



APEIRON ACADEMY

Epigenetic Precision Performance Certification Curriculum Overview

Welcome to the global TRIBE that is Apeiron.

We created the Apeiron Academy to be the educational platform for a new paradigm in human performance and potential, one that places us as the Master of our destiny and the architects of evolution.

We stand at the edge of rapidly expanding human evolution and are excited at this time to be part of a transformative new paradigm. Scientific discoveries, rapid technological advancements and the mapping of the human genome have offered us a unique opportunity to create a new state of human thriving never before known to be possible. At the same time, our modern living environment presents us with challenges to this new potential state of being.

A precision, whole systems genomic and epigenetic approach to designing the human system has enormous clinical applications in the emerging field of human potential optimization. We now have the power to evaluate all aspects of an individual's life; their medical and family history, occupation, lifestyle and the environments they function in. By leveraging individual systems diagnostics to include genetics along with real time markers from sensor and mobile data we can provide personalized lifestyle interventions to optimize and enhance gene expression within the human system. This new precision offers high specificity on health, tracks how individual choices affect health currently and how that translates to the future. It also provides new insights about how we are interacting with our environment, in real time and in real detail.

The interplay of our genes and our experiences, of nature and how it interacts with nurture, has now moved from the mysterious to the knowable.

The game changing Science of Epigenetics assists us to create personalized and precise optimization strategies by taking the reins of gene expression to adapt and thrive under modern environmental pressures. Every decision we make contributes to this process in some way. The food we eat, the quality of sleep we experience, the cars we drive, the products we clean with and put on our skin, the thoughts we think, the levels of stress we carry and the chemicals and medications we dump into our water supply, all have an effect. The more we optimize and enhance ourselves, the more quickly we can upgrade our environment. It is after all, an inside job waiting for us to be the change we want to guide in the world.

Join us as we balance the interests of current and future generations by bringing together a tribe of like minded individuals and organizations from all walks of human experience to synergistically advance the human system and by extension, human evolution.

While responsibility to future generations in terms of inherited epigenetic propensities is not clear, we can pre-plan for those future generations by optimizing our current environmental interactions to ensure humanity's future participants enjoy the benefits of their most advanced and enhanced genetic expressions.

Cheers to a beautiful new experience of life and optimizing your limitless human system, we are excited for the ride.

Our Founders

Dr. Daniel Stickler and Dr. Mickra Hamilton, partners in business and life, have designed their life experiences to contribute to the advancement of human performance and potential and to the knowing of one's individual responsibility to create a life with a purpose, on purpose.

Dr. Daniel L. Stickler is the Co-Founder and Chief Medical Officer of the Apeiron Center for Human Potential and Chief Science Officer for Apeiron Academy. He is the visionary pioneer behind systems-based precision lifestyle medicine, a new paradigm that re-defines medicine from the old symptoms based disease model to one of limitless peak performance in all aspects of life. A physician to high-performing executives and entrepreneurs who want to upgrade their current state, he's also an author, speaker, blogger and podcaster. He is the Medical Director for the Neurohacker Collective, a Google consultant for wearable technology, epigenetics, and AI in healthcare and a guest lecturer at Stanford University on Epigenetics in Clinical Practice.



Dr. Stickler entered medical school with a vision of helping people to create an optimized life and quickly discovered that training focused solely on treating disease and postponing the stepwise progression to death. In the search to make an immediate difference, he trained as a general and vascular surgeon specializing in laparoscopic weight loss surgery. In order to create ideal outcomes, he developed a highly successful, systems approach to health through the collaboration of a comprehensive team of dietitians, health psychologists, and exercise physiologists. After 10 years and nearly 3000 operations he came to the conclusion that the surgical approach to optimizing health was not an ideal option.

He discovered that lifestyle was the key to creating an optimized life and his journey to find the ideal approach to optimizing human potential took him on a path through functional medicine, alternative care, holistic, naturopathic, and age-management medicine. Each modality fell short of the outcome of creating a truly optimized human mainly because they focused on the disease model of treating symptoms as opposed to a model that focuses on human systems, homeostatic balance and optimization.

In 2008, a new world opened through the lens of genetics and epigenetics and his near obsession like fascination of the potentials for personalized human systems design led to the realization that we truly have the ability within us to take charge of our destiny and become the architects of our evolution. So began a new era.....

Dr. Mickra Hamilton is Co-Founder and CEO of Apeiron Center for Human Potential/Apeiron Academy, and a Colonel and Human Performance Subject Matter Expert in the United States Air Force Reserves. She is a "Human Systems Designer," and creative disruptor in the field of Epigenetic Human Performance Coaching, creating a new paradigm for what is possible for human experience. Dr. Hamilton skillfully works with a systems-based precision approach to optimize the performance and potential of the human system by leveraging genomic and epigenetic lifestyle strategies along with leading edge research and technologies. This personalized, evidence-based approach addresses the physiological, emotional, mental, and energetic aspects of the "human system" to enhance the human experience, both in how we interact with our internal and external environment and how this impacts the collective environment. *Dr. Hamilton knows that homeostatic balance and thriving well-being is the very scaffolding of a life well lived and the beginning of a remarkable journey into the realms of limitless human potential.*

Dr. Hamilton has always had an appetite for the adventures of life and the endless opportunities available to upgrade the human experience. Her path to optimized living through enhanced performance and potential began early with the questions, "What are the limits of human existence in one who knows no limits?" "How does the human experience change when all the perceived limitations are removed?" These questions charted the course for a lifelong quest for the answers. Significant training, discipline, focus and sustained actions over time resulted in the experiential knowing of the limitless nature of self and other. Recognizing that everything matters in our interactions, she consciously designs her experience to live life on purpose with a purpose in service to self and service to others, fully aware that they are one and the same.

A person is seen from behind, standing on a rocky mountain peak. They have their hands on their hips and are looking out over a vast, hazy valley. The sun is low on the horizon, creating a warm, golden glow and casting long shadows. The sky is filled with soft, white clouds. The overall mood is one of contemplation and achievement.

**Are you ready to know what
is possible for you?**

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“Aperion Epigenetic Human Performance Coaches partner
with you for Precision, Human Systems Design”

Our Mission

We create precision “Human Systems Design” through genomic and epigenetic lifestyle driven programming to optimize and enhance human performance and potential.

Apeiron Academy is the world’s first, premiere genomics and epigenetics training program that uses validated evidence-based modalities and technologies to design personalized, precision programming leveraging the DNA blueprint of the human system and how the genes are currently expressing. No other coaching platform provides such in-depth comprehensive training on the science of epigenetics and evidence-based lifestyle strategies to design and create youthful longevity. At the Apeiron Academy you will become part of a global TRIBAL network of like minded humans who are propelling evolution.

Apeiron Academy’s Epigenetic Human Performance Coach Training Program is an online, self-paced course. Our training is specifically designed for people who are passionate about the use of evidence-based precision genomic and epigenetic lifestyle programming combined with the latest in technological advancement, biometric tracking and real-time feedback that continues to optimize and enhance human performance and potential. In addition to offering leading edge practices, the most advanced scientific research and clinical use of epigenetic lifestyle modifications; our program provides sophisticated coaching expertise in the soft skills of human engagement, as well as marketing and business development that empowers our coaches for successful independent practice as an Epigenetic Human Performance Coach.

Apeiron Academy’s curriculum is based on the foundational work of Dr. Daniel Stickler, MD who developed a systems approach to optimize and enhance human performance and potential. The epigenetic and genetic content in this course has been compiled, refined and validated by working with DNA interpretation through the lens of epigenetic expression and lifestyle practices in clinical wellness practice in over 3,000 people during the last 11 years. Our curriculum represents the work of a dedicated and passionate team whose goal is to provide a foundation for an epigenetics coaching course on which instructors and professors can build and personalize to their unique individual and community needs. Our curriculum is adaptable to a variety of educational environments, including undergrad studies, health and wellness coaching, research collaborations and government health models.

Our curriculum is expertly delivered by advanced instructors and our experiential real-time coaching opportunities provide the tools for a successful career. We teach our coaches how to strategically program “Humanomics” gene expression through the interaction of the individual lifestyle and the environment. “Humanomics” focuses on the entire human system to work with biorhythms, sleep, stress, nutrition, movement, detoxification systems, environmental design, thoughts, beliefs and mindset. Our online learning platform allows our coaches to learn from the convenience of their home or anywhere in the world they may find themselves as they take off on their next adventure.

What sets us apart?

We are not just another coaching program but a mission driven organization who is making a change in human evolution. Our approach focuses on the uniqueness of each individual through the lens of their DNA and personal biomarkers to tailor personalized approaches to meet their hopes, desires and goals and to live a thriving and fulfilling life. We partner with our clients to precisely design their unique human system and create long lasting lifestyle changes to enhance their experience of youthful longevity.

What you will learn:

THE SCIENCE



In our genetic and epigenetic “human systems” modules, you will learn the science of human DNA and the latest in epigenetic research as well as how to leverage these areas to optimize human performance and potential. You will become skilled at reading the DNA blueprint and determining how that blueprint is currently expressing in your client’s life. You will work with the latest in data informatics/analytics and real-time tracking from multiple evaluation biomarkers and quantified self, sensor devices to create winning strategies that continue to evolve based on current performance and feed into new goals.

THE ART



In our coaching modules, you will learn how to become an expert guide to assist your client to align with their limitless self and create the life they desire. You will learn how to master the skills of human engagement to include advanced interpersonal skills for integrated awareness, presence and techniques to enhance gut, heart and mind perception. You will learn to effortlessly establish rapport and curate deeply connected relationships to partner with those you guide. Additionally, you will learn to skillfully leverage the art of Influence, precision language, conversational agility, intuitive listening, verbal and nonverbal communication to motivate and inspire action for optimal performance. Finally, you will learn how to create highly efficient strategic plans and track outcomes to empower your clients to successfully meet and even surpass their goals.

THE BUSINESS



In our business modules, you will learn how to strategically build a lifestyle brand that makes an impact. Our team of expert coaches provide precision business training on branding, marketing, sales and advertising. This will allow you to understand who you help, pairing your passion and skill set with the clients to whom you most closely align. You will discover how to attract them to your business and enroll them in a results focused epigenetic program that will transform their performance and life. Our proven business system gives you a profitable business model you can be confident in while loving what you do as you change lives every day.



What is Epigenetics?

The Science of Epigenetics is the study of how DNA dynamically interacts with the environment and the driving force behind how our DNA activates and expresses.

Epigenetics assists us to understand the way in which our environmental cues impact not only our genes but also the genes of our prospective descendants. This powerful science validates that it is no longer a question about nature vs nurture, rather it is the dynamic interaction between the two that creates the outcome.

Epigenetics carries the memories of our ancestors and the past, it is basically the human system memory recorder. Everything that our ancestors participated in and experienced has created an effect within us and so too will our experiences affect the future generations. These affects are acquired and inherited epigenetic modifications occurring within and across generations. *Intra and intergenerational epigenetic effects are considered acquired while transgenerational epigenetic effects are considered inherited.* In order to do proper diligence to the human as a whole system we must look at all influences and their effects both today and well into the future.

Intra-generational effects are those seen in the same generation as the environmental changes, for example the food you eat, toxins, pollutions you are exposed to. **Intergenerational effects** are those seen in their children exposed either in utero before birth through an environmental challenge of the mother or via the parental environment. **Transgenerational effects** are seen in future generations that were not exposed to environmental change, they occur in one generation and are passed down to the offspring and onward through successive generations, for example, the children and grandchildren of the Holocaust and Dutch Famine.

By studying patterns of health in people exposed to different environmental conditions during different periods of development a link can be established between the environment and the epigenome. Simply, our interaction with the environment alters the packaging of our DNA and has far reaching impact on the future of humanity. With epigenetics, we can take the reins to strategically influence optimal gene expression through healthy lifestyle choices to make genetic predispositions virtually irrelevant as we adapt and thrive under modern environmental pressures.

What is Epigenetic Human Performance Coaching?

Apeiron's Epigenetic Human Performance Coaches learn a systems-based precision approach to optimize the performance and potential of the human system by leveraging genomic and epigenetic lifestyle strategies along with leading edge research and technologies. They are on the leading edge of human evolution and are part of a TRIBAL Global Movement creating a new paradigm in precision epigenetic programming, one that leaves sick care and even wellness far behind to create an optimized and enhanced state of thriving human performance and potential.

Our Coaches empower themselves and their clients to achieve limitless potential and establish lifelong patterns that create youthful longevity.

Our coaches come from all walks of life and train together on the same platform, interacting and merging their expertise to create a multi-dimensional lens that incorporates many views and perspectives. We train individuals from the fields of allopathic, alternative, functional & integrative medicine, acupuncture, energy medicine, fitness and human performance, nutrition, educators and health and wellness coaches. We currently have coaches in over 20 disciplines, in 40 states and 7 foreign countries.

Our coaches receive mentoring from advanced level experienced coaches and partner with fellow students to refine their personal coaching styles. They connect on specific topic driven webinars and live discussions to have Q & A time and share what they have learned to contribute to everyone's success in a greater way.

Our coaches are recognized as experts in epigenetic coaching and gain access to proprietary genetic templates that have been validated through scientific research and translated into evidence-based clinical use over the past eleven years.

Our coaches receive the epigenetic human performance coaching manual and template guides to make genetics and epigenetic translation easy to understand and implement.

During this program you will:

- Join a global TRIBE of like minded individuals focused on creating a new paradigm of precision, performance and potential.
- Learn the evidence based epigenetic lifestyle interventions that will transform your health and wellbeing to its limitless potential.
- Learn how to take the guesswork out of coaching by expertly leverage personalized genetic and epigenetic precision data.
- Expand the scope of your expertise by incorporating epigenetic precision programming into your coaching or clinical practice.
- Understand the science of genetics and epigenetics, the power of health consciousness
- Master the skills of human engagement; presence, verbal and nonverbal body language, intuitive listening, the art of resilience, conversational intelligence, etc.
- Acquire the coaching expertise to successfully guide clients to rapid change and the installation of new and life empowering processes.
- Learn from dynamic speakers who keep you on the edge of your seat in anticipation of the delivered content and then inspire and motivate you to immediate action to implement transformative changes in your own lives and those you guide.
- Gain independence – our coaches operate brick & mortar facilities, some are completely virtual, and many offer a combination of both. We help you develop a model that most closely aligns with your lifestyle and goals.
- Income – Our non-medical coaches are earning hourly rates on their coaching between \$200 and \$800. We help you develop a model that works.
- This training can also be used to add-on a new income stream and an impactful client offering

Additional benefits of completing the Certification Course include:

- Professional recognition as an Apeiron Certified Epigenetic Human Performance Coach.
- The invitation to add your professional contact information to the Apeiron Global Coaches Directory – a resource for potential clients.
- Access to an expanding professional network of peers in this field.
- Ongoing continuing education opportunities to stay up to date on the rapidly advancing technologies and modalities to optimize and enhance performance and potential as well as gain access to advanced courses to create a deeper level of expertise.
- Earn residual income on precision branded supplements, product and transformative technology that is used in clinical practice at the Apeiron Center for Human Potential.

Our online, distance-learning course allows participants to deepen their coaching proficiency through skills practice, mentored feedback, online learning modules, and video demonstrations. Course completion includes a written and oral examination to demonstrate mastery of Epigenetic Human Performance Coaching skills.

Learning Objectives

In our coaching program, you will master the powerful skills and techniques that we have developed over the past eleven years in our medical practice to create ideal human systems, homeostatic balance to optimize and enhance human performance and potential.

Learning objectives include:

- Understanding of complex, systems-based precision lifestyle medicine concepts
- Understanding Humanomics – the dynamic interaction of the entire human -omics system and how they interact to create thriving dynamic health
- Genome, Epigenome, Metabolome, Microbiome, Exposome, Envirome
- Understanding human genetics and interpretation
- Understanding how to leverage epigenetics to support performance and potential
- Understanding human stress systems and how to optimize for enhanced performance
- Understanding advanced coaching techniques to create optimized outcomes in clients
- Understanding inter-individual differences and how to customize coaching plans using bio-specific data on each client
- Understanding business & marketing in this highly competitive coaching market and how to establish key opinion leader status

Course Design

This course includes a live training event and access to 12 training modules based on the Science of Genomics and Epigenetics, The Art of Coaching Mastery and advanced Business Development and expert Marketing Strategies. Each module consists of a video overview detailing module concepts, learning goals and objectives.

In the introduction Module, we discuss how to best navigate and utilize the concepts presented and you will also find a checklist of items to be completed prior to diving in.

Students will receive feedback on their coaching during mentored individual and group distance-learning sessions. In addition, students will complete self-paced online learning modules including Web Based Training and Demonstration Videos. Required course components include:

Mentoring Sessions: Individual sessions with personalized feedback on recorded professional coaching sessions

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Live Training event: Offered in multiple locations throughout the USA and several foreign countries four to six times per year. Check the Apeiron.Academy website to find a training conveniently located for you.

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Web Based Trainings (WBTs): Online, self-paced modules which guide learners through the course content

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Demonstration Videos: Illustrations of the use of Epigenetic Human Performance Coaching skills

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Epigenetic Human Systems Design: provides coaches with a well-rounded review of the interrelatedness of human systems to enhance their knowledge base for coaching

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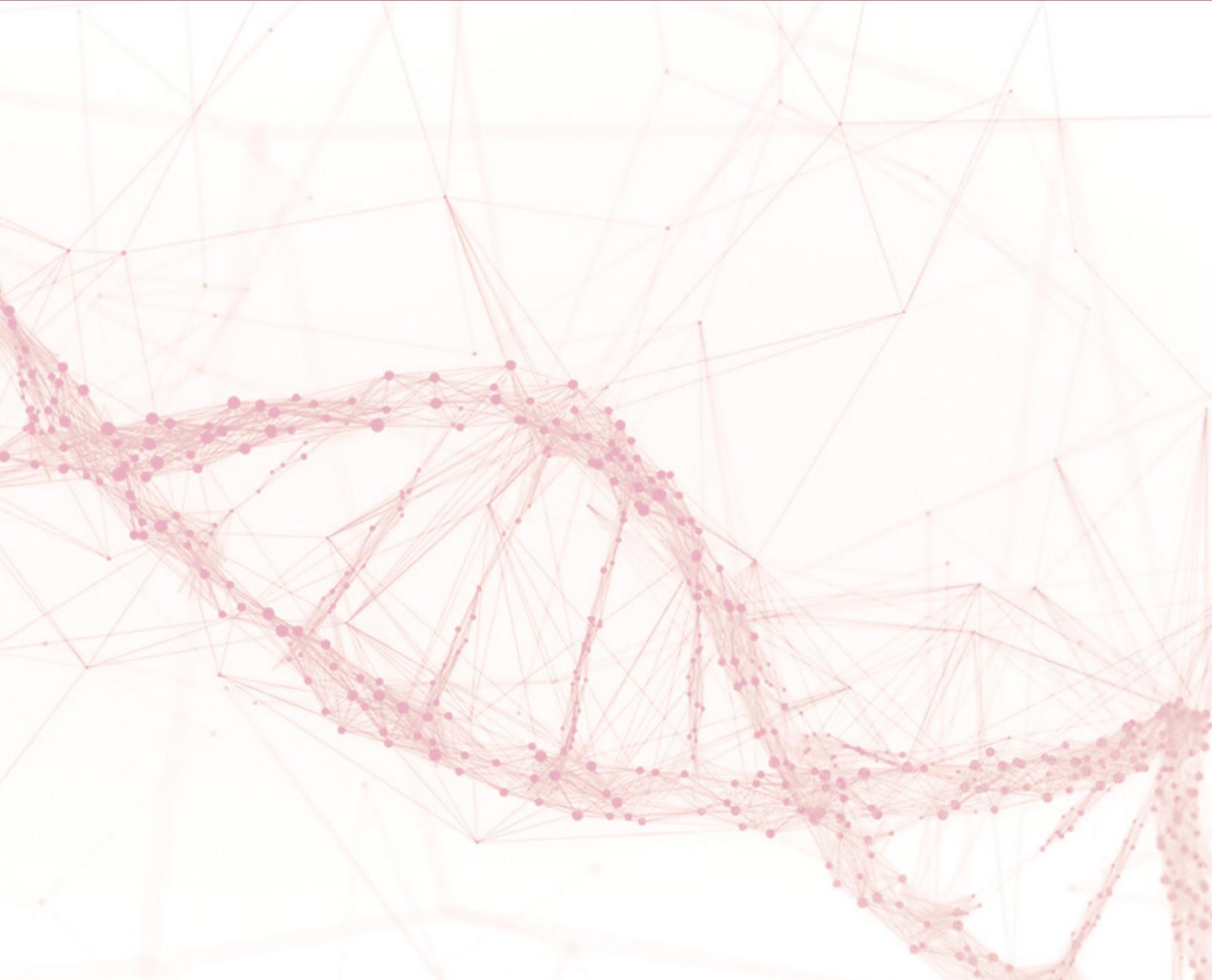
- **Successful completion of both oral and written examination**

Module 1

Introduction to Concepts

This module is an important starting point in the course because it helps coaches to understand the philosophy of this new paradigm that we describe as systems-based precision lifestyle medicine.

- Systems Thinking & Human Systems Design
- Understanding Genetics & Genomics
- Health Consciousness Scale & Health and Lifestyle Assessments





Module 2 - Sleep

Sleep of high quality and sufficient quantity is the very foundation for creating optimized performance and potential and essential to induce desirable epigenetic changes. A routine sleep-wake cycle primes the master body clock regulated by the suprachiasmatic nucleus and allows the numerous body clocks to dial into ideal biorhythms (circadian, infradian and ultradian). Optimal sleep generates enhanced cognitive capacity & function, greater physical performance, reduced stress, and improved longevity.

- Sleep Physiology
- Importance of Sleep
- Sleep Genetics
- Sleep Epigenetics
- Sleep Coaching
- Sleep Q&A



Module 3 - Stress

Stress in any system is a catalyst for change and required for homeostatic balance and growth. When stress is perceived as beneficial and one has developed advanced modulation skills, the epigenetics of stress creates a thriving environment. However, when stress is not well regulated the results can severely diminish health and well-being and limit the achievement of optimal living. An optimized stress response provides the capacity to take full advantage of the power of integration for executive function to remain clear, and focused during events that might normally take you of center.

- Stress Physiology
- Optimizing Stress
- Stress Epigenetics
- Stress Assessment
- Stress Coaching
- Stress Q&A



Module 4 - Nutrition

Nutrition is a key environmental influence and one of the strongest epigenetic mechanisms that enables us to alter our gene expression. While there is no perfect human diet, there is an ideal strategy for everyone from which to lay the groundwork for success. This strategy is a personalized, precision approach based on the pre-disposition of each individual's genetic code and whether that code is actually expressing. By taking a precision nutrition approach we honor our intelligent design and eat according to our ancestry and how that ancestry shows up in our code.

- Nutrigenetics & Nutrigenomics
- Nutrition Intake
- Nutrition Genetics
- Nutrigenomics of EVOO
- Nutrigenomics of Omega-3
- Ketosis Discussion
- Sterol Discussion



Module 5 - Supplementation

Supplementation, precisely designed based on lifestyle review, lab biomarkers and genomic analysis, is important today due to the reduced nutrient value of our food supply. Accessing the pre-disposition of each individual's unique genetic blueprint facilitates the proper programming of evidence based, personalized supplementation recommendations. This precise ability removes the guesswork often found in anecdotal coaching experience and population based recommendations. Human systems supplementation support provides the essential to promote thriving performance and potential.

- Supplementation Basics
- Supplementation Genetics
- Bio-Specific Supplementation



Module 6

Human Movement/Athletic Performance

Humans are designed to move frequently and fluidly yet modern living has created body disuse, misuse and overuse that distributes strain across the entire structure and often results in immobility and instability. Restoring the body to ideal movement patterns and strength is pivotal to thriving performance and potential. While exercise is something we do several hours a week, human movement is something we participate in throughout our day, every day. Optimizing human movement generates benefit in over 7,500 genes and results in outstanding physiologic and cognitive response and vibrant well-being.

- Introduction to Fitness
- Athletic Training & Programming
- Athletic Performance Genetics
- Selective Androgen Receptor Modulators
- Epigenetics of Exercise & Athletic Performance
- Human Movement



Module 7

Detoxification & Environmental Health

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The environment and our interaction with it, is the largest epigenetic modifier and our ability to detoxify efficiently has far reaching effects. Modern living creates new environmental challenges not previously known and every input matters. The food we eat, our sleep and stress levels, the cars we drive, products we clean with and put on our skin, thoughts we think and the chemicals/medications we dump into our water supply, all have an effect. Environmental analysis of where we live, work, and play assists us to recognize environmental triggers and realign/leverage these in a productive way to enhance gene expression.

- Detoxification Overview
- Phase I Detoxification
- Methylation
- Glutathione System
- Mitochondrial Health
- Mold
- Lyme Disease
- Pollution/Envirottoxins
- Histamines
- Mercury & Heavy metals
- Epigenetic Environmental Coaching
- Workplace Environmental Design
- Epigenetics of Endocrine Disrupting Chemicals



Module 8 - Hormones

Hormones are vitally essential to youthful longevity and when in optimal balance, create a beautiful symphony that produces youthful vitality and a zest for life. A basic understanding of the genomics of the hormonal system is essential for working with medical and non-medical ways to optimize expression. There are many factors that contribute to the human hormonal system being out of homeostasis with genetics, epigenetic, and environmental exposures being core influencers. We address the contributions of these categories and others to the hormonal system of expression and relate that to potential health outcomes as well as define the ways we can optimize.

- Basics of the Endocrine System
- Thyroid
- Melatonin
- Cortisol
- Estrogen
- Testosterone
- Osteoporosis



Module 9

The Foundations of Epigenetic Human Performance Coaching

We have an amazing, generally untapped, ability to take charge of physiologic and cognitive function and bring the subconscious programs that lead to automatic, non-life enhancing reactions into clear perception. We provide tools to enhance current human systems performance to unlock limitless possibilities.

- Human Systems Design
- Intuitive, Emotional, Social and Environmental Intelligence
- Coaching Foundations
- Developing a Transformative Mindset
- Homeostasis, Optimization & Enhancement
- Motivation Spectrum & Leveraging Triggers



Module 10

Limitless Communication

Understanding the science of communication allows us to become masterful at adjusting and leveraging verbal and non-verbal cues to engage, connect, and enhance another's ability to receive information, maintain motivation and ignite new patterns. This skill is necessary to engage and guide others towards a new way of being and obtain the lasting change they seek.

- Mastering Verbal and Non-Verbal Communication
- Precision of Language
- Conversational Agility
- The Art of Influence
- Intuitive Listening



Module 11

Generating Relational Coherence

Relational coherence is the art and skill of establishing trust to engage fully and confidently with another. Within relational coherence we receive a mirror into the self as well as windows to explore and expand our perceptual fields. The knowledge of relational coherence and the powerful tools it provides allows coaches to become expert guides for their own and their clients' alignment to the highest potential.

- Fundamentals of Cultivating Relationship
- Connecting with Clarity & Maintaining Neutrality
- Physiology and Biochemistry of Coherence
- Promoting Individual and Collective Responsibility
- Outcomes Based Coaching



Module 12

Business Development & Marketing Mastery

Understanding how your knowledge of conscious business principles and content areas affects your practice is essential to driving demand for your services, establishing your unique market branding and growing your business. Expertly leverage the latest in successful marketing tools and technologies from leaders in the industry to gain global reach.

- Establish Authority- Find Your Niche
- Define Your Value- Deliver Transformative Results
- Build Your Tribe on Your Platform with Key Opinion Leader Status
- Marketing for Business Success in the Local and Online Community
- Making an Impact with Videos
- Speaking and Getting Booked
- Creating Online Courses & Programs
- Selling What You Do

Coach Testimonials

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Prior to completing the Apeiron Training I was struggling to find my own point of difference and was providing a similar service to other health coaches in my area. By adding DNA testing and epigenetic coaching to my services offered I was able not only get better results with my clients but also added a new income stream to my practice. My clients love how customized my programs are and I'm able to have a greater impact on their health. If you are thinking about training with the Apeiron Academy I would 100% recommend it as it's given me a new impactful and profitable dimension to my coaching practice.

Karen Wojciechowski - Perth, Australia

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I have had a terrific experience working with Dr. Dan Stickler and the Apeiron Academy in the field of genetics. The quest to understand heredity and its influence on our lives, personalities, and choices is groundbreaking. I plan to use this information to enhance my anti-aging medical practice.

Neil C. MD - Richmond, VA

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Since working one on one with Dr. Dan and the Apeiron Academy, I have been doing genomic consults with clients and it has added a level of value that is hard to describe. I believe the future of health care is to understand your patient's blueprints in order to properly plug them into the protocols for regaining and maximizing health. I highly recommend working with Apeiron to guide you through this new world.

Jay D DC – Puerto Rico

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I have to say I am incredibly impressed with the information that I have received has exceeded my expectations and my return on investment was really good. I've been through many coaching programs, this by far gave me more value than I was even expecting. I'm super excited about the opportunity to set myself apart, especially within the functional medicine realm through epigenetics!



Meagan Stanga, DC – San Antonio, TX

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I first started Apeiron Training about 10 months ago and I've never looked back. Apeiron launched me into the next phase of my career, out of the office and into the life of my dreams: helping people reach true and lasting health. I can work from anywhere and decide my own schedule which is in stark contrast to the grind I was facing owning my own practice. Having a minimal overhead and being able to work from anywhere has given me the freedom to be there for my family and to travel anytime the mood arises. I feel like my time is truly valued and I am no longer at the mercy of trying to make overhead. In the last 10 months, with the support of Dr. Dan and Apeiron training, we've managed to reach six figures and have continued to set our sights higher. We are more motivated than ever to develop our business and our brand and have realized the vast potential in using genetics to help people from every facet of health. I've had the pleasure of serving people all over the world: from professional athletes in Japan to working moms in Mexico and all over the US. I feel like we've only scratched the potential of where Apeiron will take us! I look forward to the future!

Dr. Wes Fox, DC. – Boulder, Colorado

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A year ago, I looked into starting a health business in genetics. The direct-to-consumer genetics tests provide too little information and did nothing to help the average person implement the recommendations. There is a better way. I met Dr. Daniel Stickler and the team at Apeiron. Right away, I knew he was the person to help make this dream a reality. The Apeiron Epigenetic Coaching Certification put me through rigorous training. The program provided an advanced education on epigenetics, the best strategies to deliver the information to clients, and assistance in developing my business.

I now work with CEOs, Entrepreneurs, and other high performers to help them understand their unique genetic blueprint. Since working with Apeiron, I have helped clients eliminate brain fog, reverse osteopenia, lose weight, and find higher levels of performance through health. Best of all, my business is virtual. The Apeiron team introduced me to the tools and provided tips to get my business up and running. I work with clients in five countries and have run my business in over ten to date.

I spent thousands of dollars on coaching and other certifications. For a much lower cost, the Apeiron Epigenetic Coaching Certification is helping me make a greater impact, multiplying my income, and providing the freedom and independence to work anywhere in the world. This experience will change your life.



Boomer Anderson – Netherlands

<http://www.decodingsuperhuman.com>

Connect with the Academy Team

Connect with us through the contact link at Apeiron.Academy or **click here** to schedule a call with our team to determine if Epigenetic Precision Performance Coaching is a great fit for you.

Access Our FAQ's

To see the answers to our most common FAQ's, [CLICK HERE](#).

Get Enrolled

Enroll by clicking the Get Certified button at Apeiron.Academy to get started today.



The image shows a screenshot of the Apeiron Academy website. At the top is a dark red navigation bar with the Apeiron Academy logo on the left and several menu items: Home, Get Started (with a dropdown arrow), Instructors (with a dropdown arrow), Courses, Resources (with a dropdown arrow), Get Certified (highlighted with a yellow circle), Login, and Contact Us. Below the navigation bar is a large hero section with a background image of a person rock climbing. The text in the hero section reads: "Become a Certified Epigenetic Performance Coach". Below this, there is a paragraph of text: "Be expertly trained and position yourself at the forefront of genomic precision wellness, human optimization, nutrigenomics & nutrigenetics." At the bottom left of the hero section, there is a red button with a white arrow pointing right and the text "GET CERTIFIED NOW".