

Introductory Client Information

Dr. Courtney Jonson, LAc., DFM, CGP
Functional & Lifestyle Medicine
Phone: (650) 350-8046



WELCOME!

It is my pleasure to welcome you to my practice. I am sincerely dedicated to ensuring your experience meets and exceeds your expectations.

Your care is hugely important as I believe your biggest asset is your health. I have carefully crafted a suite of packages and programs to help you reach your goals and guide you through any necessary diet or lifestyle transitions you are looking to make.

My priority is to provide an environment conducive for healing. I have learned that this requires the following components:

1. Tailored services and efficiency of care
2. Foundational support during transition
3. Patient education, teaching, and learning

For your convenience, I have enclosed some information about my practice and the clinical services I offer.

My door is always open to you. I strive to be the kind of practitioner that personalizes your health plan in a warm and welcoming environment. Let me know how I can help you feel at home in my practice.

I understand that you have a choice when it comes to your health, and I am grateful that you have trusted me to be on your healthcare team.

If you have any questions, feel free to reach out to me directly: PH: 650-350-8046
courtney@systemsthatheal.com.

Wishing you the best of health and happiness,

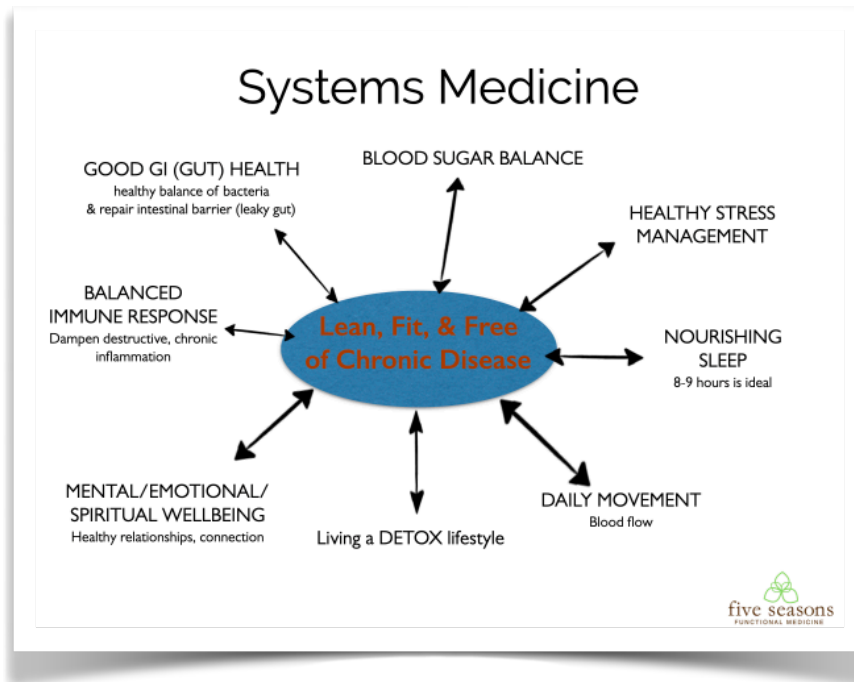
Dr Courtney

Dr. Courtney Jonson, LAc., CGP, DFM

Doctor of Functional Medicine, Licensed Acupuncturist, GAPS Certified & Ketogenic Medical Nutritionist

PERSONAL HEALTH MANAGEMENT

Functional & Lifestyle Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.



Guidance and tools are provided to regain health by means of restoring homeostasis. By eliminating negative health triggers, replacing nutrient deficient building blocks and implementing sustainable lifestyle changes, the body's self-healing mechanisms can function properly. Interventions include therapeutic dietary strategies, targeted nutrition, detoxification of toxins, homeopathy, and lifestyle modification.

KEYS TO RESTORING YOUR HEALTH & LONGEVITY

1. Address Your Nutrition
2. Balance Your Blood Sugar, Stress, and Your Hormones
3. Reduce Inflammation
4. Build a Strong Gut Microbiome
5. Enhance Your Body's ability to Detoxify
6. Regulate Your Energy & Calm Your Mind

CLIENT FEE SCHEDULE

Initial Consultation - \$295 (60 min)

The **Initial Consultation** is a comprehensive, whole-body systems assessment designed to understand your health story in context.

Includes:

- Current challenges through a Systems Medicine assessment to identify core patterns driving imbalance
- A review of your medical history, diet and lifestyle
- Initial recommendations and a strategic plan for next steps - lifestyle shifts, nutritional therapy and/or a deeper diagnostic evaluation

Follow-Up Consultations - \$250 (50 min)

Comprehensive Case Review Consultation - \$580

The **Comprehensive Case Review Consultation** is a one-hour comprehensive analysis of your health concerns, focusing on objective data from both comprehensive laboratory testing and functional medicine assessment tools. This process provides a clear picture of your physiologic status and current systems health.

Components of the Case Review:

1. Comprehensive BioScreen (LabCorp Blood Test)
2. Report of Findings
3. Consultation (60 Min) & Treatment Plan

The Case Review Consultation includes:

Comprehensive Bio-Screen LabCorp (cash-only price): \$285*

**Insurance price \$1700*

1 Hour Consultation: \$295**

**Includes:

- Report of Findings: detailed metabolic assessment, summary of underlying patterns that are contributing to your symptoms
- Treatment Plan - Diet, Lifestyle & Nutrition
- Educational Resources

Total: **\$580**

FOUNDATIONAL PROGRAMS

All of our programs have been designed to **save time and money** in the long run by providing the necessary one-on-one time to review lab tests, modify your treatment plan, and learn diet & lifestyle skills fundamental in developing the foundation for *your* lifelong health and self-care. In contrast to brief, episodic medical visits, sequential follow-up sessions allow us to move through resistant blocks that get in the way of fully transitioning into a preventative health lifestyle.

Each program is built on a **foundational metabolic framework** that helps you understand how your body regulates energy, inflammation, and stress. Rather than offering one-off advice, these programs teach **immune wind-down logic, blood sugar regulation principles**, and the *why* behind each dietary and lifestyle recommendation. Through structured learning modules and guided follow-up, you gain a **repeatable method** for navigating your health—one that continues to serve you long after the program itself is complete. The goal is not dependence on care, but confidence, clarity, and long-term self-regulation.

Program Structure & Clinical Support Include:

- Diagnostic strategy & suggestions for lab and functional testing options
- Specific dietary strategies along with meal plans & recipes
- Allotted funds for nutritional supplements & tech tools
- Online Learning Videos
- **Orientation** 1 Hour - Getting Ready to Be Ready
- Follow-up appointments (30 minutes)

HOW CARE IS DETERMINED

The initial **Case Review Consultation** provides a comprehensive, systems-based understanding of your current physiology. This includes a detailed review of blood chemistry, health history, lifestyle context, and dominant patterns influencing your symptoms.

Some clients require focused education and metabolic recalibration. Others benefit from a deeper therapeutic container to unwind inflammation, immune activation, or hormonal dysregulation. And some are ready for continuity care that supports integration, accountability, and long-term stabilization.

Program recommendations are made based on:

- Physiologic readiness
- Pattern complexity
- Capacity for change
- The level of clinical oversight required

This ensures that care is **right-sized** — neither insufficient nor excessive — and aligned with your body's ability to respond.

The goal is not to do more, but to apply the **right structure, at the right time**, to support sustainable progress.

CARE DELIVERY PROGRAMS

The following chart highlights a few of the differences.

Program	Metabolic Reset Intensive™	Live Clean™ Cleanse & Restore	Semi-Annual Continuity Plan
Duration	2 months	4 months	6 Months
Purpose	<ul style="list-style-type: none"> • Macro-Nutrient Food Education • Inflammation Control - Immune Wind-Down • Blood Sugar Regulation 	<ul style="list-style-type: none"> • Detox & Release • Inflammation Wind-Down • Autoimmune Support • Comprehensive Gut Repair • Hormone Balance 	<ul style="list-style-type: none"> • Therapeutic nutrition and diet clinical coaching • Long-term systems stabilization and resilience building • Pattern-level integration and self-leadership development
Support	<ul style="list-style-type: none"> • Metabolic Reset Guide • Metabolic Reset Recipe Book • Orientation Appointment • Weekly 1-on-1 Coaching • Learn the Keys Learning Modules • Email Support 	<ul style="list-style-type: none"> • Live Clean Guide • Science of the Strategy • Live Clean Recipe Book • Orientation Appointment • Weekly 1-on-1 Coaching • Learn the Keys Learning Modules • Email Support 	<ul style="list-style-type: none"> • Weekly visits (Months 1–2) • Bi-weekly visits (Months 3–6) • The Ancestral Nutrition Training Library • Preferred pricing through FullScript (15% discount) • Optional peptide therapy available as clinically appropriate
Included Diagnostic Evaluation	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • Post Program Progress Evaluation - Comprehensive Functional Blood Chemistry Case Review 	<ul style="list-style-type: none"> • Comprehensive Progress Review <ul style="list-style-type: none"> • LabCorp Comprehensive BioScreen • Report of Findings • Systems Pattern Summary <ul style="list-style-type: none"> - Comprehensive synthesis of baseline and current health patterns - Practical guidance to support long-term self-regulation
Included Supplement Credits	<p>\$600 <i>(included funds for therapeutic tools/ nutritional supplementation)</i> -KetoMojo</p>	<p>\$800 <i>(included funds for therapeutic tools/ nutritional supplementation)</i> -KetoMojo</p>	<ul style="list-style-type: none"> • N/A
Total Fee	\$2995*	\$5895*	\$3,400

*Established Program Extension - \$1200 (6 visits - 30 minutes)

DIAGNOSTIC LAB SERVICES

Blood Chemistry: (cash rate)

Comprehensive BioScreen (LabCorp).....	\$285
Bio-Screen Sustain (LabCorp).....	\$209
Full Thyroid (LabCorp).....	\$195

Cyrex Labs:

Array 2: Intestinal Permeability.....	\$295
Array 3: Wheat/Gluten Sensitivity & Autoimmunity.....	\$425
Array 4: Gluten Cross-Reactive Foods.....	\$325
Bundle Array 2, 3, & 4 GUT-FOOD COMBO.....	\$795
Array 5: Multiple Autoimmune Reactivity Screen.....	\$675
Array 10: Multiple Food Immune Reactivity Screen.....	\$680
Array 10C Bundle: Array 3, Array 4 and Array 10.....	\$1295
Array 11: Chemical Immune Reactivity Screen.....	\$450
Array 12: Pathogen-Associated Immune Reactivity Screen.....	\$479
Array 14: Mucosal Immune Reactivity Screen.....	\$439

Hormonal Health:

Adrenocortex Stress Profile (Genova).....	\$159
One Day Hormone Check (Genova).....	\$299
Essential Estrogens (Genova).....	\$249
Rhythm (Genova).....	\$279
Male Hormone Panel (Genova).....	\$299

Gastro-Intestinal Health:

GI Map (Diagnostic Solutions).....	\$389
GI Effects (Genova).....	\$420

Environmental/Metabolic Toxins:

Organic Acids (Great Plains).....	\$319
MycoToxins - MOLD (Great Plains - Urine).....	\$299
Glyphosate (Great Plains - Urine).....	\$199
GPL - Toxins	\$219
ENVIRO-Tox Complete (GPL-TOX + OAT + Glyph + MycoTOX).....	\$829

**Partnership with Rupa Health means you get practitioner - pricing plus a 7% service fee to include all of your support.*

HOW WE WORK WITH INFORMATION & HEALING

This practice uses information as a guide—not as something you need to constantly manage or monitor on your own. While labs, records, and prior testing can be helpful for understanding long-standing patterns, healing does not require tracking or correcting every detail.

Once the primary patterns affecting your health are identified, our work becomes focused and streamlined. Rather than responding to every fluctuation, we prioritize interventions that restore communication, rhythm, and safety within the body.

Many clients find that as the system begins to stabilize, clarity naturally replaces vigilance. You are not expected to watch or manage every marker. My role is to help you see the big picture, establish priorities, and guide the process forward in a way that supports trust in your body's innate capacity to heal.

FREQUENTLY ASKED QUESTIONS

Is Dr. Courtney Jonson, LAc., a primary care provider?

Courtney Jonson, LAc. is a primary care provider but she does not provide acute care services. She can consult with your primary care doctor if requested.

Do I have to see Dr. Courtney Jonson, LAc., in person for my medical consultation?

No, her medical license does not require that she meet with a patient in person in order to provide an initial medical consultation. Follow-up appointments can be arranged in person or by video. Consultations via Zoom video are great after a sense of rapport and connection has been made during times it's more convenient to meet virtually.

How can I order the supplements I need?

Online Store: You will be given an account to FullScript to order supplements moving forward.

Where do I go to do the testing?

Some testing can be done through conventional laboratories and others are only available through specialty laboratories. During your consultation, we will determine which tests are needed and review testing recommendations, instructions (ex. fasting or non-fasting, etc.) and costs. Some testing can be performed at home with test kits to collect urine, saliva or stool. Others may require you to go to a local laboratory to have blood drawn. In all cases, we will assist you in coordinating initial and follow-up testing.

Do you take insurance?

Dr. Courtney Jonson, LAc. does not accept insurance for consultations and does not file insurance claims on your behalf. However, she can provide a detailed receipt of services performed for you to submit to your insurance carriers. Many of the labs are covered by your insurance with a co-pay. We will discuss these details with you on the day of your appointment