

# Work with Dr. Kayla Clarke, ND

## **This Container is for you if**

- You are moving through topical steroid withdrawal, eczema, or another inflammatory skin disorder
- You are ready to uplevel your health and wellness in every way
- You are looking for a different approach to healing

**Ready to see if we are a good fit? Click here to book your free call>> [Click Here](#)**

My style of medicine is a combo of functional naturopathic medicine, alignment coaching, and intuitive guidance. You can expect elements of holistic + modern medicine, functional labs, human design, and technology with ancient knowledge, tradition, and culture.

I strive to address all of the subtle bodies and layers of your health and life and my approach is multi layered and intentional process.

This program is done from a body - mind - spirit perspective.

## **What it is not:**

- A dismissive or egotistical atmosphere
- Endless pills or supplements
- Cleanses with no backing
- Restricted or depriving diets
- Quick fixes and One plan fits all

# What We Will Do

## **Unlock Your Skin's Natural Healing Potential**

Say goodbye to feeling dismissed by doctors and relying on temporary solutions. Discover the power of your body's innate ability to heal from the inside out. Reclaim control over your skin and unleash its natural healing potential.

## **Unravel the Puzzle of your Skin**

Eczema and Topical Steroid Withdrawal might seem complex, but we're here to unravel the puzzle with you. We'll delve into the intricacies of your condition and identify the personalized factors affecting your skin health. Your healing journey is about YOU, and we'll make it truly one-of-a-kind. In

## **Elevate Your Mindset, Empower Your Healing**

Regulate your nervous system and nurture a positive mindset that fuels your healing process. We'll break down the barriers holding you back and empower you to trust in your body's ability to heal. Your mindset is a powerful ally on this journey.

## **Embracing the Healing Path to Radiant Skin**

Our approach encompasses a holistic toolbox, embracing the best from nature and science. Together, we'll utilize an array of strategies - from supplements and dietary tweaks to time-honored traditional medicine and community support. Your healing journey will be a synergistic fusion of all these paths.

### **Customized Care for Your Unique Skin**

You are one-of-a-kind, and your skin requires personalized attention. We'll craft a tailor-made approach that addresses your skin's unique needs and your individual well-being. No more one-size-fits-all solutions – it's time for personalized care.

### **Unleash Your Powerful Self, Unapologetically**

Your skin doesn't define you; it's just a part of your incredible journey. Embrace your radiant self, unapologetically, and step into a future where your skin is a canvas of strength and resilience.

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## **Tier 1: 6 Month Foundations Package**

### **Package Includes**

#### **Initial Consult with Dr. Kayla Clarke, ND**

- 2 hour Initial Consult with Dr. Kayla Clarke, ND
- Detailed & customized protocol for your skin healing based on your history and any previous labwork including diet & nutrition, supplement, nervous system, & intuitive insights.
- Option to add functional lab work (USA Only)

#### **Follow Up visit with Dr. Kayla**

- To be used within 6 Months of initial

#### **Group Coaching & Ongoing Support**

- Live Monthly Q&A & Group coaching with Dr. Kayla
- Access to moderated group chat OFF social media

#### **Access to the Steroid Free Skin Academy Library:**

- Access all of the programs and masterclasses in the library including Skin Foundations, 30 Day Gut Healing Protocol, Allergy Desensitization, Candida Detox Masterclass, and our signature "Stop the Scratch" Healing with Neuroscience program.
- Access all live masterclasses and courses that happen during your membership.

## **Investment: \$895 USD**

- \$895 pay in full option
- 2 payments of \$499.50

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## [Tier 2: Six Month Concierge Program](#)

If you want to truly master your health, Dr Kayla offers a 6 month VIP concierge package which includes all labwork and monthly visits. Here we will delve further into different body systems, focusing on enhancing aspects like gut health, hormones, allergies, the nervous system, mental health, and more.

*This is a highly intimate and transformative container. This is only available as space is available.*

### **What's Included**

#### **Everything in the Foundations Package**

**6 months of Concierge Medicine with Dr. Kayla:** This structure looks different for everyone depending on motivation style. Usually we meet every month.

- We will delve further into different body systems, focusing on enhancing aspects like gut health, hormones, allergies, the nervous system, advanced detox, mental health, and more
- Example Itinerary:
  - Month 1: Intake + Foundations - detox prep - skin foundations
  - Month 2: Activate Detox
  - Month 3 Check in: Specialized Detox
  - Month 4: Gut Healing
  - Month 5: Microbiome Replenish & Skin Barrier
  - Month 6: Long Term Immune Balance & Exit

**Foundational Labwork panel:** USA only

- Foundational bloodwork panel including thyroid, iron, metabolic, immune, vitamin panel.(USA) (requires blood draw at local lab) OR \$200 towards a specialized test
- Bloodwork Interpretation report + recording
- Bonus: Labwork interpretation of any past labwork done

**Vagus Nerve Reset Protocol**

- SSP Trauma Reprogramming Frequency Acoustic Protocol. Based on the Polyvagal Approach developed by Dr. Stephen Porges.

**Access Dr. Kayla via Chat**

- Unlimited messaging contact with Dr. Kayla throughout your journey for questions, support, or changes.

**Access to All Resources**

- **Vagus Nerve Reset Protocol (SSP):** SSP Trauma Reprogramming Frequency Acoustic Protocol. Based on the Polyvagal Approach developed by Dr. Stephen Porges.
- ReWilding Academy and Steroid Free Skin online Program & Protocols
- All Events, Programs, and Retreats at Cost

**Custom Food as Medicine Recipe book** created for your tastes and gut health optimization

**Wholesale access to labwork** and complimentary labwork analysis visits for any labwork completed in our container together.

**Luxury Ritual Kit:** Bonus Goodies

[Kind Words and Testimonials](#)

**Investment: \$1500 USD total**

- \$1895 Pay in Full option
- 2 payments of \$750
- 6 payments of \$400

*Don't want labs? Subtract \$200*

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### **Commitment Not your jam?**

Book follow ups as needed (traditional style of care)

- **Follow Up Package: 3 visits** \$600 for 3 visits and 2 bonus check ins
  - [Book Here](#)
- **Individual Follow Up Strategy Visit:** \$225
  - [Book Here](#)
- **Check in Coaching Visit:** \$55
  - [Book here](#)