

Metabolic Practice Blueprint

Program Overview For Practitioners

The Metabolic Practice Blueprint is a focused consulting intensive for naturopaths and integrative practitioners who want a clear working practice design instead of constant improvisation. You already know how to care for people. This process helps you build a practice that can carry that care without burning you out.

What This Is

The Blueprint is a one to one consulting container. We treat your practice as a complex case that deserves a proper assessment, a written plan, and careful follow up.

During this process we will:

- Clarify who you serve and what problems you actually treat in daily practice.
- Design your services, visit types, and follow up structure so they fit real human beings.
- Look at pricing, schedule, and basic financial sanity so your model can support a real life.
- Align your website, messaging, and patient pipeline with the practice you want to run.
- Choose or refine systems such as EHR, booking, and simple automations that respect ethics and privacy.

Who This Is For

This work is built for solo and small practice clinicians who are ready to think seriously about their practice structure.

It is a strong fit if:

- You are planning or have recently opened a practice and want to design it on purpose.
- You have an existing practice that feels scattered, exhausting, or fragile.
- You are shifting toward a clearer niche such as metabolic or chronic illness work and want your practice to match that focus.
- You value clinical integrity and patient outcomes as much as financial sustainability.

It is probably not a match if you are looking for quick scripts, mass marketing tricks, or someone to run your entire business for you.

What Is Included

Every Blueprint is customized. The general structure usually includes:

- Four to six weeks of work together with weekly calls of sixty to ninety minutes.
- A thorough intake form about your practice, your patients, and your current bottlenecks.
- Shared planning documents that we fill in together so your ideas do not stay stuck in your head.
- Email support for clarifying questions between calls.
- A written summary of your practice blueprint at the end of the process.
- A short list of concrete next steps for the next three to six months.

The goal is not to overwhelm you with tasks. The goal is to leave you with a practice design that feels coherent and possible, with clear steps that you can implement at a humane pace.

How The Process Works

Step one: Application

You complete a simple application that describes your practice, your current situation, and what you hope will change. This helps us both see whether the Blueprint is the right container.

Step two: Short call or email clarification

If the application looks like a good fit we will clarify any open questions and confirm the focus of the work. You will hear a clear yes, no, or not yet rather than vague promises.

Step three: Intensive work together

We meet regularly, usually once per week. Each call has a clear focus, such as services and visit flow, pricing and schedule, or systems and pipeline. Between calls you may have light homework such as reviewing forms or testing a small change.

Step four: Written blueprint and next steps

At the end you receive a written summary of your practice design and a realistic list of next steps. You can implement these on your own or continue with ongoing mentorship if that is appropriate.

What I Ask From You

For this process to be useful you do not need to be perfect. You do need to be willing.

During the Blueprint I ask that you:

- Tell the truth about what is and is not working in your practice.
- Set aside focused time for our calls and for a small amount of work between sessions.
- Be open to adjusting long standing habits if they are burning you out.
- Ask questions when something feels unclear or uncomfortable.
- Remember that we are building a practice you can inhabit as a human being, not an idealized persona.

Investment And Next Steps

The Blueprint is a premium container. It is meant for clinicians who are ready to invest time, attention, and resources into building a practice that can last.

Current program details, including fee and available start dates, are shared in your application follow up and during our initial conversation. This keeps the work aligned with your context and with the current capacity of my consulting schedule.

If you have read this and feel that the Blueprint matches what you need, the next step is simple:

- Complete the consulting application so I can understand your situation.
- Watch for a follow up email with either an invitation to schedule or a clear explanation if another path would serve you better.

You do not have to rebuild your practice alone. Thoughtful design is part of the work of care.