

**SYSTEMS
THAT HEAL**

Client Handbook

What to expect here, from your case review through the years after your care plan.

“The goal is not simply to know more about your health. The goal is to become more capable of influencing it.”

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THE BODY IS INTELLIGENT.

Contents

This is a teaching practice. Care here comes with the understanding behind it, so what changes stays yours.

This handbook shows you the whole path, so you know what's ahead and why things happen in this order. Read the first three sections now. Come back to the rest when you reach them.

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How Care Works Here

Your body has been adapting, not failing. What you're experiencing is a response to the conditions you've been living in. The work here is to find those conditions and change them.

Conventional care usually waits for a diagnosis, then intervenes with a drug or procedure. That works well for what it was built for. It stops being useful in the long stretch *before* a diagnosis exists, when something is clearly wrong and every number comes back “normal.”

The work here starts earlier. Your blood chemistry is read against **functional ranges**, which are narrower than standard lab ranges, and read as **patterns** rather than isolated flags.

STANDARD RANGE	FUNCTIONAL RANGE	PATTERN READING
Is this number abnormal?	Is this number optimal?	What would explain all of these together?

THE GOVERNING PRINCIPLE

Regulation Precedes Repair™

A body in survival mode can't rebuild. Blood sugar and nervous system regulation come first, not because they're gentler, but because every later phase depends on them. Trying to repair a system that isn't regulated yet is the most common reason good protocols fail.

WHO COMES HERE

People usually arrive in one of two ways: with something they feel, or with something they've been told. Either way, the work is on the **conditions** underneath.

What you feel

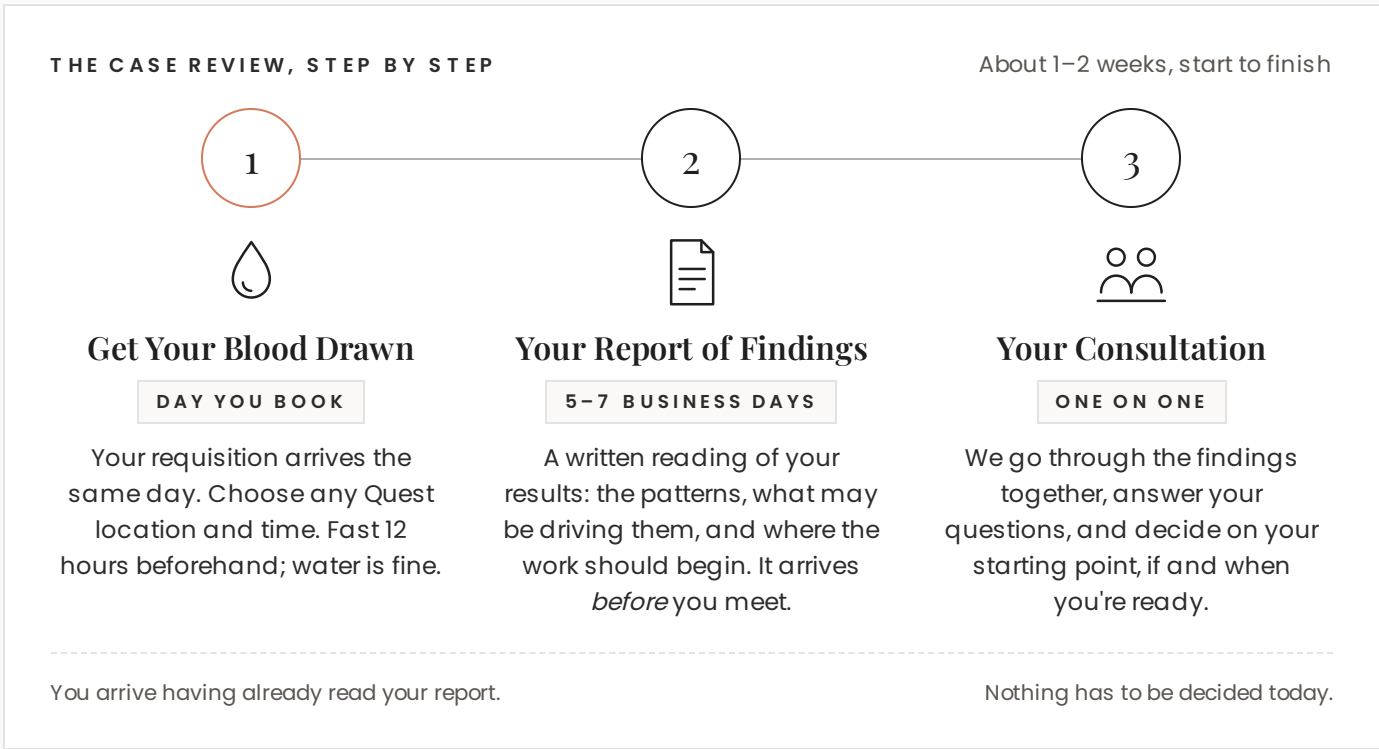
- Fatigue
- Brain fog
- Weight-loss resistance
- Gut distress
- Low mood and anxiety
- Poor sleep
- Hormone shifts

What you've been told

- Autoimmunity
- Thyroid patterns
- Blood sugar and insulin resistance
- Gut disorders
- Nervous system dysregulation
- Perimenopause and menopause
- Cholesterol and cardiovascular risk
- Low testosterone

Your Case Review

Everyone starts the same way. There's no version of care here that starts without data.



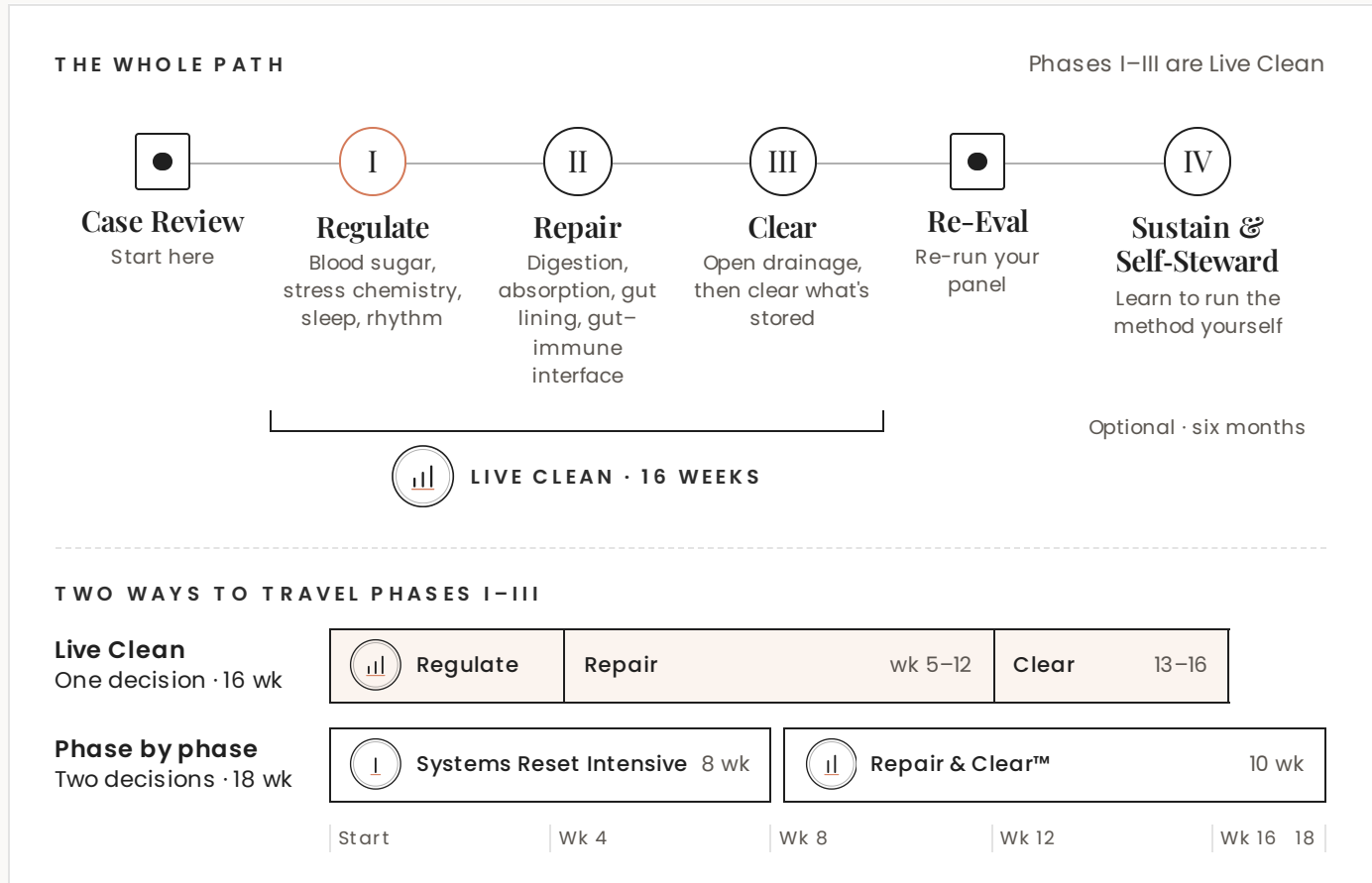
WHAT'S INCLUDED	
Investment	\$580, paid in full at booking
Blood panel	The full BioScreen Panel™ (retail value \$1,900)
Analysis	Functional interpretation, read as patterns across systems
Written report	Your Report of Findings, yours to keep
Consultation	One-on-one review and pathway recommendation

The Live Clean Method™



Live Clean
— METHOD

Each phase creates the conditions for the next. The order isn't a preference. The order is the method.



THE FULL ARC

One continuous container through all three phases, with no break in guidance. It's the deepest work offered here, and where most referred clients begin.

PHASE BY PHASE

The same phases, entered in two steps. The first eight weeks, Systems Reset Intensive, stand on their own. By the end of them, you'll know whether this is the right place, and we decide on the rest together.

Your consultation will recommend which fits. Live Clean includes weekly one-to-one sessions, the Clinical Guide and Workbook Companion, a phase-by-phase video curriculum, the Kitchen Companion, and quick reference cards.

After Live Clean

You started with data, and you finish the same way. What comes next depends on what the data shows and what you want.

RE-EVALUATION · INCLUDED IN YOUR SUPPORT PLAN

At the close of your support plan we repeat your panel and read it beside the first one. Feeling better matters. Feeling better *and* seeing your markers move is confirmation.

- Which patterns resolved, which shifted, and which are still open
- Whether the gains are holding on their own
- Whether more clinical work is needed, or whether the next step is learning

PHASE IV · SUSTAIN & SELF-STEWARD

Optional

Self-Stewardship™

Six months. Learn the Live Clean Method.

For graduates who want to understand the method well enough to run it themselves, through a hard season, an injury, or a decade.

Format	24 weekly sessions, guided video homework, and a workbook
Cohort	Three to four people
Included	One lab panel and a case review sitting with Dr. Jonson
You learn to	Read common patterns in your own bloodwork, notice when you're drifting, and know which phase to return to

This isn't practitioner training, and it doesn't certify you to work with others. It teaches you the method so you can use it on yourself.

ALUMNI

Lab access. Keep ordering panels through the practice. Your body keeps changing, so you should still be able to check on it after your support plan ends.

Community. An ongoing connection with people who have done this work. Connection is part of the medicine.

Practical Matters

LABS

- Draws go through Quest; your requisition arrives the day you book
- Fast 12 hours before any draw. Water is fine, and take medication as usual
- Results usually return in 5–7 business days

SUPPLEMENTS

- Ordered through Fullscript, at a standing 15% discount
- Nothing is recommended that your panel doesn't support
- Tell us about every prescription and over-the-counter medication you take

SCHEDULING & COMMUNICATION

- Booking and records are managed through the client portal
- Send between-session questions through the portal, not by text or social media
- Expect a reply within two business days
- Please give 24 hours' notice to reschedule

PAYMENT

- The case review is \$580, paid in full at booking
- Support plan investment is reviewed at your consultation; payment plans are available
- Fees aren't credited between offerings. Each is complete work
- We don't bill insurance; a superbill is available on request

“Your body is intelligent and is designed to heal.”



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