



COACHING

Confidence | Courage | Commitment

Dear Functional Medicine Practitioner,

I am excited to introduce you to my Winter 2021 BeyondMTHFR[®] coaching program. In the age of COVID being able to help patients via the “tele-health” model through virtual consultations is a new opportunity for practice growth. BeyondMTHFR[®] coaching program was built from my own successful and internationally-renowned tele-health practice. I will be giving you the same tools, logic, science and protocols that I use with my patients from over 20 different countries.

I live the dream of walking into a busy and diverse 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.

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.

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: Practitioner \$499.⁰⁰
Student \$249.⁰⁰

(Nutridyn will reimburse half of the tuition for students *in select programs* who complete the course. Students will pay the \$499.⁰⁰ full price and then be reimbursed by Nutridyn for \$250.⁰⁰ at the completion of the course. Advanced approval is required.)

When: 8:30am – 10:00am MST weekly on Friday mornings. Coaching begins Friday, February 5th, 2021 and runs through Friday, April 30th, 2021.

What: Coaching program includes weekly 80-minute group coaching and problem-solving sessions. Sessions will be held on Fridays (USA) / Saturdays (Australia) via GoToWebinar. 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 Material*** 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.

Continuing Education Credit

We are collaborating with Northwestern Health Science University to apply for continuing education credit for chiropractors, massage therapists, acupuncturists. Applications will be submitted as requested by state and license. Each state has a unique application deadline and advanced application requirement. Some states require application as early as 90 days prior to the start of the program. Please contact Mary at Beyond MTHFR to learn about the application requirements in your state.

Registered Dieticians may receive credit through the Commission on Dietetic Registration.

We will be tracking attendance for continuing education credit. There will be an assessment at the end of the course to demonstrate concept retention. Additional paperwork and or fees may be required of the participant to receive continuing education credit. Individual applications will be submitted as requested for individual states. Opportunity for credits varies by credential, by state, and by date of application and may not be available in all cases.

Continuing Education for Chiropractors:

Please double check your individual states rules regarding web seminars

States have individual limits on number of hours that may come from a webinar/ internet program. Application for credit for DC participants can be submitted for individual states with advanced notice (upon request). Please contact us as soon as possible at coaching@redmountainclinic.com to learn about the requirements in your state.

It is our understanding that the following states do not grant credit for web seminars at this time:

Louisiana, Wisconsin

Continuing Education for Other Practitioners:

Please double check your individual states rules regarding web seminars

- Registered Dietitians- Credit is available through the Commission on Dietetic Registration. RD's must attend the live web seminars. The course may be listed as a "171 Live Webinar" in your education log. Attendance will be verified by the login and logout timestamps.

- Acupuncturists- We may apply for credit through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). If you are interested in receiving credit through NCCAOM please email us at coaching@redmountainclinic.com and include your name, phone, and state where you practice. *Please note* that applications are required 2 months in advance of the start of the program so please contact our office as soon as possible.

- Massage and Body Work- We may apply for credit through the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) If you are interested in receiving credit through NCBTMB please email us at coaching@redmountainclinic.com and include your name, phone, and state where you practice. *Please note* that applications are required 2 months in advance of the start of the program so please contact our office as soon as possible.

For questions call Mary at 208.322.7755, or email coaching@redmountainclinic.com.