

Introductory Client Information

Dr. Courtney Jonson, LAc., CGP, PhD
Functional, Diet & Lifestyle Medicine



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 a part of your health-creating team!

My approach is centered on functional and lifestyle medicine—addressing root causes rather than simply managing symptoms. This means we look at how your body's systems connect and work together, restoring balance instead of suppressing signals.

Functional Medicine, often called Systems Medicine, is an evolution in healthcare. It takes us beyond symptom management and into the deeper question of why illness develops. By using a systems-oriented approach, we can better meet the health needs of the 21st century and create solutions that are sustainable, science-based, and deeply personalized.

WAYS TO GET STARTED

Choose your first step. Start where you feel ready, and together we'll map the right sequence of steps for you.

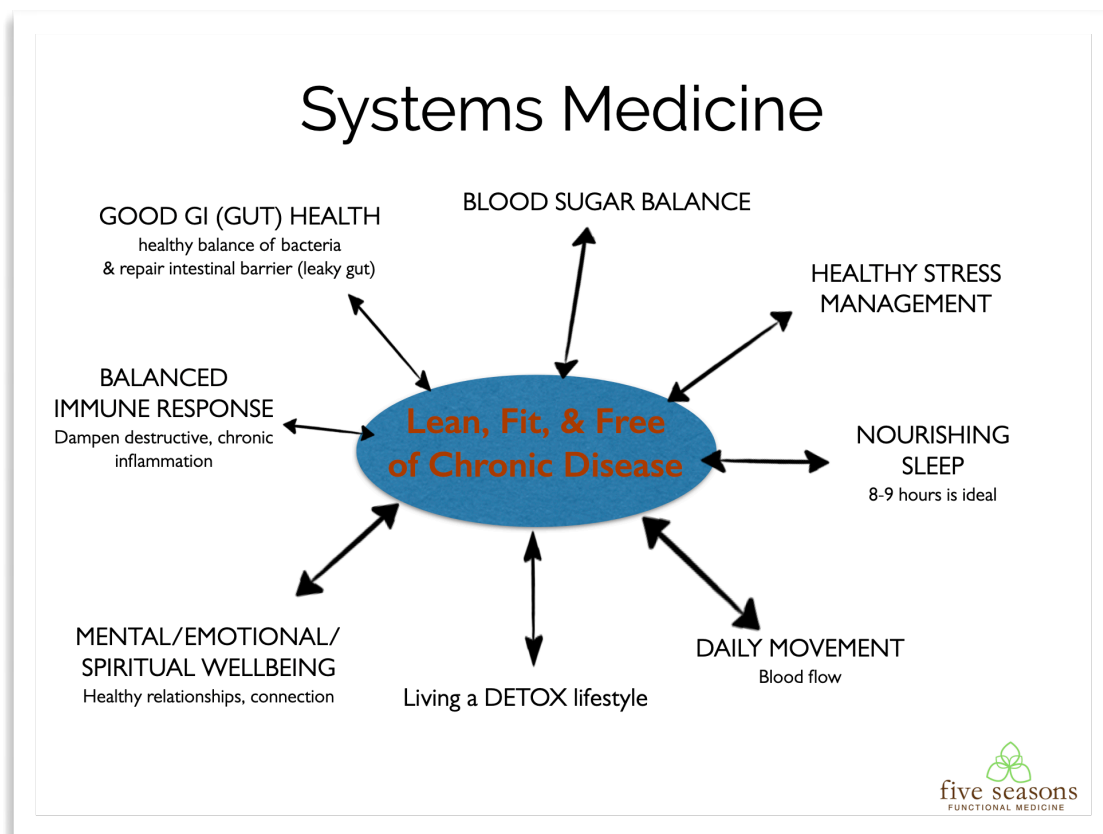
Pathway	Support	Fee	Get Started
Initial Consult	- Review concerns & goals Strategize next steps Outline options	\$195	<u>BOOK Initial Consult</u>
Case Review Package	- Comprehensive blood panel ROF Private 60-min consult	\$560	<u>BOOK Case Review Package</u>

ABOUT THE APPROACH: SYSTEMS MEDICINE

The Solution is Built into Your Own Biology

Healing is a process, not an event. When you embark on a health journey, your body undergoes a Transitional Adaptation Period (TAP)—a temporary 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, or 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 **empowering information, consistent follow-up and personalized guidance**—so you can push through resistance, address roadblocks, and establish a new, sustainable baseline for health.



LIVE CLEAN: 4 MONTH SYSTEMS RENEWAL PROGRAM

This is your foundation for transformation. Everything you need is included—your only choice is how you'd like to be supported: within a small group for community accountability, or privately with me one-on-one for personalized attention.

Approach: Support Biology-Systems

1. Immune Wind-Down & Inflammation Control
2. Blood Sugar Stability & Metabolic Health Restoration
3. Microbiome Shift & Gut Repair / Regeneration
4. Detoxification Support
5. Nervous System Regulation

Includes:

- Blood Test & Initial Case Review Consultation
(Report of Findings + Treatment Strategy)
- Live Clean Instruction Guide
- Workbook & Recipe Book
- Weekly Sessions (Group or Private)
- Educational Curriculum
- Nutritional Supplements
- KetoMojo Tech Tool
- Community Chat Support

👉 You can start here. Your program includes an Initial Case Review consultation with functional blood chemistry analysis, Report of Findings, and a Treatment Strategy as part of the package.

Pathway	Support	Investment	Get Started
Group Program	Weekly small-group sessions + shared accountability through community chat	\$3995	Enroll in the Group Live Clean Program
Private 1-on-1 Program	Weekly private sessions with direct, personalized guidance from Dr. Courtney	\$7995	Enroll in the Systems Renewal Private Program

DR. COURTNEY'S CLUB

Dr. Courtney's Club is your plan forward to long-term care, with structured follow-up and seasonal guidance so your progress becomes a way of life.

Membership	Support	Investment
Dr. Courtney's Club	Year-round continuity care with quarterly tune-ups, labs, check-ins, and full program access	\$2,995 annually or \$295/month Investment

Includes:

- Quarterly Seasonal Tune-Ups/Challenges (aligned with the Five Elements + body systems)
- Annual Comprehensive Blood Panel + Functional Report of Findings
- Quarterly Check-In Sessions with Dr. Courtney
- Complimentary Access to All DIY Diet Training Lessons
- 60% off- Live Clean Repeater
- 20% off - FullScript Nutritional Supplements
- Priority Access to Special Events, Retreats & Education

DIY MEDICAL DIET TRAINING LESSONS

For the lover of learning - who wants to dig into the science at his/her own pace.

If you are looking to **deep-dive into medical diets** and love the science & study experience, you may be interested in my **Medical Diet Training Classes**. These classes are designed for those who want structured, self-paced education, tracking notes, a variety of different meal plans based on goals, recipes and other study material.

A Word About What I Have Come to Understand

In over 23 years of practice, I have witnessed what the body is capable of when it's allowed to take over. Healing isn't about forcing the body—it's about **getting out of the way**.

The **Standard American Diet** is, quite simply, *in the way*. It drives inflammation, disrupts metabolism, and fuels the chronic diseases that have become so common today. What we call “medical diets” are really just a return to the way humans once ate—before processed foods, before chronic disease was the norm.

The truth is: **the natural state of the body is perfect health**. What has changed is not our biology, but our environment and habits. Modern lifestyle stressors and an *inflammaging* diet have adulterated that natural state.

The beauty of these dietary therapies—Keto, Low Plant Toxin & Carnivore, GAPS, and Protein Sparing Modified Fast (PSMF)—is that they **recreate the conditions in which the body can heal**. By removing what harms and reintroducing what nourishes, we unlock the body’s built-in intelligence to repair, restore, and thrive.

This is what we call **Epigenetic Reprogramming**: changing the expression of our genes for the better, by returning to the rhythms and foods our bodies were designed to work with.

Each Training Includes:

- Short, to-the-point video lessons (5–10 minutes each)
- Learning Workbook
- Recipes + Meal Plans
- Lifetime access

DIY Training	What You’ll Learn	Investment
Keto-Adapted Resiliency Training	Transition from carb-burning to fat-burning with clarity.	\$250
GAPS Gut Healing Training	How to heal and seal the gut lining with traditional nutrition therapies.	\$250
Carnivore, Ancestral Nutrition Training	Explore a structured carnivore-based protocol for reducing inflammation and supporting chronic illness.	\$150
PSMF Weight Loss Training	Learn how to use a scientifically designed low-fuel (fat & carbs), high-protein approach for rapid fat loss while preserving lean muscle.	\$150

WHY CHOOSE ME...DR. COURTNEY

When it comes to your health, you have choices. Here's why working together may be the right choice for you:

- **23+ Years of Experience** – Trusted, proven, and deeply rooted in clinical results.
- **Root-Cause Care** – I don't chase symptoms. I uncover what's driving them and give you the tools to heal.
- **Systems Medicine Expertise** – A structured, science-based approach that works with your body's own biology.
- **Personalized Support** – From group programs to private guidance, your plan is tailored to you.
- **Expert Advice on Diet Therapies** – These are the methods I've seen transform health most profoundly, reprogramming the body back to its natural state.
- **Real People & Real Results** – Visit my [Living Proof Testimonials](#) page and see what others say about me.
- **Investment in You** – My goal is not just short-term relief but lasting transformation through education, structure, and ongoing support.

In a world of quick fixes and symptom-chasing, my practice stands apart. Together, we return to what your body was designed for: **vitality, freedom, and health sovereignty.**

Next Steps

Here are your options:

1. [Schedule an Initial Consult](#) – 30 minutes to clarify your goals and outline your next steps.
2. [Schedule a Case Review](#) – Get straight to your baseline data with a functional analysis of your blood chemistry and a clear plan forward.
3. **Enroll in Live Clean** – [Live Clean Group: Systems Renewal Program](#) | [Live Clean Private: Systems Renewal Program](#)

Welcome to my practice!

Dr. Courtney Jonson, LAc., CGP, DFM, PhD

Licensed Acupuncturist | Doctor of Functional Medicine | Certified GAPS & Ketogenic Practitioner