner use ONLY)
- PDF of Module 2 quiz (for reference and study purposes)

Ancillary Videos:

- A Simple Nervous System Self-Assessment (1.5 min)
- 6 Exercise to Release Trauma from the Body (1.5 min)
- Benefits of Breathwork (1 min)



Module 3: Significant Ratios & What They Reveal (Physical & Metaphysical)

Weekly Motivational & Thought-Provoking Message:

- The Temple of Life

Module Videos:

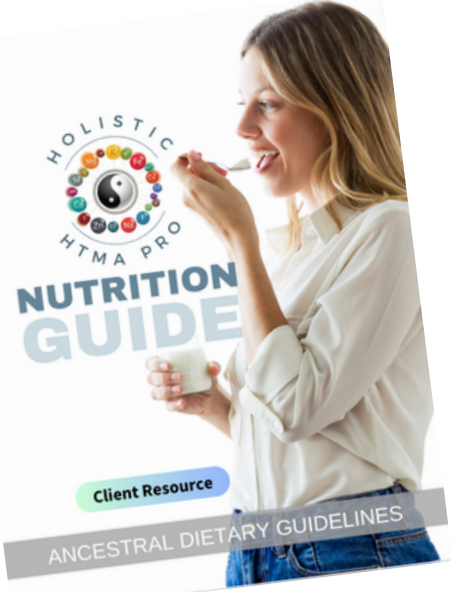
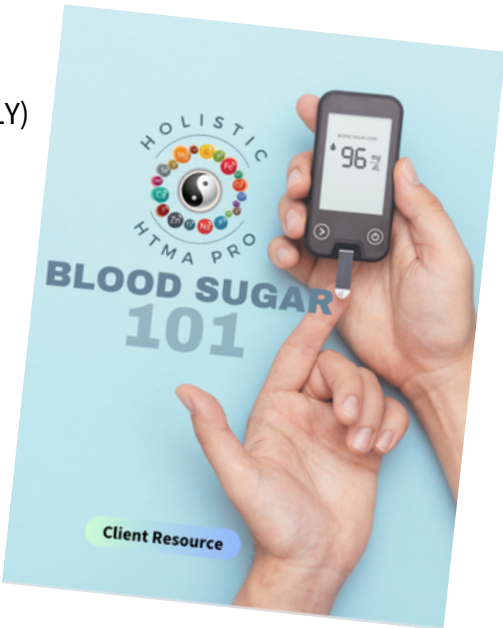
- Video 1: Module Overview, Food-for-Thought, & More
 - 1-Min Video to Depict the Importance of a Trauma-Informed Approach
 - A good and highly skilled, trauma-informed transformational coach fully hears what is said
 - What happens if life gets crazy, we can't keep up, and fall behind?
 - What do we do with clients while we're awaiting HTMA results to come in?
 - How do we handle clients who get impatient, experience anxiety, and slip into victim mode early on?
- Video 2: Transformational Coaching Mini-Lesson -- The Neuroscience of Change & Transformation
- Video 3: Significant Ratios
- Video 4: Metabolic Types
- Video 5: Gut Health Basics
- Video 6: Eating to Reduce Inflammation
- Video 7: Blood Sugar 101
- Video 8: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- Single Mineral Values & Significant Ratios Cheat Sheet (Practitioner use ONLY)
- Nutrition Guide (client resource)
- Blood Sugar 101 Guide (client resource)
- PDF of Module 3 quiz (for reference and study purposes)

Ancillary Videos:

- The Most Critical Nutrient of All (9 min)
- 15 Reasons Why People Don't Heal (15 min)
- The 4 Willingnesses We Must Have for Transformation (1 min, 45 sec.)
- The 12 Attributes Needed to Get Unstuck (1 min, 45 sec.)
- How to Make Berry Swirl Animal-Based Cheesecake (1 min, 45 sec.)



OPTIMAL MINERAL LEVELS		OPTIMAL SIGNIFICANT RATIOS	
Calcium (Ca)	63	Ca/P	2.6
Magnesium (Mg)	6	Na/K	2.6 (2.1-3.1 Ideal)
Sodium (Na)	19	Ca/K	4.2
Potassium (K)	13	Zn/Cu	8.0
Copper (Cu)	2.2	Na/Mg	4.0
Zinc (Zn)	16	Ca/Mg	7.0
Phosphorus (P)	16	Fe/Cu	0.9
Iron (Fe)	1.3	Cu/Mo	625-850
Manganese (Mn)	0.06		
Chromium (Cr)	0.05		
Selenium (Se)	0.08		
Boron (B)	0.63		
Cobalt (Co)	0.002		
Molybdenum (Mo)	0.005		
Sulfur (S)	4722		
Rubidium (Rb)	0.01		
Lithium (Li)	0.005		

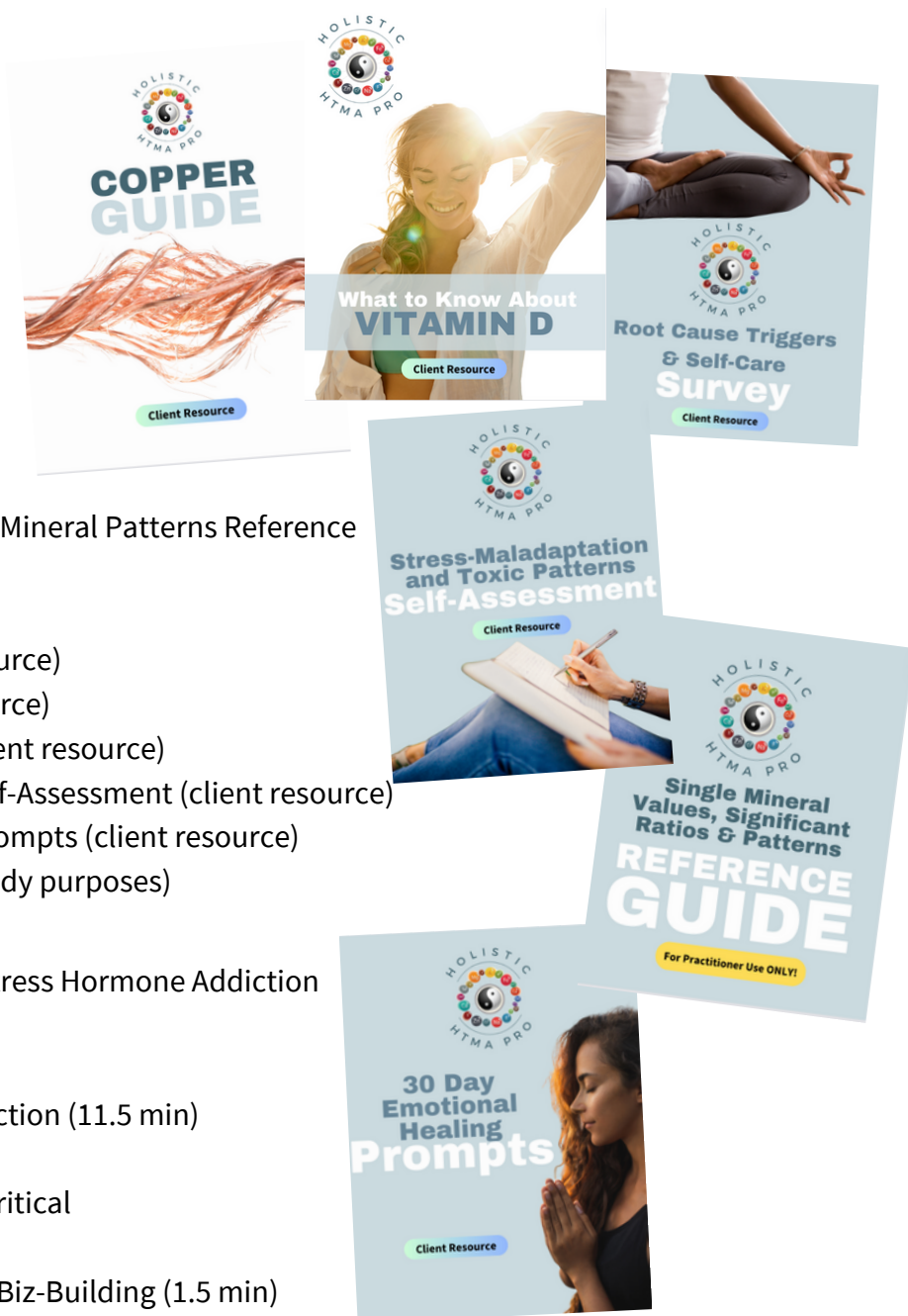
Module 4: Significant Mineral Patterns & Other Imbalances (Physical & Metaphysical)

Weekly Motivational & Thought-Provoking Message:

- A First Step in Moving Beyond Limiting Beliefs

Module Videos:

- Video 1: Module Overview, Food-for-Thought, & More
 - Na/K and Ca/P are most important as they indicate cellular energy
 - What is Farmer cheese, and where does one find it?
 - What are the primary differences between trauma-informed transformational coaching and counseling/therapy?
 - Content Ideas for HTMA Service Promotion
- Video 2: Transformational Coaching Mini-Lesson -- The Stress Hormone, Drama Addiction, & Mineral Imbalance Connection Part I: An Analogy of How Drama Addiction Unfolds & 28 Hallmark Signs of Stress Hormone and Drama Addiction
 - What is Self-Care?
- Video 3: Mineral Patterns Overview
- Video 4: Mineral Patterns Up-Close Part I
- Video 5: Mineral Patterns Up-Close Part II
- Video 6: Mineral Patterns Up-Close Part III
- Video 7: Iodine Deficiency Considerations
- Video 8: Copper Imbalances
- Video 9: Iron & Anemia
- Video 10: Key Takeaways & Action Steps



Handouts:

- PDF of PPT slides
- Single Mineral Values, Significant Ratios, & Mineral Patterns Reference Guide (Practitioner use ONLY)
- Copper Guide (client resource)
- What to Know About Vitamin D (client resource)
- Iodine Patch Test Instructions (client resource)
- Root Cause Triggers & Self Care Survey (client resource)
- Stress Maladaptations & Toxic Patterns Self-Assessment (client resource)
- 30-day Emotional Healing or Discussion Prompts (client resource)
- PDF of Module 4 quiz (for reference and study purposes)

Ancillary Videos:

- 20 Habits That Stress the Brain and Fuel Stress Hormone Addiction & C-PTSD (15 min)
- 5 Gut-Healing Mistakes to Avoid (13.5 min)
- The Calcium-Shell Chronic Dis-ease Connection (11.5 min)
- This is NOT Functional Medicine (1.5 min)
- Wiring Ourselves for Wellness: The MOST Critical Component (1.5 min)
- Things I do Daily to Manage Self-Healing & Biz-Building (1.5 min)

Module 5: Toxic Elements & Detoxification(Physical & Metaphysical)

Weekly Motivational & Thought-Provoking Message:

- Words of Wisdom from Dr. Neil Nathan on Working with Challenging Client Populations

Module Videos:

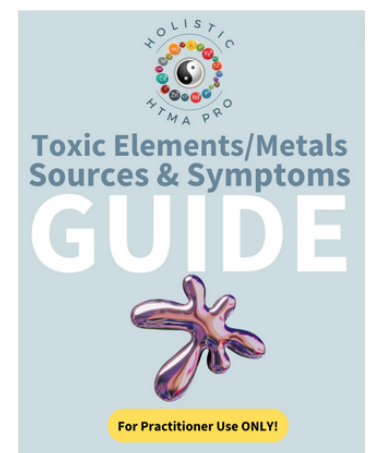
- Video 1: Module Overview, Food-for-Thought, 10 Stages of Healing, & More
 - Prefrontal Cortex Exercise: Quick Review Exercise
 - Labs and protocols may provide temporary wellness but teach how to become their own best self-healer for long-term health
 - Supplement PTSD
 - Outdated Functional Health Approaches
 - Stress-hormone addictive habits can displace healthy connections to self and others
 - 10 Stages of Healing
 - How does one get their business to a point where it generates a good enough income while also still navigating chronic health issues and major life stressors?
- Video 2: Transformational Coaching Mini-Lesson -- The Stress Hormone, Drama Addiction, & Mineral Imbalance Connection Part II: The Roles We Play When Operating from Within the Drama Addiction Zone
 - Karpman's Drama Triangle and Agency Triangle
- Video 3: Intro to Toxic Overload & Metals
- Video 4: Toxic Overload & How it Happens
- Video 5: 15 Things All Clients Need to Know About Toxic Overload
- Video 6: The Impact of Metal Toxicity
- Video 7: Assessing Toxic Elements on the HTMA
- Video 8: Detoxification Fundamentals
- Video 9: 7 Steps for Holistic, Whole-System Detoxification
- Video 10: Detox-Boosting Supplements, Binders, & Protocols
- Video 11: Mini Case Study to Highlight Initial Steps
- Video 12: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- Toxic Elements & Sources Symptoms Guide (client resource)
- Guide to Water (client resource)
- Detox Support Tools Guide (client resource)
- Wellness Code Energy Testing & Quantum Coaching System (text info only)
- PDF of Module 5 quiz (for reference and study purposes)

Ancillary Videos:

- Adrenal Fatigue is BS! Here's Why (1.5 min)
- The Hidden Body Burden of C-PTSD (1.5 min)
- An Unconscious Health-Wrecking Habit to Break Now (30 sec)
- Harnessing the Power of Breath Part I (8 min, 47 sec)
- Rewiring an Anxious Brain & a Lab Test to Help (16.5 min)



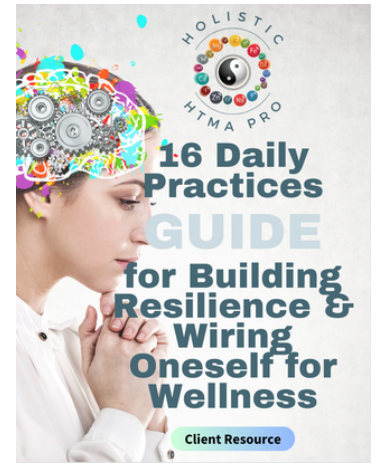
Module 6: Working With Metaphysical Drivers of Mineral Imbalances & Chronic Dis-ease

Weekly Motivational & Thought-Provoking Message:

- A First Step in Moving Beyond Limiting Beliefs

Module Videos:

- Video 1: Module Overview, Food-for-Thought, & More
 - Prefrontal Cortex Exercise: Nine Dots Puzzle
 - Quick Review Exercise from Module 5
 - Other ways to describe trauma
 - Times doesn't heal all wounds
 - Self-healing and business-building journeys often bring up trauma wounds
 - The most effective solution for getting unstuck and getting out of overwhelm
 - 10 Stages of Healing
 - When one is dealing with severe nervous system dysregulation and significant gut dysfunction, what should be focused on first?
 - If one has tried "all the diets" and doesn't want more restrictions out of concern for greater food fear developing?
 - How long will it take me to start getting clients and making enough money to support myself?
 - What are the best steps to take to get clients and make a viable income if one doesn't yet have them or enough of them?
 - Quick Mindfulness/Meditative Practice for Overcoming Procrastination & Overthinking
- Video 2: Transformational Coaching Mini-Lesson -- The Stress Hormone, Drama Addiction, & Mineral Imbalance Connection Part III; The 4 Primary Developmental Attachment Styles -- 3 of Which Underpin Stress Hormone/Drama Addiction
- Video 3: Metaphysical Distress Overview
- Video 4: 12 Most Common Causes of Metaphysical Distress
- Video 5: Nervous System Fundamentals
- Video 6: Foundations of Nervous System Balancing
- Video 7: 2 Powerful Healing Strategies to Consider
- Video 8: The MMP -- The Mineral & Metabolic Imbalances Profile Analyzer At-a-Glance
- Video 9: Mid-Term Review Materials Explanation
- Video 10: Key Takeaways & Action Steps



Instructions:
Below is a list of open-ended prompts for modules 1-6 that, for optimal implementation of the HTMA through the lens of psychoneuroimmunology, it's advisable that you be able to speak on each with clarity, consciousness, ease, and confidence - eventually, of course. **NOT right away. This will take continual practice.**

In the spirit of this, challenge yourself to practice doing this individually or with a partner from class. The more you can self-articulate yourself, the more success you'll have, and the more your clients and business will benefit.

Module 1: Foundations and Fundamentals of a Trauma-Informed Approach

1. Psychoneuroimmunology is... and it's essential to healing, wellness, and life success because...
2. To work truly holistically with clients means to...
3. The stress-trauma-pain-chronic illness connection is when...
4. The four primary states of nervous system dysregulation are... three additional ones to know about are...
5. Stress and/or shutdown most often happen when...
6. 5 things everyone should know about complex trauma are...
7. Chronic dis-ease unfolds as the result of... for example...
8. The three primary root causes of all chronic dis-ease in most cases, regardless of the condition, are... and everything else such as... is...
9. Chronic CDR models is when...
10. When it comes to healing trauma, the three most essential factors to have in place are...
11. A 4R Framework for holistic healing is...

Handouts:

- PDF of PPT slides
- The MMP Analyzer -- fillable (Practitioner use ONLY)
- The MMP Practice HTMA Results Handout
- Mid-Term Review Study Prompts
- 16 Daily Practices for Building Resilience & Rewiring Oneself for Wellness (client resource)
- PDF of Module 6 quiz (for reference and study purposes)

Ancillary Videos:

- A Top Mistake to Avoid on the Healing Path (1.5 min)
- Nervous System or Gut -- Which Should We Focus On? (1.5 min)
- HTMA Mini Game Show (1.5 min)
- The Force Within You (45 sec)
- The Neuroscience of Healing & Shifting Our Trajectory (1.5 min)
- Wiring the Brain for Wellness Doesn't Start in the Mind; It Starts Here (1.5 min)
- Stop Doing This 1st Thing in the Morning (45 sec)
- Animal-Based Waffle Recipe (1.5 min)

Assignment:

- Mid-Term Personal Accountability Check-In

Mineral and Metabolic Imbalances Profile

Full Name _____ Age _____

Main Complaints _____

4 Primary Minerals (Ca, Mg, Na, K)

Mineral	Level	Significance
Calcium-43	High (+53)	Exacerbates stage stress, irritability, defensiveness
Magnesium-6	High (+7)	Non-oxidizable stage stress, irritability, stressed
Sodium-39	High (+10)	Exacerbates irritability, aggression, anxiety, muscle tightness/spasms
Potassium-13	High (+13)	Increased adrenal activity, not of control, overdrive

Significant Ratios: (Important mineral relationships, balancing these is a top priority)

Ratio	Level	Significance
Ca/P - Nervous System & Guidance Ratio-1.6	Fast Oxidizer (+2.6)	Symptomatic, fast metabolism burning energy, irritability, nervous out of fuel, adrenal stage stress, anxiety, type 4 irritability, lower blood sugar, short-term raising mood, high blood sugar, short-term raised panic, irritability, emotional, emotionally sensitive, water retention
Mg/K - Vitality & Stress-2.6 (2.3-3.1 Ideal)	Low (-2)	Invasion, low metabolism burning energy, irritability, nervous, Resonance
Ca/K - Thyroid Ratio-4.2	High (+4)	Exacerbates irritability, aggression, anxiety, muscle tightness/spasms
Zn/Cu - Immune Ratio-8	Low (-8)	Zinc Deficiency, Copper Dominance

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Module 7: Mid-Term Review; Bringing It All Together

Weekly Motivational & Thought-Provoking Message:

- The True Meaning of Education & Learning Plus Words of Wisdom from Albert Einstein

Module Videos:

- Video 1: Module Overview, Food-for-Thought, & More
 - 2 Quick Neural Rewiring Exercises
 - Exercise #1 - Identity Sculpting
 - Exercise #2 - Navigating Overwhelm and Reconditioning an Anxious Mind
 - 20% genetics and 80% environmental input
 - Neuroscience of Change
 - For BEST outcomes, coach your clients on the following 10 priorities
 - Co-dependant client-practitioner relationship
 - Money Mindset
 - Setting Standards
 - Energy is FOUNDATIONAL TO YOUR SUCCESS!
 - Multi-tasking Wisdom
- Video 2: Transformational Coaching Mini-Lesson -- Basics of Motivational Interviewing & Rolling with Client Resistance
- Video 3: Mid-Term Content Review
- Video 4: MMP Case-Study Review
- Video 5: Supporting the Na/K Ratio
- Video 6: Supporting Copper
- Video 7: Supporting Magnesium
- Video 8: Supporting 4 Lows
- Video 9: Supporting a Calcium Shell
- Video 10: Supporting Small Wins
- Video 11: Answering Biz-Related Questions
 - What Systems & Platforms Do You Use?
 - Do You Batch Content or Create on the Fly?
 - How to Come Up With Post Ideas?
- Video 12: Key Takeaways & Actions Steps



Handouts:

- PDF of PPT slides
- HTMA & Psychoneuroimmunology (reference article)
- PDF of Module 7 quiz (for reference and study purposes)

Ancillary Videos:

- All Dis-ease Does NOT Begin in the Gut! Say What!? (11 min)
- 8 Things to Know About Supplements Before Taking Them (13 min)
- The Best Protocol for Chronic Illness Recovery (9 min)
- Coaching Clients With Complex Trauma -- What to Say & NOT to Say (10 min)
- 3 Things You Can Do NOW to Improve Client Outcomes (13 min)
- 5 Mindset Shifts to Make for Holistic Healer Biz Success (9 min)

Module 8: Co-Creating Customized, Holistic Self-Healing Plans Part I

Weekly Motivational & Thought-Provoking Message:

- The Concept of Radical Responsibility

Module Videos:

- Video 1: Transformational Coaching Mini-Lesson -- How to Navigate the Tools & Challenging, Change-Resistant Clients
 - Friendly reminders: Nobody can provide exact, prescriptive, how-to ways of doing things or determining which tools with clients
 - Change evokes resistance, overwhelm, fear, and discomfort but also brings a grand opportunity
 - Nobody will master, feel at ease, and be confident with HTMA quickly
 - How do we know which tools are best to suggest for specific mineral profiles and conditions (such as Four Lows, Calcium Shell, Step Down, etc.)?
 - When do we suggest tools, in what order, and how do we help clients implement them?
 - 2 strategies for eliciting client input and participation: Pre-Session Intakes and Being Skills
 - If a client resists suggestions for self-healing tools presented, even the smallest of suggestions, how are we supposed to get them to take action?
 - Excuses and Reasons
 - 4 Things One Must be Willing to Do to Heal & Succeed at Anything
 - The “HOW?” in helping clients buy in begins with
 - Empathy Review
 - Have a ROCK-SOLID Initial Session Screening Process!
 - If we continue to get clients that resist changes, then one or more of the following might be happening
- Video 2: The Concept of Co-Creating & Why It's So Essential
- Video 3: Rules of Thumb & Considerations
- Video 4: The MMP In Action -- Case Study #1: Slow Oxidizer With Hidden Copper
- Video 5: The MMP In Action -- Case Study #2: Slow Oxidizer With High Toxic Burden, Including Iron
- Video 6: The MMP In Action -- Case Study #3: Fast Oxidizer With High Copper
- Video 7: The MMP In Action -- Case Study #4: Male, Slow Oxidizer, High Copper, & Change-Resistant
- Video 8: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- Case Study Assignment #1 Handout
- Case Study Assignment #2 Handout
- PDF of Module 8 quiz (for reference and study purposes)

Ancillary Videos:

- Who's Responsible for Your Healing (1.5 min)
- Recovery From Burnout: 6 Transformative Lessons Within (1.5 min)
- Mending Your Mitochondria 101 (10 min)
- How I Rewired my Brain for Wellness (12 min)
- What Energy Are You Putting Out There & Why it Matters (1.5 min)



CASE STUDY #2: AMY

Background

- 39 year old female
- A supportive husband and 2 kids
- Stay-at-home mom/owner teacher
- 5'7" and around 145 pounds

Main Complaints

- long/heavy period
- bloating, occasional gas
- indigestion/retching
- fatigue
- mental fog
- PMS: bloating, slight breast tenderness, irritable
- nightly urination, frequent daytime urination

Other Health History and Habits

- Antibiotics less than 5 times as a child and never as an adult.
- Supplements: multivitamin
- No medications, OTC, or
- BM 1-3 times per day
- Bed 9:30 pm, wake 7:2
- watches TV before bed
- Exercise 3-5 times per
- Stress 4/10: parenting
- Miscarriage after first t
- Computer 1 hours/day
- Sun: 1-3 hours per week

Diet

- Avoiding gluten for a
- rice, regular, veggie
- spinach, red bell pep
- eggs, almonds, cash
- (except cheese), pork
- Breakfast (between 7:
- Lunch (2:00 pm) salad
- Dinner (7 pm) salad, t
- Snacks (10 am): chee
- brand dark chocolate
- No coffee, alcohol, ma
- Matcha latte, kefir,
- 50-64 ounces of filter
- 75-80% organic.
- Skipping meals: she m
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- After meals, belching i

Supplements

- No medications
- No supplements
- Bed 9:30-10:30 pm, wake 6 am, trouble falling and staying asleep, wakes up tired, often wakes
- between 2-3 am-- watches TV before bed.
- Daily exercise: 30 to 45-minute outdoor walk. Slow to medium pace.
- Stress 8/10- The biggest stressors include health status (current symptoms) and our current
- "shelter in place" situation regarding the Coronavirus.
- Grew up with an Alcoholic father.
- Computer 5 hours/day and cell phone 8 hours/day.
- Sun: 30 minutes a day (at least five days a week).
- Working with a therapist trying things like EFT tapping, Breathing exercises, and EMDR.

Diet

- Avoiding caffeine, dairy, gluten, and processed sugar for two months and only eating grass-fed
- and free-range meats.
- Breakfast (between 8:30 and 9:30 am): Lemon Water and celery Juice followed by two scrambled
- pasture-raised eggs with spinach or GF oats with wild blueberries, maple syrup, and cinnamon.
- Lunch (12:30-1:30): two scrambled pasture-raised eggs with spinach if I didn't have them for
- breakfast or fruit/spinach smoothie.
- Dinner (6 pm): sweet potatoes, free-range chicken breast, or grass-fed beef patty, with steamed
- broccoli or squash.
- Snacks (11 am & 3:14 pm): dried mango, bananas with nut butter/ honey, mixed nuts, Lara Bars.
- No coffee or alcohol.
- Filtered Water, Coconut Water, Almond Milk (unsweetened).
- 62 ounces of filtered water daily.
- 90% organic.
- Skipping meals: get the "hangry" feeling easily and fatigued.
- After meals: often feel gassy/ bloated after meals. Abdominal aches and pains. Feels tired after.

Supplements

- No medications
- No supplements

Diet

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- breakfast or fruit/spinach smoothie.
- Dinner (6 pm): sweet potatoes, free-range chicken breast, or grass-fed beef patty, with steamed
- broccoli or squash.
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- 62 ounces of filtered water daily.
- 90% organic.
- Skipping meals: get the "hangry" feeling easily and fatigued.
- After meals: often feel gassy/ bloated after meals. Abdominal aches and pains. Feels tired after.

Supplements

- No medications
- No supplements

Diet

- Avoiding caffeine, dairy, gluten, and processed sugar for two months and only eating grass-fed
- and free-range meats.
- Breakfast (between 8:30 and 9:30 am): Lemon Water and celery Juice followed by two scrambled
- pasture-raised eggs with spinach or GF oats with wild blueberries, maple syrup, and cinnamon.
- Lunch (12:30-1:30): two scrambled pasture-raised eggs with spinach if I didn't have them for
- breakfast or fruit/spinach smoothie.
- Dinner (6 pm): sweet potatoes, free-range chicken breast, or grass-fed beef patty, with steamed
- broccoli or squash.
- Snacks (11 am & 3:14 pm): dried mango, bananas with nut butter/ honey, mixed nuts, Lara Bars.
- No coffee or alcohol.
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Module 9: Co-Creating Customized, Holistic Self-Healing Plans Part II

Weekly Motivational & Thought-Provoking Message:

- The Relationship-Wellness Connection

Module Videos:

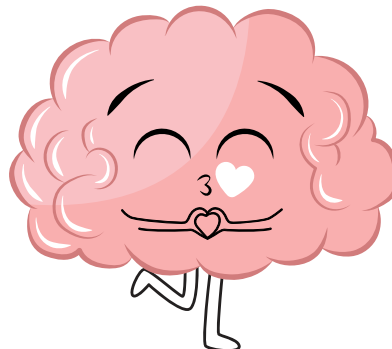
- Video 1: Module Overview, Food-for-Thought, & More
 - 2 Mineral-Balancing & Healing Pearls of Wisdom: cold plunges and gut-healing
 - Review Exercise 1: Match each ratio to the correct description
 - Review Exercise 2: Complete these sentences
 - How do you sign the requisition form if sending it electronically?
 - What mast cell stabilizers do you recommend for those with MCAS, and will the program address how to work with this condition?
 - How do you use minerals to support low stomach acid?
 - What other ways do you suggest to support stomach acid beyond minerals?
 - Ways to help detox the specific minerals/metals based on their detox pathways and mineral antagonists
 - How do you create your videos?
 - What platform did you use to create this course?
- Video 2: Transformational Coaching Mini-Lesson -- The 4 Most Important Candid Conversations to Have With Your Clients
- Video 3: Case Study #5: Slow Oxidizer, Calcium Shell, High Copper
- Video 4: Case Study #6: Extreme 4 Lows
- Video 5: Case Study #7: Mild, Fast Oxidizer With Toxic Burden
- Video 6: Case Study #8: Extreme 4 Lows, Fast Oxidizer, Trauma, Mast Cell, & Mold
- Video 7: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- 10 Things to Know About a Transformational Approach to Healing (client resource)
- PDF of Module 9 quiz (for reference and study purposes)

Ancillary Videos:

- Overcoming Chronic Illness: Top Myths to be Aware of (11 min)
- Brain Health 101: What Your Brain Needs From You (12 min)
- 10 Myths About Chronic Parasites -- BUSTED! (1.5 min)
- A Top Parasite Cleansing Mistake to Avoid (1.5 min)
- 2nd Most Common Parasite Cleansing Mistake to Avoid (1.5 min)



To Know...

Working within a transformational approach to healing is an investment of time, energy, and finances. To help you make an informed decision, ensure we're a good match, and support the efficacy of our work together, it's essential to know the following ten things.

- Balancing minerals and healing from chronic health issues is a long game. It happens on the body's timeline, not the mind's desired one. The process can't be rushed or forced, nor can I or anybody else heal you or provide exact, prescriptive, linear protocols.
- While labs and supplements are valuable and often needed tools, they're only 20% of the process. The other 80% boils down to learning and implementing lifestyle-based body, mind, and spirit wisdom, strategies, and tools to become your best **self-healer**.
- Our work together will embody **Wellness Code Academy's 4 Rs Framework of Holistic Healing**: 1. **REMOVE** stressors 2. **RECONNECT** with the rhythms of nature 3. **REWIRE** the nervous system for wellness, and 4. **RESTORE** cellular function.
- Our coaching sessions will be transformational coaching-based and rooted in **collaboration** and **co-creation** versus expert-guided recommendations and directives.
- The efficacy of our work together will be 80% or more, contingent on **your daily habits** between coaching sessions. Why? Because we don't choose our health or our lives. We choose our habits, which shape our health and lives -- for the better or the worse.
- The journey to heal from chronic health challenges and the accompanying life distress is not straightforward. It's an evolving journey filled with ups and downs along the path.
- Cultivating a growth mindset and a fighting spirit are critical to your success.
- As Einstein taught, "The definition of insanity is doing the same things yet expecting different results." If you want different outcomes, you need to take different actions.
- You can't heal within the same environments, mindset, behavioral patterns, relationships, etc., in which you lost your health in the first place. If nothing changes, nothing changes.
- Considering that our mental and emotional states play a significant role in our physiology, one of the most remarkable and essential healing and life skills to cultivate is learning to sit with pain and discomfort. Ours and others. Why? Because what we resist persists, clarity and solutions emerge from a space of **acceptance** and **mental quietude**, not chaos.

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Client Resource

Module 10: How to Structure & Facilitate an Effective Initial Results Coaching Session

Weekly Motivational & Thought-Provoking Message:

- 12 Super Simple Tips to Optimize Overall Gut-Brain-Nervous System Health

Module Videos:

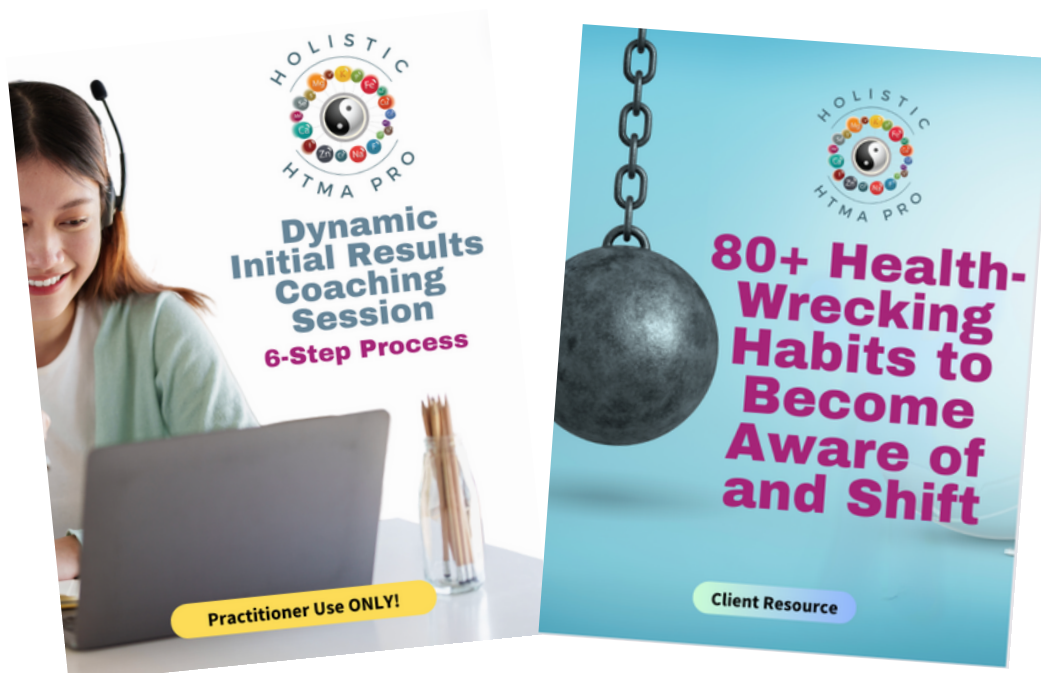
- Video 1: Module Overview, Food-for-Thought, & More
 - 15 Quick Coaching and Clinical Pearls of Wisdom & Reminders
 - Real-World Scenario to Consider
 - The 8 MOST Important Things to Prioritize With Clients at All Times
 - Some Food-For-Thoughts on Daily Pooping!
 - Top Reasons Why The Digestive System is the Most Critical System
 - Some Strategies for Constipation
- Video 2: Transformational Coaching Mini-Lesson -- Tool for Helping Clients Dial in on the Power of Habit #1
- Video 3: Fundamentals & Rules of Thumb
- Video 4: The 6-Step Process for a Dynamic Initial HTMA Results Session
- Video 5: Initial HTMA Results Coaching Session LIVE Demo
- Video 6: LIVE Demo Debrief, After-Thoughts, & Considerations
- Video 7: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- Dynamic Initial HTMA Results Coaching Session: 6-Step Process Guide -- Fillable (Practitioner use ONLY!)
- 80+ Health-Wrecking Habits to be Aware of & Shift Guide (client resource)
- PDF of Module 10 quiz (for reference and study purposes)

Ancillary Videos:

- Energy Testing 101: What Is It & Why Do It? (18 min)
- The Link Between Women's Hormone Issues & Unresolved Trauma (10.5 min)



Module 11: Retesting, Maintenance, & Further Investigation

Weekly Motivational & Thought-Provoking Message:

- What Makes a Skilled Sailor

Module Videos:

- Video 1: Module Overview, Food-for-Thought, & More
 - What our cells look like amidst burnout
 - If gut cells aren't healthy, no other cell in the body will be healthy either!
 - Foot, along with hand, face, and ear massages (from self or others), are a GREAT way to nourish and stimulate the organ systems.
 - The spectrum of readiness for change
 - The Evolution of Habit Change
 - A Recap on Rest & Change
 - Top 10 Rest Deficiency Signs
 - Rest vs. Sleep
 - A Review of What Rest Is
 - Change is HARD! The mind's default is to reject it!
 - Cultural Programming Runs Deep
 - Subconscious HATES Change
 - Embracing Change is All About
- Video 2: Transformational Coaching Mini-Lesson -- Tool for Helping Clients Dial in on the Power of Habit #2
- Video 3: Resting Considerations & Patterns
- Video 4: If Retests Look the Same or Worse
- Video 5: Considerations for Hypersensitive Clients
- Video 6: Case Study #9: Slow Oxidizer With High Toxic Burden
- Video 7: Case Study #10: Male, Slow Oxidizer With Gut Dysfunction
- Video 8: Case Study #11: Child
- Video 9: Going Deeper -Tapping Into the Subconscious Mind; Energy Testing & Quantum Coaching At-a-Glance
- Video 10: LIVE Demo of Energy Testing & Quantum Coaching
- Video 11: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- PDF of Module 11 quiz (for reference and study purposes)

Ancillary Videos:

- 3 Top Reasons Why Parasite Cleanses Fail (1.5 min)
- Self-Healing: 22 Things That All Households Should Have (10.5)



Module 12: Using the HTMA in Your Business

Weekly Motivational & Thought-Provoking Message:

- The Neural Rewiring-Business Success Connection

Module Videos:

- Video 1: 30 Rules of Thumb for Wellness Entrepreneurial Success
- Video 2: Dialing in on Your Niche & Core Messaging
- Video 3: 6 Types of Social Media Posts to Rotate
- Video 4: 7 Rules of Thumb for Effective Email Marketing
- Video 5: Weaving the HTMA Into Your Business (includes considerations for pricing your offer)
- Video 6: 2 Game-Changing Tools for Optimizing Organization, Productivity, & Efficiency
- Video 7: What's Next?
- Video 7: Key Takeaways & Actions Steps

Handouts:

- PDF of PPT slides
- 30 Rules of Thumbs for Wellness Entrepreneurial Success Handout (Practitioner use ONLY!)
- Social Media Content Cheat Sheet (Practitioner use ONLY!)

Ancillary Videos:

- 10 Standard Functional Medicine Approaches We've Ditched Because We Feel They're BS (42 min)
- Wellness Entrepreneurial Success: A Top Sales Mistake to Avoid (22 min)

Certification Process & Next Steps

Module Content:

- Core Concepts Proficiency Checklist Handout
- Final Reflections & Feedback Assignment
- Final Certification Exam (120 questions)
- Certificate Instructions
- WCA Membership Information
- Get Featured in a YouTube Video
- Holistic HTMA Pro Website Listing Instructions
- Personalized 1:1 Wellness Entrepreneur Support

