

> 60 DAY PROGRAM OVERVIEW

MODULE 1 (PRE-PROGRAM)

- **Program Introduction & Orientation**

Lays out the structure and order of the program, including setting goals, learning how to exercise, & introducing dietary transition concepts. Helps patients understand the health benefits sought during the program and gives initial exercise steps.

- **Helpful Tips & Pointers**

Teaches patients how to shop, cook, prepare for dietary transitions, and develop a healthy mindset before their program begins.

- **Initial Dietary Transitions & Supplements**

Gives patients instruction on how and when to take their supplements and walks them through dietary transitions, including examples of substitutions and advice when transitions are challenging and information needed for success with short, easy-to-watch sections that people want to watch.

MODULE 2 (DAYS 1-7)

- **Weekly Overview**

- **Guidelines for Eating**

Introduces concept of leptin management and how to deal with cravings. Sets healthy parameters for patients regarding the timing of their meals and principles of nutrition.

- **Understanding Cholesterol**

Helps patients learn about the balance of health versus unhealthy cholesterol and how food choices impact cholesterol levels. Gives research about the dangers of statin drugs with recommendations on how to make educated choices on prescription use with provider input.

- **Abdominal Breathing**

Introduces stress management techniques to help patients improve their health

- **Adopting a Healthy Mindset**

Dives deeper into the importance of mindset for maintaining a healthy lifestyle. Empowers patients with the tools to shift their mindset toward success for their program and beyond.

- **Upcoming Dietary Transitions**

Helps patients prepare for the next set of dietary transitions they will experience

MODULE 3 (DAYS 8-14)

- **Weekly Overview**

- **Organic Foods & Meats**

Gives patients insights into the value and importance of organic versus conventionally grown foods, including a discussion of which kinds of produce and meats to buy and where exceptions can be made for budget-conscious individuals

- **Understanding Fats**

Helps patients understand the value of fats to a healthy diet and normalized body function, plus how to differentiate between unhealthy versus healthy fats. Provides lists and guides of how to increase healthy fats in the diet in connection with their program.

- **Upcoming Dietary Transitions**

Helps patients prepare for the next set of dietary transitions they will experience.

> 60 DAY PROGRAM OVERVIEW

(Continued)

MODULE 4 (DAYS 15–21)

- **Weekly Overview**

- **Restoring Gut Health**

Introduces patients to the concepts surrounding gut health and how it affects their overall health. Discusses common gut issues and how the dietary steps and supplements in the program help address these issues proactively for long-term health and wellness.

- **Optimizing Brain Health**

Discusses ways to optimize cognitive health through lifestyle change and provides access to remote cognitive testing for those who want to monitor ongoing brain function changes

- **Upcoming Dietary Transitions**

Helps patients prepare for the next set of dietary transitions they will experience

MODULE 5 (DAYS 22–30)

- **Weekly Overview**

- **Understanding the Healthcare Crisis**

Helps patients understand why taking a proactive approach to health is critical and prioritizes how to build a lifestyle centered on wellness over continuing to battle chronic disease.

- **Upcoming Dietary Transitions & Supplements**

Helps patients prepare for the dietary transitions associated with the detox, plus their next set of supplements for the

- detox portion of the program

MODULE 6 (DAYS 31–44)

- **Weekly Overview**

- **Understanding Detoxification**

Teaches patients the concepts behind detoxification and why it matters for overall health. Discusses how toxins are introduced to the body, how the detoxification organs work, and why supplemental detoxification is necessary for most people. Gives insights on the specific detoxification protocol for their program and encourages healthy mindset for detox.

- **Reintroduction of Foods**

Walks patients through reintroduction protocols and food sensitivity testing while giving recommendations for which foods comprise a healthy diet and which should be avoided. Helps patients understand how to create an ongoing nutrition plan that incorporates program principles.

MODULE 7 (DAYS 45–60)

- **Weekly Overview**

- **Advanced Exercise Principles**

Takes patients deeper into the necessity of and health benefits gained through exercise, including guides, recommendations, and steps for implementation.

- **Creating a Healthy Lifestyle**

Reinforces mindset principles from the program and gives general principles to govern how to handle cooking, shopping, social events, and moving forward with a new healthy lifestyle. Discusses how to continue achieving health goals and points patients back to their referring physicians for longterm healthcare.

> 3-6 MONTH PROGRAM OVERVIEW

3 MONTH PROGRAM INCLUDES ALL MODULES FROM 60 DAY PROGRAM, THEN ADDS:

MODULE 8 (DAYS 61-75)

- **Module Overview**
- **Principles of Nutrition**

Teaches patients the building blocks of nutrition and how poor nutrition ultimately effects the body. Explains the dangers of modern diets and offers suggestions for maintaining a balanced diet while both cooking at home and eating out.

- **Enjoy Your Food**

Encourages patients to embrace healthy, nutritious food that is also tasty and enjoyable for them to eat. Empowers patients to think of their foods as life-sustaining and a pleasurable experience.

MODULE 9 (DAYS 76-90)

- **Module Overview**
- **Understanding Carbs, Proteins and Fats**

Educates patients on the importance of carbs, proteins and healthy fats and the difference between healthy versus unhealthy macronutrients.

- **Water and Long-Term Supplements**

Discusses the importance of drinking quality water and what sources to use. Introduces the necessity of maintaining quality, long-term supplementation, such as vitamin D, probiotics, and fish oil.

6 MONTH PROGRAM INCLUDES ALL MODULES FROM 60 DAY PROGRAM
& 3 MONTH PROGRAM, THEN ADDS:

MODULE 10 (DAYS 91-105)

- **Module Overview**
- **Hormone Balance**

Discusses the devastating effects of hormone imbalance, how hormones are disrupted and how to identify imbalances. Provides information on how hormones can be tested properly and how to resolve endocrine disruption and imbalance.

- **Male & Female Hormones**

Estrogen, progesterone, and testosterone all play important roles for men and women. This topic goes into deeper detail about these hormones and why imbalances in them can lead to symptoms and health issues.

MODULE 11 (DAYS 106-120)

- **Module Overview**
- **Insulin and Diabetes, Thyroid, and Stress Hormones**

Teaches patients the role of insulin in the body as well as the effect of insulin imbalances. Discusses the cause of Type II Diabetes and insulin resistance in the body. Also goes into detail about the role of the thyroid and related hormones in the body, as well as side effects to thyroid imbalances, and the way that stress hormones impact our health.

HRT & Other Options

HRT is an option many consider for balancing hormones. This topic will discuss what HRT is and what factors must be considered with this therapy plus what other options can also be explored.

> 3-6 MONTH PROGRAM OVERVIEW

(Continued)

MODULE 12 (DAYS 121-135)

- **Module Overview**
- **Self-Care Opportunities for Your Nervous System**
Teaches patients the importance of self-care, the effects of stress on the nervous system and practical methods to incorporate self-care into their lifestyle.
- **4 Principles of Self-Care**
Discuss specific modalities that patients can do to implement self-care strategies and also the four general principles of self-care that will enable them to manage this element of their health

MODULE 13 (DAYS 136-150)

- **Module Overview**
- **EWG.org and Apps**
Provides valuable resources such as the EWG.org website along with the EWG Food Scores and EWG Healthy Living apps as references for clean eating and living.
- **Cookware Do's and Don'ts**
Discusses the dangerous chemicals that may be lurking in cookware and the potential harm they can cause to the body, specific materials to avoid when buying cookware and the best type of cookware to purchase for clean cooking.

MODULE 14 (DAYS 151-165)

- **Module Overview**
- **Cleaning Supplies, Candles and Air Fresheners**
Teaches patients about the harmful chemicals that are in our everyday household products like cleaning supplies, candles and air fresheners. Reviews specific chemicals, why you should avoid them, and offers alternatives for safe and effective cleaning.
- **Toothpaste, Fluoride and Water Filters**
Addresses the question of "to use fluoride or not to use fluoride in toothpaste". Discusses the hidden places fluoride can be found and recommendations for the best types of fluoride-free toothpaste as well as how to ensure you are drinking fluoride-free water.

MODULE 15 (DAYS 166-180)

- **Module Overview**
- **Personal Hygiene**
Teaches patients the good, the bad, and the ugly of personal hygiene products. Covers everything from shampoo, conditioner, soap and deodorant to shaving cream and moisturizers. Offers recommendations for trusted, quality, and safe brands.
- **Sunscreen and Vitamin D**
Reviews the importance of Vitamin D from module 2 and when it is appropriate to use sunscreen as well as the harmful substances in sunscreen. Recommends safe, proven sunscreen brands for both adults and kids.

> 4 MONTH PROGRAM OVERVIEW

4 MONTH PROGRAM

The 4 Month Program is a condensed version of our 6 Month Program and can be electively included in your program offerings for a minimal configuration and set-up investment. The 4 Month Program structure can be seen below, starting post-detox. Through Module 6, all content and structure is identical to the 6 Month Program. The equivalent module for the 6 Month Program is listed beside the 4 Month Program modules.

4 MONTH PROGRAM

- Module 7 (Days 45-52)
- Module 8 (Days 53-60)
- Module 9 (Days 61-68)
- Module 10 (Days 69-75)
- Module 11 (Days 76-90)
- Module 12 (Days 91-105)
- Module 13 (Days 106-120)

6 MONTH PROGRAM

- Module 7 (Days 45-60)
- Module 8 (Days 61-75)
- Module 9 (Days 76-90)
- Module 12 (Days 121-135)
- Module 13 (Days 136-150)
- Module 14 (Days 151-165)
- Module 15 (Days 166-180)

NOTE:

Modules 10 & 11 in the 6 Month Program, which discuss hormones, are available as an optional add-on module to all 4 Month Program members. If a member is interested in the topic and wanting to learn more, they can self-enroll in the hormone module from their program dashboard and access the content videos as a supplement to their normal program content.

MODULE CONTENT	60 Day Program	3 Month Program	6 Month Program
Module 1: <ul style="list-style-type: none"> Program Introduction Helpful Tips and Pointers Initial Dietary Transitions Supplement Instructions 	O	O	O
Module 2: <ul style="list-style-type: none"> Dietary Transitions Guidelines for Eating Understanding Cholesterol Abdominal Breathing Adopting a Healthy Mindset 	O	O	O
Module 3: <ul style="list-style-type: none"> Dietary Transitions Organic Foods and Meats Understanding Fats 	O	O	O
Module 4: <ul style="list-style-type: none"> Dietary Transitions Restoring Gut Health 	O	O	O
Module 5: <ul style="list-style-type: none"> Detox Preparation Antibiotics Research 	O	O	O
Module 6: <ul style="list-style-type: none"> Understanding Detoxification Flu Vaccine Research Reintroducing Foods 	O	O	O
Module 7: <ul style="list-style-type: none"> Advanced Exercise Principles Creating a Healthy Lifestyle 	O	O	O
Module 8: <ul style="list-style-type: none"> Principles of Nutrition Enjoy Your Food 		O	O
Module 9: <ul style="list-style-type: none"> Understanding Carbs, Proteins & Fats Water and Long-Term Supplements 		O	O
Module 10: <ul style="list-style-type: none"> Hormone Balance Male & Female Hormones 			O
Module 11: <ul style="list-style-type: none"> Insulin and Diabetes, Thyroid & Stress HRT & Other Options 			O
Module 12: <ul style="list-style-type: none"> Self-Care Opportunities Principles of Self-Care 			O
Module 13: <ul style="list-style-type: none"> EWG.org and Apps Cookware Do's and Don'ts 			O
Module 14: <ul style="list-style-type: none"> Cleaning Supplies, Candles and Air Fresheners Makeup Toothpaste, Fluoride, & Water Filters 			O
Module 15: <ul style="list-style-type: none"> Personal Hygiene Sunscreen and Vitamin D 			O

> ADDITIONAL RESOURCES FOR PROGRAMS

ALL PROGRAMS INCLUDE:

SUPPLEMENTAL RESOURCES & PROGRAM EXPERIENCES

- Shopping Tutorial
- Cooking Tutorials
- Exercise Demonstrations
- Juicing Class
- Fermented Foods Class
- Expanded Recipes Guide
- Meal Plans & Shopping Lists
- Pre-Made Food Service Recommendations
- Educational Documentary Recommendations
- Searchable FAQ Database

EACH PATIENT GETS THE BENEFIT OF:

- Automated Program Reminders
- Accountability Checkpoints for Missed Coursework
- Access to Online Practice Member Education Portal
- High-Quality Supplementation (direct ordering through Aptogenix built-in to platform)
- Encouragement and Support from the Coaching Staff (if you don't have a health coach, you can use ours!)
- Ongoing Technical Support