

The Rebuild Program

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The Rebuild Program is a comprehensive 4-month journey designed for women who are ready to move beyond symptom management and address the root cause of their health concerns. It is ideal for those seeking deeper healing, greater accountability and a personalized roadmap to rebuild their health, restore balance and enhance their overall vitality.

Includes:

- **Everything in the Foundations Program plus:**
- **2 additional Forty-Five-minute coaching sessions (10 total)**
- **1 additional Functional Medicine tests (2 total)**
- **Enhanced root cause investigation**