



Welcome to THE DETOX DOCS



We're so excited to have you here!

This quick guide will tell you everything you need to know before your call, so it can be as successful as possible for the both of us

1

Get Familiar with Practice Better

We use our patient portal,
Practice Better, to host your call.

Once we confirm your booking request,
you will receive an email with your
ZOOM link. Please **STAR** it!
Don't see it? *Check spam & promotions!*

All communication throughout the
program will take place inside **Practice
Better** for HIPAA compliance. If it ends
up being a good fit, this is where you'll
message your practitioner.

Here is an overview of how to create your
account: [**Practice Better Account Setup**](#)

2

Complete Your Forms

Please make sure all required
forms are completed
before your call:

***45 minute consult
questionnaire***

This shouldn't be a problem,
since it was attached to your call
booking link, YAY!

4

Get Excited!

You're about to talk to a rock
solid team!!!!

Come into this with an open
mindset, stay consistent, and
trust the process - we'll guide
you every step of the way.

3

Notes & Extras

To get the most out of
your call, bring something
to take notes with. Come
prepared with anything
you'd like to discuss
written down, so you don't
forget :)

If your partner is a part of
the decision making
process, please ensure
they are present on the
call as well!

MEET YOUR TEAM

Dr. Austyn Yarbrough is a licensed, board-certified chiropractic physician and Certified Functional Medicine Practitioner with a background in Exercise Science and Nutrition. Her approach blends clinical expertise with an integrative, root-cause philosophy, shaped in part by her own experiences navigating neurological and autoimmune health challenges. As the creator of the SHAPE Up Your Life program, she is passionate about helping women understand and support the foundational systems of health – including gut function, hormones, and metabolism – in a way that creates lasting change. Through a personalized, whole-body approach, Dr. Yarbrough helps women restore balance and achieve sustainable, long-term results.

Dr. Austyn Yarbrough
DC, FMPT



Stephanie Barr
FNP-C, DipACLM



As a multi-state licensed family nurse practitioner with certifications in Lifestyle Medicine and Health and Well-being Coaching, I offer over eight years of extensive clinical experience in primary care, acute care, direct patient care, virtual Telehealth, and ambulatory settings. Specializing in Lifestyle Medicine, I deliver holistic, patient-centered care focusing on individual needs, protocol adherence, and regulatory standards. I excel in collaborating with multidisciplinary teams to create and implement effective interventions. As a dedicated Health and Well-being Coach, I empower patients and clients to make sustainable lifestyle changes that enhance their overall health and well-being.

Licensed in AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, ME, MD, MI, MN, MO, MS, MT, NC, NE, ND, NH, NJ, NM, NV, NY, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY

Shannon Grossi
Certified Holistic Nutrition Practitioner



Shannon is a Certified Holistic Nutrition Practitioner with over a decade of experience in integrative health and wellness. As a mother of two, she brings a supportive, real-life perspective to her work across nutrition, pre- and postnatal health, fitness, and coaching. Informed by both professional expertise and her personal recovery journey from anorexia, she helps women build sustainable habits that support physical and emotional well-being in a realistic, supportive way. Through personalized, holistic care, Shannon helps women feel strong, energized, and confident at every stage of life.

Erin is a Family Nurse Practitioner and Registered Nurse with a passion for helping women restore balance and optimize their health through a root-cause, integrative approach. She earned her Bachelor of Science in Nursing from Felician University and later completed her Master's degree as a Family Nurse Practitioner to further expand her ability to support patients in achieving optimal health. After navigating her own experience with hormonal imbalances, Erin developed a deeper understanding of how significantly they can impact daily life. She now focuses on helping women uncover the root cause of their symptoms through sustainable, lifestyle-based care. Through a personalized, holistic approach, Erin helps women restore balance, optimize their health, and create lasting, meaningful change.

Erin Antol
FNP, RN, BSN



Hannah Lovelace
Certified Functional Medicine Practitioner, RN, BSN



Hannah is a Certified Functional Medicine Practitioner and board-certified Registered Nurse with a background in pediatric critical care. A graduate of the accelerated nursing program at the University of Missouri–St. Louis, years of bedside nursing – along with her own experiences with hormonal imbalances, autoimmune disease, burnout, nervous system dysregulation, and motherhood – deepened her passion for root-cause healing and ultimately led her to specialize in women's health. She brings a unique blend of clinical expertise and lived understanding to her work, helping women feel supported while navigating the complexities of healing. Through a personalized, integrative approach, Hannah helps women restore balance, optimize their health, and feel their best at every stage of life.