

Introductory Client Information

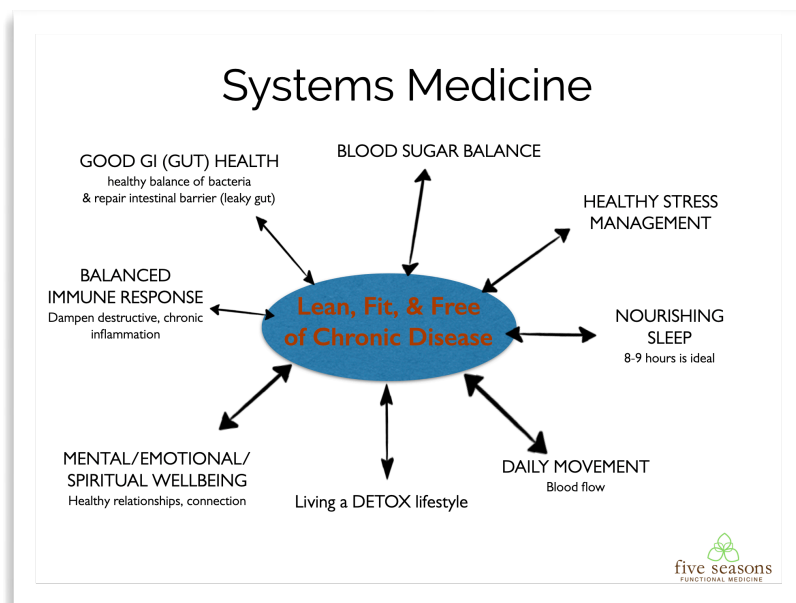
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Functional & Lifestyle Medicine
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Welcome to My Practice

It is my pleasure to welcome you to my practice. Your health is your greatest asset, and I am honored to be part of your journey. My approach to care is centered on **restoring balance through functional/systems and lifestyle medicine**—addressing root causes rather than simply managing symptoms.

Functional Medicine is often referred to as System Medicine and is focused on addressing the underlying causes of disease, using a systems-oriented approach. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.



I have carefully crafted a suite of **programs and services** to guide you through dietary and lifestyle transitions, helping you reclaim vitality and long-term health.

This packet outlines the **Case Review Process** and the **Initial 90-Day Support Plan**, ensuring clarity on what to expect as we work together.

INITIAL CASE REVIEW PROCESS

What to Expect

The **Case Review Consultation** is a one-hour deep dive into your health concerns, focusing on objective data from **comprehensive laboratory testing** and **functional medicine assessment** tools. This process provides a clear picture of your metabolic health, immune status, and other key physiological functions.

Components of the Case Review - \$560

1. Comprehensive BioScreen (LabCorp Blood Test)

- Evaluates key metabolic markers, gut health, immune response, blood sugar balance, adrenal function, thyroid health, and more.
- Cash-only price: **\$285** (Insurance price: **\$1700**)

2. Report of Findings

- A detailed **metabolic assessment** summarizing underlying patterns contributing to your symptoms.
- **Color-coded lab report** for easy interpretation.
- Identification of imbalances and dysfunctions that may be affecting your health.

3. Initial Consultation (60 Min) & Treatment Plan

- A **therapeutic dietary strategy** tailored to your needs.
- **Targeted supplementation** based on your specific metabolic profile.
- **Lifestyle modifications** to support healing and sustainable wellness.

Initial Case Review Consultation:

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

**Insurance price \$1700*

1 Hour Consultation: \$275**

****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: \$560

Established Office Visits: \$150/275 (30/60 min)

SYSTEMS HEALING PROGRAMS

These systems-healing programs are designed to save time and money in the long run by providing the one-on-one time needed to review lab tests, adjust your treatment plan, and learn lifestyle skills fundamental to lifelong health. Structured follow-up ensures you push through resistant blocks and transition into a preventative health lifestyle.

These Programs Includes:

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

Depending on your goals and readiness, you may begin with a Quickstart Plan or move directly into a longer mentorship program.

Program	Quickstart Plan Targeted Reset & Foundation	Live Clean Gut-Immune-Hormone Program	Repair & Clear Advanced Gut Nutrition
Duration	6 Weeks	4 Months	6 Months
Purpose	<ul style="list-style-type: none"> • Provide a focused therapeutic reset to stabilize symptoms and start core nervous system daily practices. • Deliver a personalized medical nutrition plan and foundational support to initiate healing. • Provide an opportunity to establish early wins and ensure the approach is aligned before committing to a longer mentorship. 	<ul style="list-style-type: none"> • Gut & Immune Repair • Autoimmune Recovery • Microbiome Regulation • Hormone Balance 	<ul style="list-style-type: none"> • GAPS Nutrition Protocol • 2-Phase Advanced Gut Repair • Ketogenic Variation: Gut & Physiology / Psychology
Support	<ul style="list-style-type: none"> • Quickstart Instruction Guide • Orientation Appointment • 3 Follow-Up Sessions • Recipes + lifestyle practices • Direct messaging access for questions 	<ul style="list-style-type: none"> • Live Clean Instruction Manual • Orientation Appointment • Weekly 1-on-1 Sessions • Learn the Keys Course • Email Support • Ongoing messaging support 	<ul style="list-style-type: none"> • Repair & Clear Instruction Manual • Orientation Appointment • 1st 3 Months Weekly 1-on 1 Sessions • 2nd 3 Months Bi Weekly 1-on-1 Sessions • Email Support • Ongoing messaging support
Supplement Credits	N/A	800 (included funds for therapeutic tools/ supplementation) -KetoMojo	900 (included funds for therapeutic tools/ supplementation) -KetoMojo
Total Fee	\$1295	\$4895	\$5895*

SYSTEMS HEALING

Healing is a **process, not an event**. When you embark on a health journey, your body undergoes a **Transitional Adaptation Period (TAP)**—a critical phase where old patterns break down and new habits take root. During this time, you may experience detox reactions, digestive changes, shifts in blood sugar regulation, and sleep cycle adjustments. These are natural responses as your system re-calibrates, but they can also be challenging without **structured support**. This is why my practice is designed to provide **consistent follow-up and personalized guidance**. The initial support ensures that you navigate this phase with confidence, addressing any roadblocks that arise so you can push through resistance and establish a **new, sustainable baseline for health**.

Key Focus Areas in Healing

1. **Immune Wind-Down & Inflammation Control**
 - Eliminating inflammatory dietary triggers.
 - Supporting immune system modulation and recovery.
2. **Blood Sugar Stability & Regulation**
 - Ensuring a stable energy source (glucose or ketones) for healing.
 - Reducing hormonal dysfunction caused by blood sugar fluctuations.
3. **Microbiome Shift & Gut Repair**
 - Addressing bacterial overgrowth, gut toxicity, and intestinal permeability.
 - Introducing gut-nourishing foods and targeted supplementation.
4. **Detoxification Support**
 - Enhancing liver function and elimination pathways.
 - Removing accumulated toxins from diet, environment, and metabolism.

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.*

FREQUENTLY ASKED QUESTIONS

Is 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 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. All consultations are done over Zoom video.

How can I order the supplements I need?

Supplements are dispensed through **FullScript**, providing high-quality, practitioner-recommended products tailored to your treatment plan.

Where do I go to do the testing?

Blood Tests are done at LabCorp. **Functional Lab Testing** is done via **Rupa Health**, which allows direct access to functional medicine labs at practitioner pricing. Labs are **drop-shipped** for convenience.

Do you take insurance?

I do not bill insurance directly but can provide **superbills** for you to submit to your provider. The **billable codes** I use are:

- **99203 (25)** – New Patient Consultation
- **99213 (25)** – Follow-Up Consultation

How to Get Started:

1. **Book Your Case Review Consultation** – This is the first step to understanding your current health status and creating a roadmap for healing. [Schedule Online](#)
2. **Complete Your Lab Testing** – Instructions for LabCorp will be emailed.
3. **Review Your Personalized Plan** – We will discuss results and map out your next steps and your initial consultation.

For any questions, scheduling, or further assistance, feel free to reach out:

- **Phone:** (650) 350-8046
- **Email:** courtney@fiveseasonsmedical.com

Courtney Jonson, LAc., CGP, CKC

Functional Medicine Practitioner | Licensed Acupuncturist
GAPS Certified | Ketogenic Medical Nutritionist