

**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.”

Dr. Courtney Jonson, PhD, LAc, CGP

(650) 350-8046

courtney@systemsthatheal.com · systemsthatheal.com

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.

01	How Care Works Here	3
	Functional ranges, patterns, and the principle behind the order	
02	Your Case Review	4
	Blood draw, Report of Findings, consultation	
03	Live Clean™	5
	Our signature support plan: the four phases, and the two ways in	
04	After Your Support Plan	6
	Re-evaluation, and a clinical home to return to	
05	Practical Matters	7
	Labs, supplements, scheduling, payment, professional education	

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

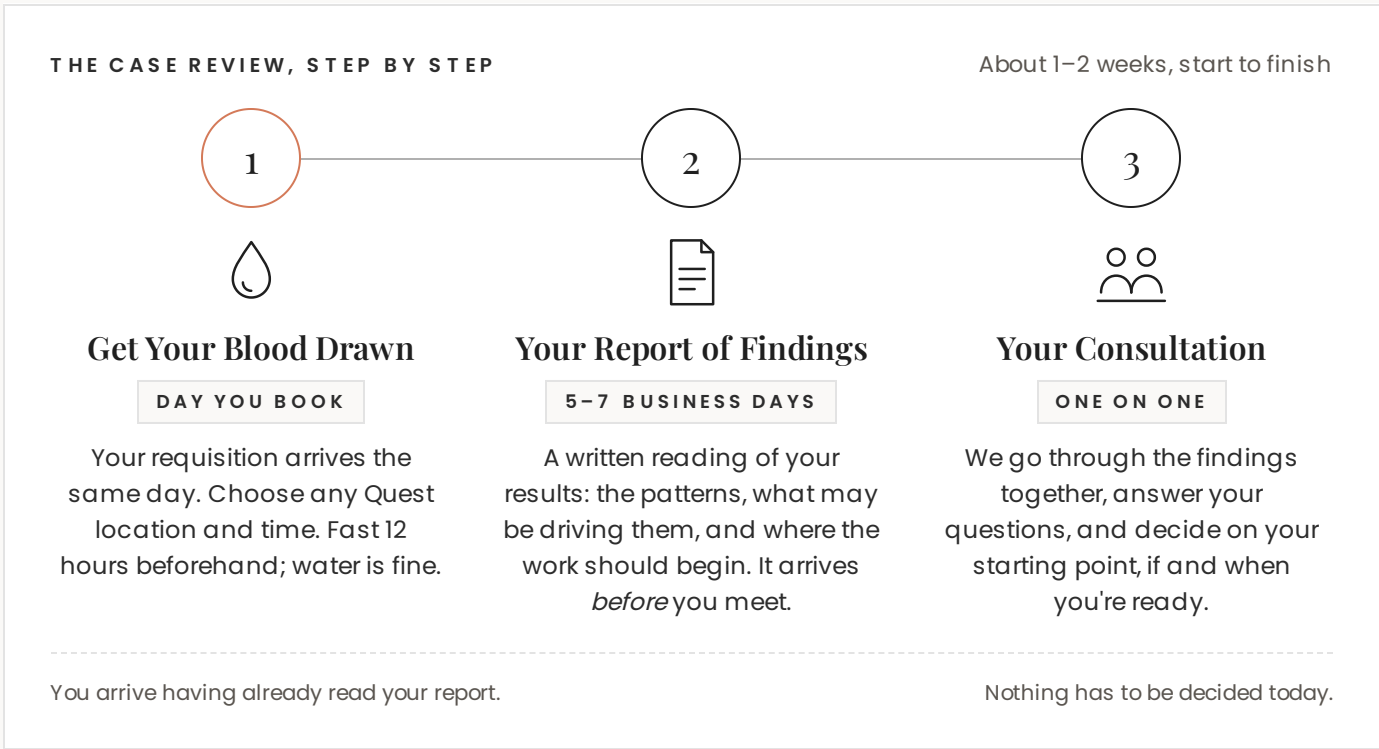
- Fatigue
- Brain fog
- Weight-loss resistance
- Gut distress
- Low mood and anxiety
- Poor sleep
- Hormone shifts

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

Live Clean™

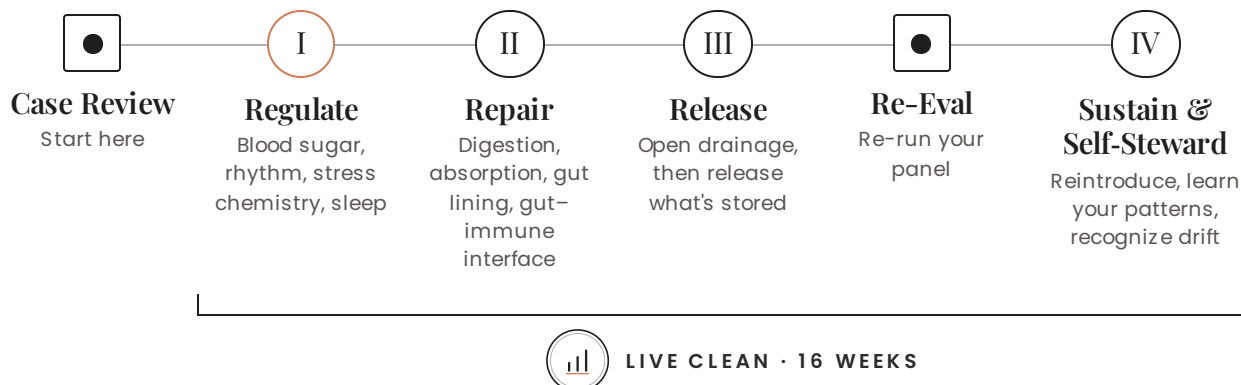


Live Clean
— METHOD

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

THE WHOLE PATH

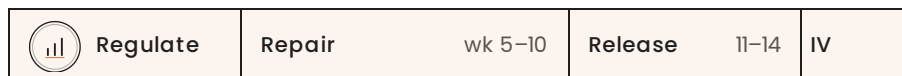
Phases I–IV are Live Clean



TWO WAYS IN

Live Clean

Phases I–IV · 16 wk



Phase by phase

I, then II–IV · 18 wk



The destination is Self-Stewardship. Live Clean isn't designed to keep you dependent on care. It's designed to leave you with the biological literacy to understand your own patterns, and the ability to influence them.

LIVE CLEAN™ · \$5,800

The complete four-phase arc in one continuous container, with weekly one-to-one guidance throughout. It's the deepest work offered here, and where most referred clients begin.

SYSTEMS RESET INTENSIVE™ · \$2,900

Our metabolic reset: eight weeks of complete Phase I work on blood sugar and the nervous system. It stands on its own. When the timing is right, Repair & Clear™ (\$3,200) carries the work through Phases II–IV.

Both include supplements (a \$600 credit with SRI; an \$800 retail allowance with Live Clean, which also covers KetoMojo and printed materials) and a lab-based re-evaluation with case review. Your consultation will recommend which fits.

After Your Support Plan

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

RE-EVALUATION · INCLUDED IN YOUR SUPPORT PLAN

Before Phase IV, we repeat your panel and read it beside the first one, so what you carry forward is built on what actually changed. 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 warranted

CONTINUITY

Finishing a support plan doesn't mean starting another one. You leave more capable of stewarding your own health, and you keep a clinical home to return to when your data, your symptoms or your life suggest another look is warranted.

Follow-up appointment **\$250** · 45 minutes, scheduled when you need one

Labs Keep ordering panels and reassessments through the practice

The goal is independence without disconnection.

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
- Systems Reset Intensive is \$2,900; Live Clean is \$5,800. Both include supplements and a lab-based re-evaluation. Payment plans are available
- Follow-up appointments are \$250 for 45 minutes
- We don't bill insurance; a superbill is available on request

PROFESSIONAL EDUCATION • METHOD TRANSFER TRAINING

A separate pathway for healthcare practitioners, nutrition professionals, health coaches, emerging health professionals, and selected Live Clean graduates who want to learn the reasoning behind this work: systems-based reasoning, functional blood chemistry, pattern recognition and therapeutic sequencing.

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



SYSTEMS
THAT HEAL

Dr. Courtney Jonson, PhD, LAC, CGP

(650) 350-8046 · courtney@systemsthatheal.com · systemsthatheal.com