



Brain First Program



Are You Tired of Managing Symptoms?

It's time to rebuild what's broken.

Most health approaches try to patch a single problem.

Think of your brain like a house with leaks in the roof.

Traditional care slaps tar over one hole and hopes for the best.

But when it rains?

Your floors still get wet.

We do something different.

We look beneath the surface — for the rotting beams, the hidden damage, the systems quietly failing underneath. And then we **rebuild** properly, from the inside out.

Why You Can't Do This Alone

You've lived in your body for **decades**. You've adapted. Compensated.

Normalized symptoms that shouldn't be normal.

You need trained eyes from the outside.

That's where your **Certified Functional Brain Health Coach** comes in — working with you one-on-one throughout the program to identify:

- What you need to start
- What you need to stop
- What's already working — and should be protected

Together, you'll create your Brain Health Roadmap — a fully personalized plan designed specifically for your brain, your body, your life.

What Happens If You Don't Take Action

From a functional medicine lens, ignoring inflammation isn't neutral — it's costly.

- Brain → Ongoing inflammation accelerates brain aging, increases risk for memory loss, dementia, depression, and anxiety.
- Heart & Vessels → Chronic inflammation hardens arteries, raising the risk for heart attack and stroke.
- Gut → Food sensitivities, leaky gut, and microbiome imbalances worsen, fueling autoimmune risk.

- Joints & Muscles → Pain, stiffness, and mobility decline — making exercise harder, which compounds the problem.
- Metabolism → Blood sugar spikes and crashes progress into insulin resistance, prediabetes, or diabetes.
- Immune System → A constantly triggered immune system exhausts itself, leaving you more vulnerable to infections and slower healing.
- Energy & Mood → Fatigue becomes the norm, and irritability, anxiety, or hopelessness creep in.

The truth is — inaction is action. Choosing **not** to calm inflammation now means choosing more symptoms, more medications, and more decline later.

Introducing the Brain First Program (BFP)

A guided reset to calm inflammation, restore energy, and protect your brain and body — with 4 levels of support.

The BFP is more than a diet plan or supplement checklist. It's a structured, clinical-coaching hybrid that pairs functional medicine principles with step-by-step coaching to help you:

- Remove hidden triggers fueling inflammation
- Repair your gut and calm your nervous system
- Restore balanced energy, clear thinking, and better sleep
- Rebuild long-term resilience against chronic illness

Which Brain First Path Is Right for You?

Phase I: Foundations (Your First 12 Weeks)

This is where clarity begins.

Phase I is designed to help you finally understand what's actually happening in your body and brain — and what to do about it. Instead of guessing, Googling, or following generic advice, **we establish clear baselines, real data, and a personalized roadmap** you can trust.

This phase lays the groundwork for everything that follows.

Here's What You Get — and Why It Matters

Your Inflammation Test

We start by measuring inflammation in your body — because inflammation in the body is inflammation in the brain.

This gives us:

- A clear baseline of where you're starting
- Objective data to guide your plan
- A way to measure real, tangible progress over time

Instead of wondering “Is this working?” — you'll be able to see it.

[Your Continuous Glucose Monitor \(CGM\)](#)

You'll wear a CGM for real-time biofeedback that shows how your body responds to:

- Food choices
- Meal timing
- Stress
- Sleep
- Movement

This is one of the fastest ways to uncover hidden drivers of brain fog, fatigue, mood swings, and energy crashes. You'll begin to see patterns you've never noticed before — and learn how to work with your body instead of against it.

[12 Weeks of One-on-One Coaching](#)

You'll work privately with a Certified Functional Brain Health Coach who gets to know you — your history, your challenges, your goals, and your nervous system.

This is not a generic plan.

This is not a checklist.

This is personalized, thoughtful, and adaptive.

Together, you'll:

- Identify root causes instead of chasing symptoms
- Decide what to start, stop, and continue
- Build your Brain Health Roadmap step by step

[Built-In Accountability \(Every Other Week\)](#)

Change is hard — especially alone.

That's why accountability is woven into the program. Every other week, you'll connect with your accountability team to:

- Stay consistent
- Troubleshoot obstacles
- Stay supported and encouraged

This structure is a big reason 98% of our clients complete the program — compared to the tiny fraction who finish online courses.

[Email Access to Your Coach](#)

You're never left wondering what to do next.

Between sessions, you can email your coach with:

- Questions

- Clarifications
- Challenges
- Small wins you want to share

Support doesn't stop when the call ends.

[Live, Interactive Trainings](#)

This is where knowledge turns into action.

You'll have access to live classes such as:

- Meditation & nervous system regulation
- Breathwork
- Brain-healthy cooking
- Movement and exercise (all levels supported)

Your coach helps you choose what's right for you — no overload, no pressure.

[Lifetime Access to Our Private Community](#)

You'll join a private, supportive community of people walking a similar path.

Inside the community you'll find:

- Weekly check-ins and live activities
- Encouragement and shared experiences
- Direct access to coaches and leadership

For many clients, this becomes a source of connection, motivation, and belonging — not just information.

Phase II: Deep Optimization (Second 18 Weeks)

This is where we stop stabilizing — and **start optimizing**.

Once your foundation is in place, Phase II takes everything you've learned about your body and brain and moves it to the next level. This phase is about precision, insight, and fine-tuning — using expert guidance and deeper data to optimize how your systems work together.

You're no longer just building awareness.

You're **actively upgrading** how your brain functions day to day.

Here's What You Get — and Why It Matters

[Four More Months of Expert Coaching](#)

Your coaching evolves in Phase II.

Instead of focusing primarily on accountability, your sessions shift toward expert-level coaching and strategy — using everything we've learned about you so far to:

- Refine your Brain Health Roadmap
- Optimize systems that still feel “stuck”
- Address more complex patterns that take time to uncover

This is where nuance matters — and where experience makes the difference.

[Deep-Dive Sessions Every Other Week](#)

Every other week, you'll participate in focused deep dives that explore specific areas of brain health in greater detail.

These sessions allow us to:

- Connect the dots between systems
- Explore “why” patterns exist — not just what to do
- Help changes actually stick

This is where many clients have major “aha” moments.

[Cross-Coaching with Specialists](#)

No one coach can be an expert in everything — so we don't pretend otherwise.

In Phase II, you gain access to cross-coaching with specialists on our team, including:

- Sleep experts
- Nutrition specialists
- Glucose and metabolic health experts

If sleep is your bottleneck, we focus there.

If energy, digestion, or blood sugar needs attention, we pivot accordingly.

You're met exactly where you are.

[Expert Sessions on Key Systems](#)

Throughout Phase II, you'll have expert-led sessions covering topics such as:

- Gut health and the gut–brain connection
- Cardiac health and circulation
- Toxicity and environmental burden
- Other high-impact systems that influence cognition and longevity

These sessions give you deeper understanding and practical next steps — always filtered through your personalized plan.

[Your Functional DNA Test](#)

This is a pivotal moment in the program.

Your functional DNA test reveals how your unique genetics influence:

- Inflammation
- Detoxification
- Nutrient absorption
- Stress response
- Exercise tolerance
- Brain resilience

This information helps explain why certain approaches work beautifully for some people — and not for others.

[Your Personalized DNA Cheat Sheet & One-on-One Review](#)

A DNA report can be overwhelming. We don't leave you alone with it.

Carol creates a personalized DNA cheat sheet highlighting only what matters most for you. Then, in a dedicated one-on-one session, she walks you through:

- What your genetics mean in real life
- What to prioritize — and what to ignore
- How this information will be used moving forward

After that, your coach integrates these insights into your ongoing roadmap — translating complex genetic data into simple, actionable guidance you can actually use.

Phase III: Full System Calibration (6 months)

Step 1 — Test Your Biology

Comprehensive Micronutrient Analysis (2 Panels)

You receive:

- Initial NutrEval Panel (Program Start)
- Follow-Up Panel at Month 5

This advanced cellular analysis evaluates:

- Vitamin and mineral sufficiency
- Antioxidant capacity
- Cellular energy support
- Inflammatory nutrient patterns
- Metabolic resilience

An at-home blood spot kit is mailed directly to you. Because we don't optimize what we don't measure.

Step 2 — Immediate Coaching Support (Months 1–6)

Your 1:1 coaching begins immediately.

You receive:

- 10 Private Coaching Sessions
- Biweekly coaching occurs across the six-month program, except during the months your Registered Dietitian consultations take place.

Your coach helps you:

- Implement nutrition changes step-by-step.
- Build sustainable routines.
- Troubleshoot real-life obstacles.
- Improve sleep, stress resilience, and daily structure.
- Translate expert recommendations into real-world action.

Coaching is the bridge between knowledge and results.

Step 3 — Reset the Terrain (Days 1–30)

While your micronutrient results are processing, you begin transformation immediately.

30-Day Inflammation Reset Protocol

You receive:

- Daily 5-minute educational videos from Julia.
Focused on:
 - Whole30 nutrition framework.
 - Reducing inflammatory inputs.
 - Stabilizing blood sugar.
 - Establishing a clean metabolic baseline.
- Purpose: Prepare your body for personalized optimization.

Step 4 — Precision Nutrition Strategy

Approximately 45 days into the program:

- You meet live with your Registered Dietitian.
- Registered Dietitian Consultation #1
- This is a deep biological interpretation session.

You receive:

- Complete micronutrient analysis explanation.
- Brain and metabolic implications clearly translated.
- Personalized nutrition strategy.
- Targeted supplement recommendations (if appropriate).

Your plan is now built for YOUR biology.

Step 5 — Personalized Implementation & Optimization

Following your RD consultation:

- You return to biweekly coaching support.

Focus includes:

- Implementing personalized nutrition changes.
- Monitoring progress.
- Supporting adherence.
- Addressing challenges.
- Optimizing cognition, sleep, and metabolic health.

This is where recommendations become results.

Step 6 — Retest & Measure Progress

At Month 5:

- You complete your second micronutrient panel.
- This allows us to objectively measure biological change.

Step 7 — Outcomes & Optimization Review

Month 6:

Registered Dietitian Consultation #2

You review:

- Baseline vs follow-up nutrient status.
- Improvements achieved.
- Remaining opportunities for optimization.

You don't just feel better.

You see measurable change.

Step 8 — Final Coaching Integration Session

Your final coaching call helps you:

- Consolidate wins.
- Build long-term sustainability.
- Create your continued optimization plan.

You leave with clarity and momentum.

Continuous Access Throughout 6 Months

You remain fully supported inside the Brain First ecosystem:

- Weekly Deep Dive Education Calls.
- Guest Expert Presentations.
- Daily Wellness Gym Classes.
- Group Accountability Coaching.
- Education. Movement. Community. Accountability.

You Receive:

- 2 NutrEval Panels.
- 30-Day Inflammation Reset Program.
- Daily Julia Nutrition Education Videos.
- 10 Private Coaching Sessions.
- 2 Registered Dietitian Consultations.
- Personalized Nutrition Blueprint.
- Targeted Supplement Strategy.
- Biological Progress Retesting.

- Continued Deep Dive Education Access.
- Continued Guest Expert Sessions.
- Continued Wellness Gym Live Classes.

Phase IV: The Live Long Well Retreat

Five days. Full immersion. Permanent change.

Phase IV is not a starting point.

It's the culmination.

After months of stabilizing, optimizing, and calibrating your body and brain, this five-day immersion brings everything together in a way that can't happen through weekly sessions alone.

This phase is intentionally limited — both in timing and capacity — to preserve depth, safety, and individualized attention.

Here's What You Experience — and Why It Matters

Five Days of Full Immersion

For five days, you step out of your daily environment and into a space designed entirely around brain health. There are no distractions.

No rushing.

No competing priorities.

This allows your nervous system to settle — which is essential for deep, lasting change.

A True Five-Star Healing Environment

You'll stay in private accommodations and be nourished by a private chef preparing meals aligned with the 10 Pillars of Brain Health.

Everything — sleep, light, movement, food, and rhythm — is designed to support clarity, regulation, and restoration.

You're not just learning about brain health.

You're living it.

Full Immersion in the 10 Pillars of Brain Health

Throughout the retreat, you'll practice and integrate the pillars you've been building for months — in real time, with guidance and support.

This immersion helps transform knowledge into instinct, making healthy choices feel natural instead of effortful.

Trauma Release & Limiting Belief Work

This work is introduced only when your body is ready.

Earlier phases focus on reducing inflammation, stabilizing metabolism, and balancing chemistry — because trauma work doesn't stick when the system is overwhelmed.

In Phase IV, with your brain and nervous system supported, you can safely release patterns that may have been shaping your health for decades.

This work is done gently, intentionally, and with respect for your individual pace.

[Personalized EEG & Brainwave State Training](#)

You'll receive a personalized EEG to understand how your brain moves through different brainwave states.

With this insight, you'll learn how to:

- Access optimal brain states more easily
- Improve executive function and decision-making
- Recognize when your system is dysregulated — and how to bring it back

This is a powerful tool for maintaining clarity long after the retreat ends.

[The Transformation That Makes It Stick](#)

Phase IV isn't about adding more tools.

It's about integration.

By the end of the retreat, clients often describe:

- A sense of internal calm and confidence
- Greater emotional resilience
- Clearer intuition and decision-making
- A deep trust in their body again

This is where change becomes permanent — because it's no longer just cognitive. It's embodied.

[What Phase IV Really Does](#)

Phase IV helps ensure that everything you've built over the year doesn't fade when life gets busy again.

It anchors your progress — physically, emotionally, and neurologically — so you can move forward with stability, clarity, and confidence.

Your Next Step

You don't have to accept how you're currently feeling as “just how it is.”

*Choose your Brain First path and begin supporting your brain
so your whole system can follow.*

What you will receive in this program:

- In-depth Functional Brain Health Assessment - intake call where we go through our 10 Pillars of Brain Health and determine which of the 8 major pathways to disease you may be experiencing.
- Brain Health Roadmap - your fully customized plan to address your specific memory challenges and brain health needs tailored to you.

- Measuring Results - scientific data to check in with your overall health and progress within your program.
- A Continuous Glucose Monitor - to help us determine what lifestyle choices, including your stress levels, sleep, food, and exercise affect your glucose. In turn, these affect everything from your insulin to your cortisol and inflammation levels.
Other blood work may be provided based on your Brain Health Assessment.
- Dedicated 1-1 Coaching - with a Certified Functional Brain Health Coach where you focus on the areas that will make the greatest improvement in your brain health.
- Weekly meetings to keep you on track, and accountable, and provide an opportunity to address new challenges. These will address the "HOW" of our 10 pillars.
- Opportunities to incorporate coaching sessions with specialists on our team in areas such as Alzheimer's, Genetics, Autoimmunity, Diabetes, Gut health, Sleep issues, Meal Prep, Hypnotherapy, Meditation, Breathwork, Inflammation, Diabetes, Depression/Anxiety, Addiction, ADD/ADHD, and more
- High level education on our 10 pillars of brain health offered in video format. These videos - along with accompanying resources - present the scientific research and data behind our pillars and program recommendations. This education is the 'WHY' behind our 10 Pillars of Brain Health.
- Supplements - for the duration of the time you are in the program. These will be hand-selected by you and your coach to fit your needs.
- Live, interactive weekly groups - These include brain health classes, meditation classes, breath work, brain-healthy cooking, exercise and so much more. These are experiential group classes to put what you're learning into practice.
- Email Summary of Calls - provides a powerful reference tool compiled by your personal coach that can be easily printed as a handy reminder or filed for future reference,
- Hundreds of available resources - based on your goals. These include meditations, meal plans, exercise videos, breathing practices, and more.
- Private Facebook Group to interact with like minded people and your coaches!