XORA WELLNESS

Holistic Ancestral Wellness Certification

Curriculum overview. Heal yourself first. Then lead others. Estimated completion: 3 to 6 months, self-paced, with a test after each topic.

TOPIC 01

Nervous System Regulation

The foundation of everything. Stress physiology, vagal tone, breathwork, and how to move from survival mode into repair.

TOPIC 02

Mental & Emotional Health

Stress, mood, mindset, and resilience. Practical tools for the inner side of health that most programs skip.

TOPIC 03

Diet & Nutrition

Ancestral, ingredient-first eating. Nutrient density, food quality, and building meals that fuel energy for life.

TOPIC 04

Macros vs Micronutrients

When macros matter (lean muscle, fat loss) and why ingredients and micronutrients drive energy and quality of life.

TOPIC 05

Food Quality, Soil Health & Ancestral Nutrition

Understand where your food comes from and what makes it nourishing. Seasonal and local eating, soil health and nutrient density, animal nutrition, food processing and ingredient integrity, water quality and food safety, and traditional food systems.

TOPIC 06

Anabolic & Metabolic Health

Blood sugar, insulin sensitivity, muscle as an organ of longevity, and how to limit chronic cortisol.

TOPIC 07

Fitness & Exercise

Strength, conditioning, mobility, and walking. Programming that builds a capable body without burning it out.

TOPIC 08

Deep Dive: Fasting

Intermittent, extended, and cyclical fasting. Who it helps, who it hurts, and how to do it safely.

TOPIC 09

Circadian Rhythm

Light, sleep, meal timing, and the daily rhythms that govern hormones, mood, and recovery.

TOPIC 10

Sleep Optimization & Recovery

Sleep architecture, recovery protocols, and the daily habits that turn rest into an advantage.

TOPIC 11

Digestive Health & Gut Microbiome

Gut function, the microbiome, and common digestive complaints, with food-first strategies to restore digestion.

TOPIC 12

Hormone Optimization

Testosterone, estrogen, thyroid, and cortisol. Lifestyle levers that restore balance naturally.

TOPIC 13

Women's Health, Men's Health & Lifespan Health

Hormonal phases, fertility, men's vitality, and supporting health across every decade of life.

TOPIC 14

Supplements, Medications & Integrative Care

Which supplements are worth it, how common medications work, and where conventional and holistic care meet.

TOPIC 15

Preventive Health & Understanding Lab Work

Key markers worth tracking, how to read standard lab work, and using data to stay ahead of problems.

TOPIC 16

Hair, Skin & Specific Health

Inside-out approaches to hair, skin, gut, and the common concerns your future clients will bring.

TOPIC 17

Non-Toxic Home

Water, air, cookware, cleaning, and personal care. Reducing your toxic load room by room.

TOPIC 18

Environment

Nature, sunlight, grounding, cold and heat, and designing surroundings that support health.

TOPIC 19

Relationships, Community & Social Health

Connection as a health input. Friendship, family, community, and relationships that support a long life.

TOPIC 20

Spiritual Health

Purpose, presence, faith, and connection. The part of health most programs leave out.

TOPIC 21

Behavior Change & Habit Formation

How people actually change. Habits, identity, and motivation, so new behaviors stick for you and your clients.

TOPIC 22

Ancestral Cooking

Practical kitchen skills, bone broths, organ meats, fermentation, and simple meals made from real ingredients.

TOPIC 23

Coaching Others

How to assess, guide, and support clients ethically, and build a practice around what you have learned.