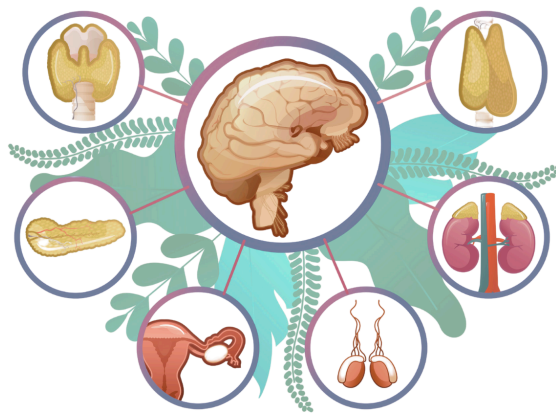


Hormone Harmony™: Practitioner Masterclass



With Brett Hawes, CFMP, CNP

Overview and Schedule

This **10-week Masterclass starts on September 19th** and will run for 10 weeks. **Every Thursday a new module will be released** which will include the content listed below. Students will have a week to review the content and then join Brett LIVE **every Wednesday at 12 PM Eastern for a Q&A session**.

Our **virtual orientation session takes place on September 18th at 12 PM Eastern**.

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Module 1: Introduction to Hormones and Women's Health

- What to expect from this program
- Foundations and basic anatomy and physiology
- HPA-HPO-HTP axes
- Brief overview of what each hormone does
- The Menstrual Cycle
- Introduction to the DUTCH test

Module 2: The Gut-Brain-Hormone Axis

- The microbiome, the enteric nervous system, and hormone regulation
- The role of the liver and gallbladder in hormone regulation
- Leaky gut, inflammation, food sensitivities and hormones
- HPA, stress and the gut-brain axis
- Cortisol and its effects on the HPO axis

Module 3: Androgens

- Androgen production and metabolic function
- Reading androgen markers on the DUTCH test
- Androgen metabolites: 5a-reductase and 5-DHT
- Testosterone and epi-testosterone

Module 4: In Focus - PCOS

- Diagnostic criteria for PCOS
- Subcategories of PCOS
- Common symptoms associated with PCOS
- Using the DUTCH test to assess and evaluate Insulin, inflammatory, and adrenal PCOS
- Protocols and interventions for PCOS

Module 5: Estrogen and Progesterone

- Reading the estrogen and progesterone dials on the DUTCH test
- Progesterone, its metabolites and metabolic function
- Understanding low progesterone
- 3 forms of estrogen and their metabolic functions
- How is estrogen metabolized?
- Symptoms of high/low estrogen
- Low estrogen plus treatment protocols
- Estrogen dominance plus treatment protocols
- Effects of birth control on DUTCH test results

Module 6: Premenstrual Syndrome (PMS)

- The 4 PMS subtypes
- The root-causes driving different types of PMS
- Protocols and interventions for the 4 PMS sub-types

Module 7: Menstrual Irregularities & Associated Conditions

- Review of a “normal” menstrual cycle
- An introduction to DUTCH cycle mapping

- Oligomenorrhea, Amenorrhea, Dysmenorrhea, Menorrhagia
- Uterine fibroids
- Ovarian cysts
- Protocols and interventions

Module 8: Perimenopause and Menopause

- Technical “diagnostic” criteria for menopause
- How hormones change during menopause
- Signs, symptoms and common patterns observed
- Protocols and interventions

Module 9: Additional Biomarkers for Hormone Health

- Organic Acid Markers
 - B6 and B12
 - Glutathione
 - Neurotransmitters
 - Melatonin
 - Oxidative Stress Markers
- Comprehensive stool testing and hormone health
- Useful biomarkers found on standard blood work

PROGRAM MATERIALS AND BONUSES INCLUDED:

- ☐ Adrenal Masterclass (\$247 Value)
- ☐ Hormone Keys and Questionnaires
- ☐ The Practitioners Guide to Balancing Blood Sugar
- ☐ Therapeutic Dosage Guide
- ☐ Access To Functional Lab Tests with our Lab Partner (US\$250 Value)
- ☐ Herbs For Hormone Harmony - Reference Chart
- ☐ Homeopathics For Hormone Harmony - Reference Chart

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