Healthy HairFix®
A WHOLE NEW APPROACH

Program Checklist



Ready to Fix This?

Identify

Nourish

Grow

JULIE OLSON, CFMP, CN, BCHN, CGP

The HealthyHairFix Checklist

Congratulations on taking the next step! We are excited to be on this journey with you and can't wait to hear your success story!

Please be on the lookout for invites to our private portals:
□ Practice Better: https://client.practicebetter.io/
□ Julie's Academy Member Hub: https://academy.julieolson.com/home

You should receive their email invitations with Fortitude Functional Nutrition and/or Julie in the email address. Please check your junk mail if you do not receive them within 72 hours.

□ Accept Practice Better Invite (HIPPA-compliant private portal App) which will come by email.

□ Strongly encourage getting this 'Practice Better' App on your phone for free by visiting the App store.

□ Enter your shipping address and date of birth in Practice Better so we can order you labs etc.

□ Complete all Forms in Practice Better that we assigned to you.

□ Upload any previous labs (see instructions on next pages)

□ Start and complete at a minimum, 14 days of the food tracking in Practice Better in the Journal Section using the Food Database, not "free form entry"

□ Accept Functional Medicine Nutritionist Julie Olson on Fullscript Invite hello@message.fullscript.com

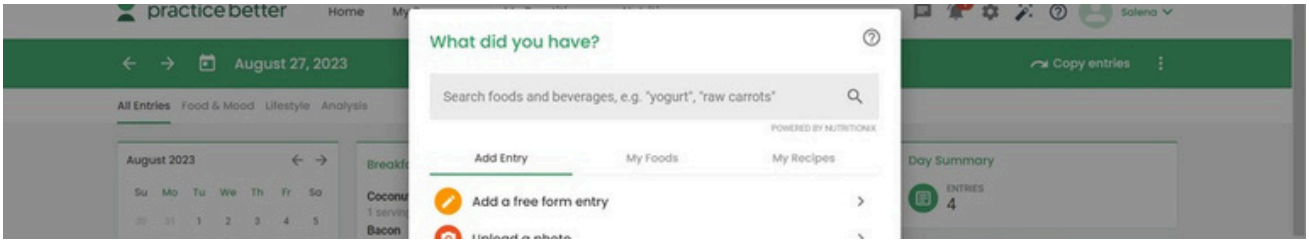
□ Email support@JulieOlson.com with the front and back of your health insurance card to determine if any labs can be covered.

□ Follow "Why Take Progress Photos "tracking instructions in the list below. Very important. Submit to your Practice Better private portal or email support@JulieOlson.com

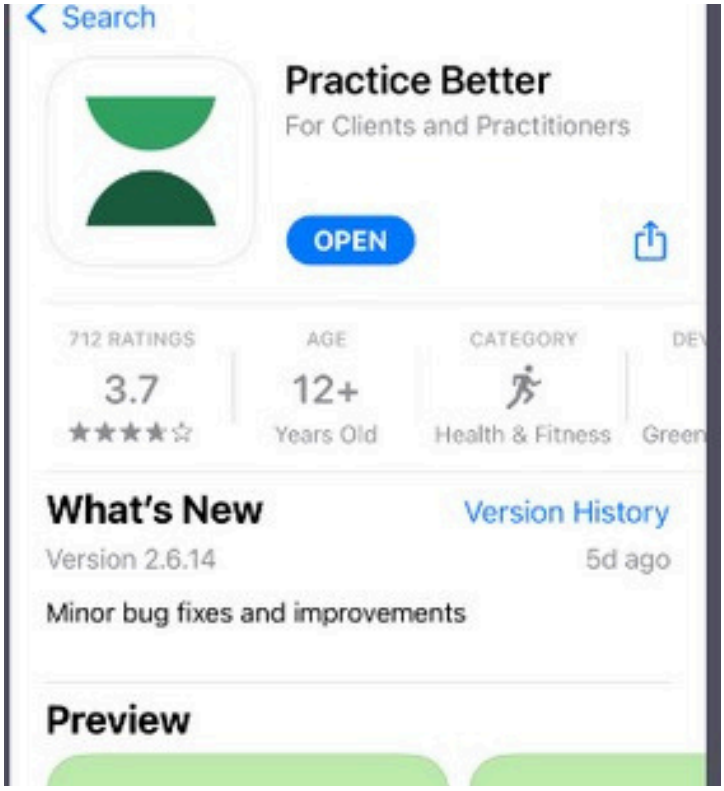
Practice Better Portal Instructions

A few tips for navigating the Practice Better Portal

- Welcome Tour of the client portal: https://youtu.be/FSfcwXqQzZk
- Using Food and other Journals: https://youtu.be/7ubMX6zSkSw
- Use their search for adding foods, if you use a "Free-form" entry you will not get micronutrient breakdowns

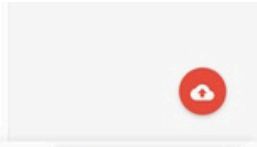


- How to view shared protocols (and how to order recommended supplements within protocol): https://youtu.be/dI5T_d0FOgw
- Adding Phone App: Search for "Practice Better"

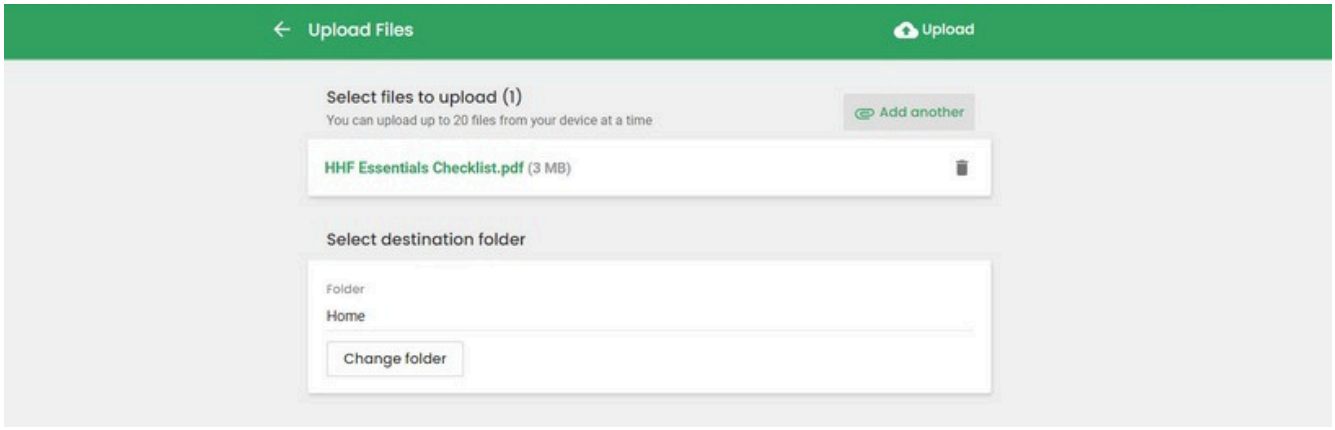


Uploading Labs:

- Click on Documents
- Then click the red icon in the bottom right corner.

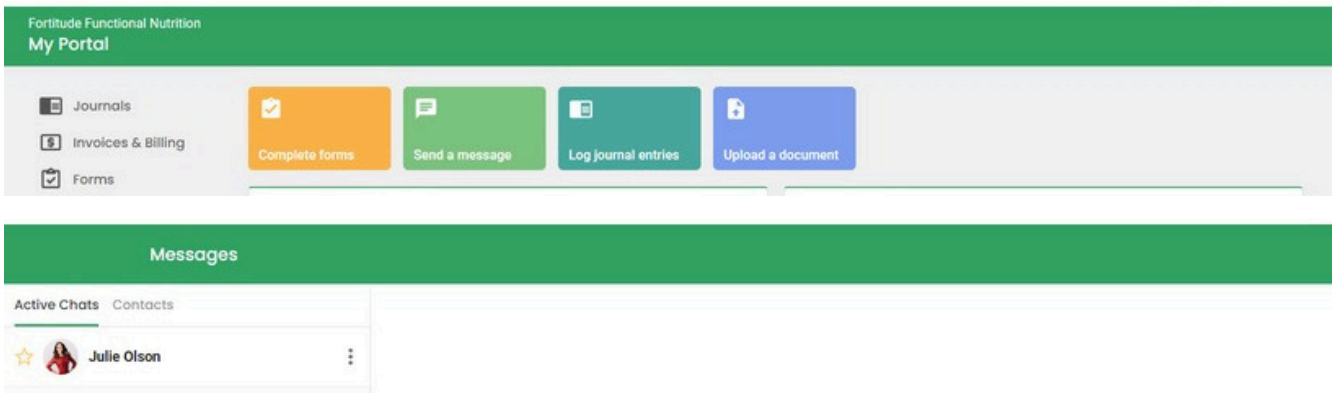


- Select a file - you can then either add another or just upload a single file.
- Once selected, you must click on the Green upload icon to finish uploading the file(s).



Sending a Message:

- From the Home Screen click on the "Send Message" icon.
- In the next screen click on Julie to start a message thread.
- Type your message and hit send



Part of your HealthyHairFix® package is having access to labs to get a deeper understanding of how your body is working on the inside to grow your hair on the outside. Below are **potential** tests that may be ordered as part of your package. This list is **not all-inclusive** and it is important for us first to review your history and if you have any previous labs for us to see those as well so that we can look for hidden clues that may have been overlooked.

By analyzing results from comprehensive lab tests, nutrient profiles, and other relevant assessments, we can pinpoint specific factors that may be causing or contributing to your hair loss. These lab results help us tailor interventions based on your individual needs. Since we *do not use a one- size-fits-all solution,* identifying your root causes allows for a more targeted treatment approach, resulting in lifelong solutions and optimized health.

HealthyHairFix® Potential Lab Tests to Identify Root Causes to FIX Your Hair Loss...

- Customized Bloodwork
- Stool/Gut Testing
- Hormones
- Nutrient Deficiencies + Surpluses
- Metabolic Testing: Organic Acids Test
- Inflammatory Markers
- Genetics
- Food Sensitivities, Intolerances + Allergies
- Mold + Other Biotoxins
- Heavy Metals
- Hair Mineral Analysis
- MycoToxins
- Viruses
- Candida + Yeast Overgrowth
- Autoimmune
- SIBO (Small Intestinal Bacterial Overgrowth)
- Parathyroid
- Mast Cell Activation
- Adrenals
- And more...

Why Take Progress Photos?

Because hair regrowth is slow. Very slow.

Small improvements are almost impossible to notice day-to-day. Our brains simply don't register gradual changes. This is called change blindness...when something shifts slowly enough that we don't perceive it happening.

Photos solve that problem.

But only if they're taken correctly.
Even subtle differences in lighting, angle, or hairstyle can mislead you into drawing the wrong conclusion.

Let me show you how that happens.

Common Mistakes That Ruin Progress Photos

1. Different Lighting
If you change rooms, lightbulbs, or even time of day, your hair can look dramatically different. In one photo, it might look perfectly dense.

In another, taken under harsher lighting, your vertex *(referring to the crown area located at the top and back of the scalp, where hair naturally grows in a circular or spiral pattern)* might suddenly look exposed.

Lighting alone can completely distort your perception.

2. Different Angles
Certain head angles exaggerate thinning, especially cowlicks and the vertex.
Two photos taken seconds apart can make it look like you gained or lost density, when nothing actually changed.

If your angle isn't consistent, your comparison won't be valid.

3. Different Hairstyles, Length, or Wetness
This is a big one.

- Styling can conceal thinning
- Longer hair can hide recession
- Wet hair can look thicker — or thinner — depending on the style

If these variables change, you can't objectively measure progress.

Bottom line:
If you don't control lighting, angle, hairstyle, length, and wetness, we won't know whether your plan is working.

The Good News
Controlling for these variables is actually simple.
You just need a system.

Here's that system.

How To Take Proper Before-and-After Photos

1. **Location**
Use your home bathroom.
Why?
- Consistent lighting
- Privacy
- A mirror for support
- A space you can return to monthly

Consistency is everything.

2. **Timing**
Control hair length and dryness.
I recommend:
- Take photos 0–3 days after a haircut
- Take photos about 10 minutes after towel-drying your hair

This keeps your hair length and moisture consistent each time.

3. **Camera**
Use your phone.
Modern smartphones are more than enough.
They also automatically date your photos — which is extremely helpful.

4. **Reveal the Focus Region**
Comb your hair to expose the thinning area.
- For vertex thinning → comb hair to show the bald spot
- For hairline recession → brush hair straight back

Don't try to make it look better.
Expose it honestly.

5. **Use Anchoring Points (This Is Critical)**
Pick two fixed anatomical landmarks near your thinning region:
- A mole
- The top of your ear
- A wrinkle
- A small skin mark

These are your anchoring points.
Why two?
Because with only one, you can accidentally change the angle of your head. With two, you can recreate the exact angle more reliably.
Draw an imaginary line between them.
Keep that line consistent across photos.
Use:

- Two anchors per temple
- Two for your vertex

This dramatically improves accuracy.

6. **Take Multiple Angles**
Don't try to get the perfect shot on your first attempt.
Instead:

- Keep the camera steady
- Slightly adjust your head angle
- Take 7–8 photos

Eventually, one of those will match your previous angle very closely.
And importantly:
Do not move the camera. Moving the camera changes lighting. Adjust your head instead.

7. **Save Everything**
Keep all versions.
Next month, one of those angles may be easier to compare than the others.
For each region (left temple, right temple, vertex, global shot), aim for 3–4 usable angles.

Special Notes:

If You're Diffuse Thinning
Use a comb to create a clean hair part.
Track the width of that part over time.
If it shrinks, that's progress.

If You're Thinning at the Vertex
Use a mirror for positioning support.
Stand the same distance from the mirror each time so:

- Your head size
- Your angle
- Your proportions

Stay consistent.

Track once per month.

Hair grows about half an inch per month.
The hair cycle lasts 2–7 years.
And androgenic alopecia and other types of hair loss unfold over decades.
Visible changes can take 6 months or more.
Tracking weekly will only stress you out.
Monthly is enough.

Final Thoughts
If you follow this system, taking high-quality progress photos should take no more than 10 minutes.
You'll be able to:

- Track objectively
- Avoid self-doubt
- Share your results confidently

If you have questions, let us know and start documenting your progress today.

We look forward to seeing your results!



Value Added Bonuses

- Login to your course portal to access the value-added bonuses
- Locate the email with your login details. Subject line: “[Login Details Inside] Welcome to HealthyHairFix®!” (example email below)

Hi Julie,

IMPORTANT: Save this email for later!

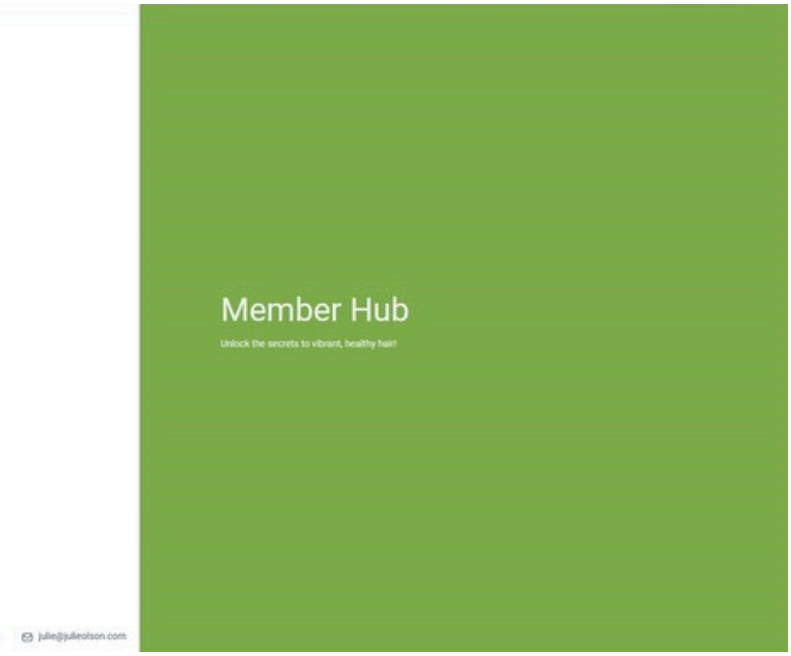
Welcome to **HealthyHairFix™ Value Added Bonuses**! We are thrilled to have you join our community. You're one step closer to unlocking the secrets to vibrant, health and hair. We're excited to support you every step of the way.

Access your membership area with your unique credentials:

- **Email:** [redacted]
- **Login Here:** Access My Membership

- You can also log in to the course platform here: https://academy.julieolson.com.
- Use the Forgot Password function to change your password.





Value Added Bonuses

Bonus A

- Food Plans, Shopping Lists, and Recipes
- Enjoy expertly crafted meal plans tailored to support healthy hair growth and overall wellness, making your journey to vibrant health simple and delicious.
- Guides, Workbooks & Resources

Dive deep into our core modules, each designed to address essential aspects of hair and whole-body health. Here's a breakdown:

- Module 1: Foundations
- Module 2: Addressing Toxins
- Module 3: Optimizing Your Genes for Healthy Hair
- Module 4: Nourishing From Within
- Module 5: Transforming Stress
- Module 6: Gut Health and Hair
- Module 7: Hormones and Hair Loss
- Module 8: Understanding Stool Tests
- Module 9: Inflammation and Hair Loss
- Module 10: Understanding Functional Health Reports
- Module 11: Reviewing NutrEval
- Module 12: Keeping Momentum with Lifestyle

Bonus Mini Courses to Further Support Your Success

Bonus B

- Eat More, Weigh Less - Transform eating habits for hair health
- Gluten-Free Made Easy! – Simplify gluten-free living
- Simple Cooking for Hair Health – Quick, nutritious recipes
- Sleep and Hair Loss – Improve sleep quality to support hair health











