

JACLYN *jb* BACON

Client Wellbeing Transformations

This report shows client Wellbeing Survey data before and after their functional medicine program.

Abstract

As part of our concierge healthcare approach, we ask all of our clients to complete a wellbeing survey both before and after their functional medicine program.

This report shows the difference in five (5) clients' data over a 5-7 month timeframe, for five (5) different measures: positive affect, energy, health, calm and relationships.

When analyzing data, we found that there was an average 38% positive change across all clients and all measures.

We found an average increase of 56% for positive affect, 47% increase for energy, 40% average increase for health, 30% increase for calm, and 19% increase for relationships.

This data shows that taking a root cause approach to healthcare, with a focus on customized clinical strategy and compassionate partnership produces positive results in the categories assessed in 5-7 months.

If you're experiencing symptoms such as fatigue and brain fog, anxiety and irritability, or gut and skin issues and they're starting to interfere with your life, seeking functional medicine support from a board certified professional could help.



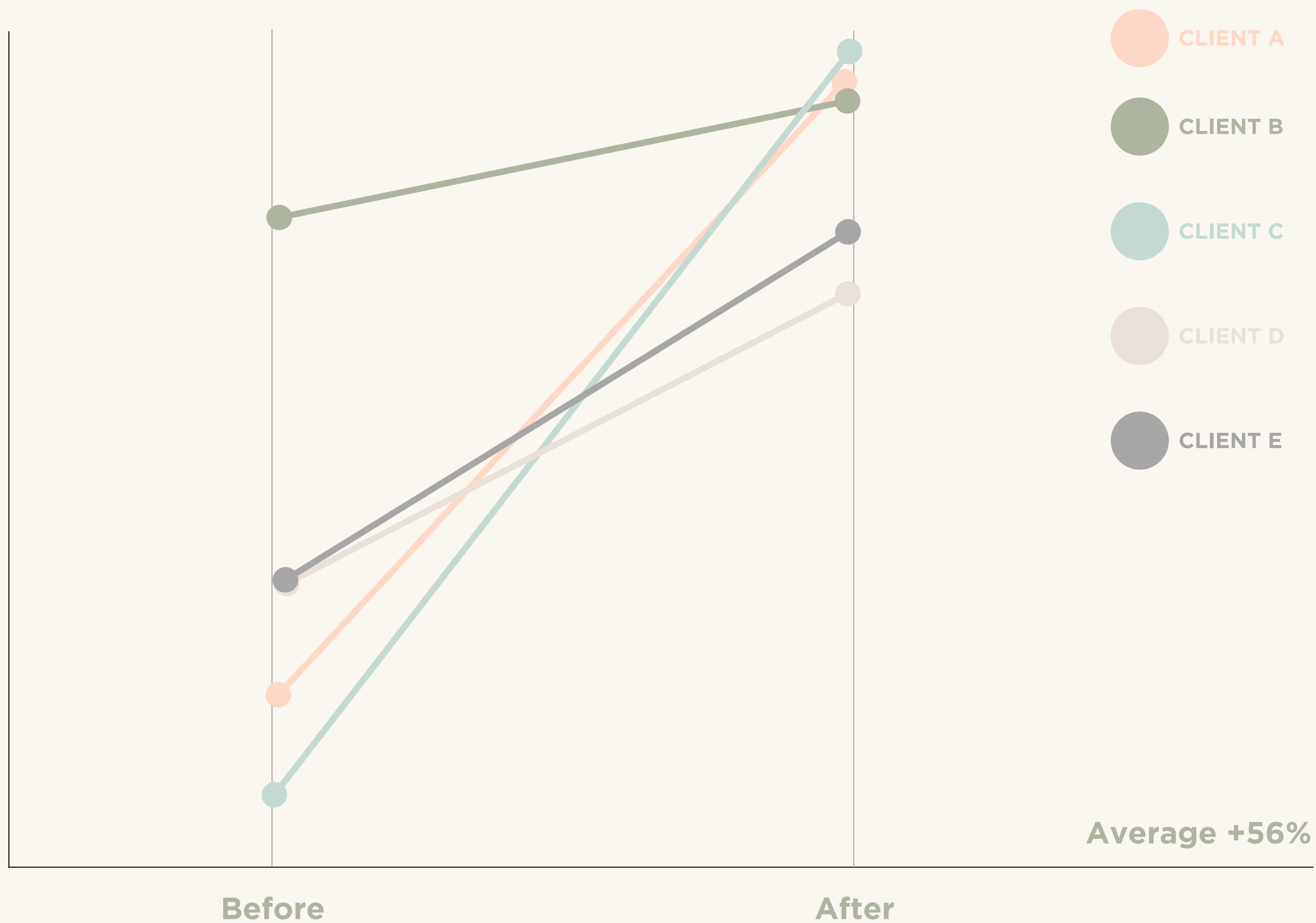
About Jaclyn



Coming alive to reclaim your health requires strategic, customized care. Trained in the traditional healthcare system, and fortunate to work in alternative healthcare settings, Jaclyn holds over 15 years of clinical experience and integrative training. Her experience in identifying her own root cause imbalances convinced Jaclyn that true health isn't found in a doctor's office during a 10 minute visit. Through a functional medicine approach and psychological support, she was

able to become free of fatigue, adaptable in the face of anxieties, reverse thyroid imbalances and weight loss resistance, and experience lasting peace and acceptance. She dedicated her career to offering the same to her clients. Through personalized plans and concierge care, Jaclyn redefines clinical strategy — blending cutting-edge lab testing and compassionate partnership.

POSITIVE AFFECT - ALL CLIENTS



The Wellbeing Survey posted questions like, In general, how often do you feel positive?, Taking all things together, how happy would you say you are? And, in general, to what extent do you feel contented? in order to assess positive affect.

Client A showed a 67% change.

Client B showed a 13% change.

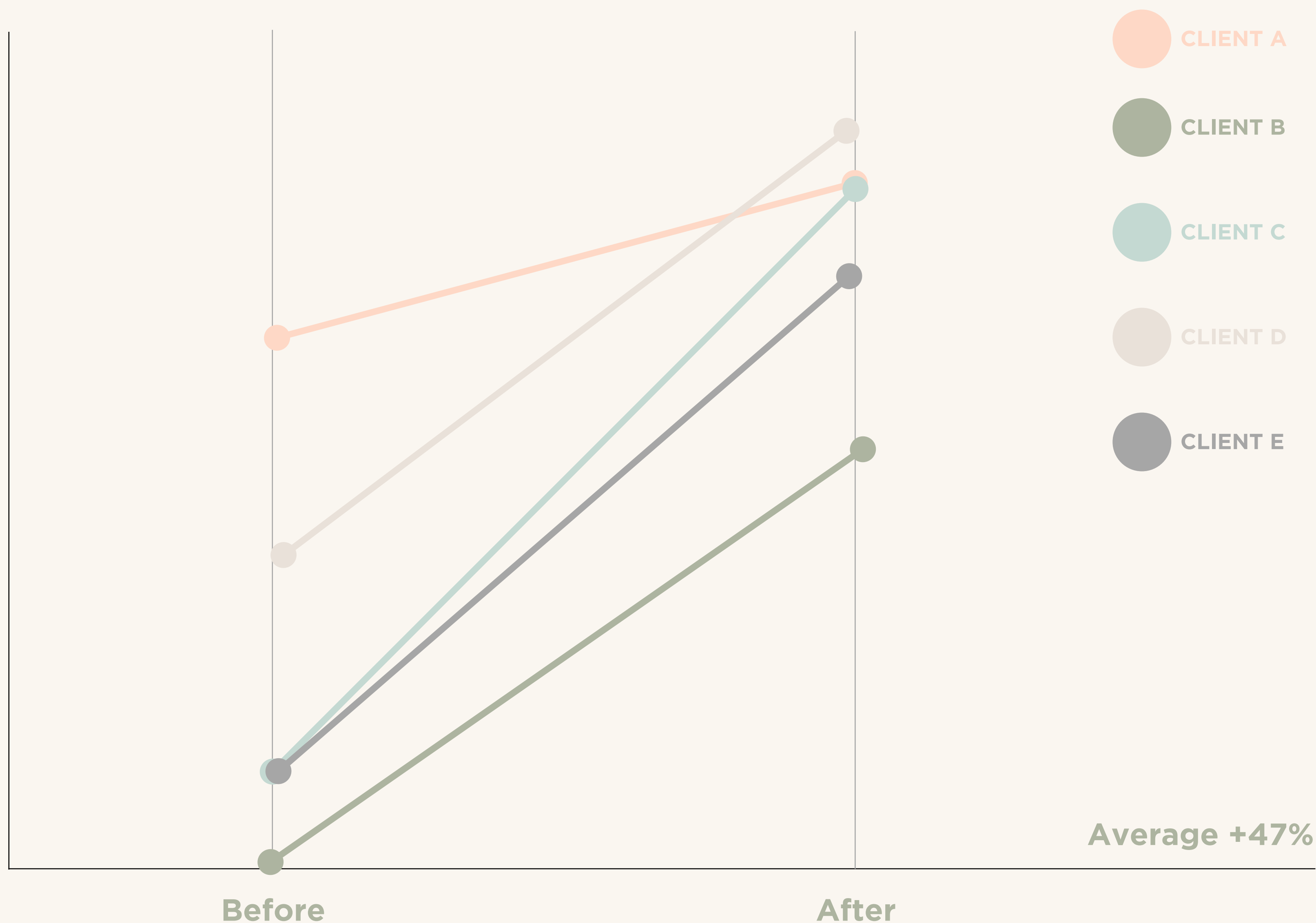
Client C showed a 88% change.

Client D showed a

Client E showed a

The average change across all clients was 56%.

ENERGY - ALL CLIENTS



The Wellbeing Survey posted questions like, In general, to what extent do you feel excited and interested in things?, How often are you able to handle your responsibilities?, To what extent did you feel tired yesterday (0 = not at all, 10 = all the time), How much of the time during the last week did you have a lot of energy? (0 = not at all, 10 = all the time) in order to assess energy.

Client A showed a 50% change.

Client B showed a 20% change.

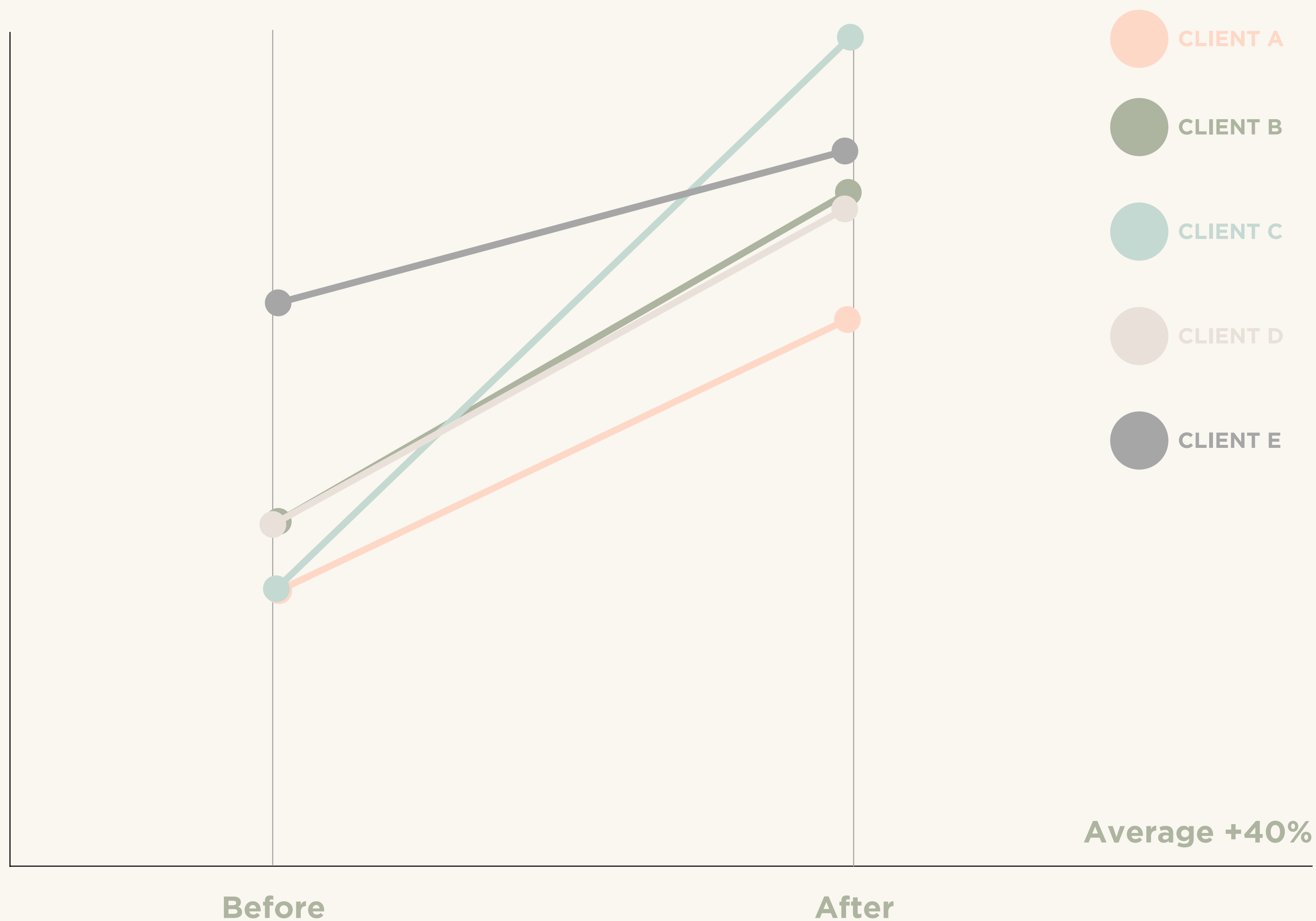
Client C showed a 70% change.

Client D showed a 60% change.

Client E showed a 50% change.

The average change across all clients was 47%.

HEALTH - ALL CLIENTS

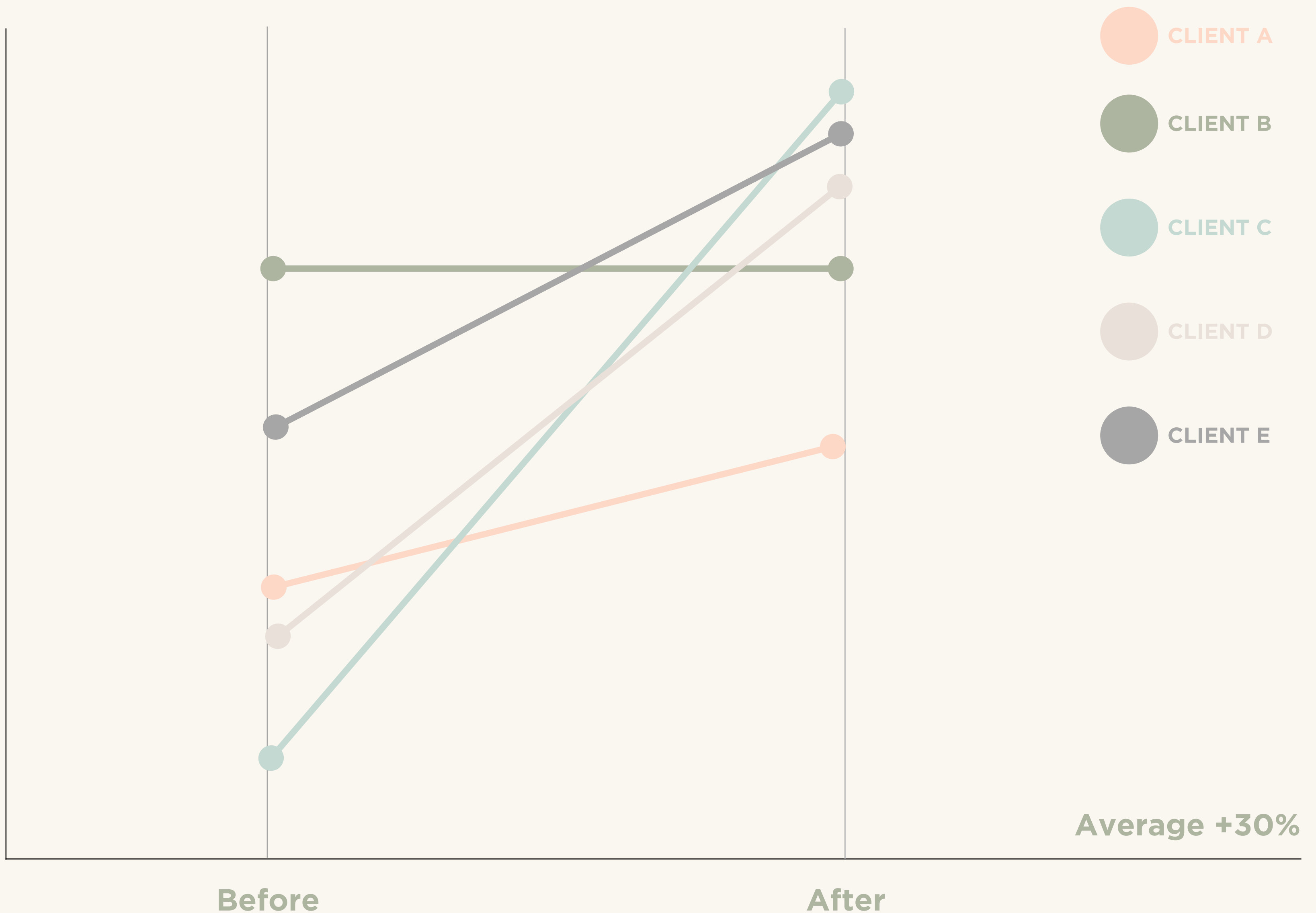


The Wellbeing Survey posted questions like, In general, how would you say your health is?, How satisfied are you with your physical health?, Compared to others of your same age and sex, how is your health? in order to assess health.

Client A showed a 27% change.
Client B showed a 37% change.
Client C showed a 57% change.
Client D showed a 37% change.
Client E showed a 13% change.

The average change across all clients was 40%.

CALM - ALL CLIENTS



The Wellbeing Survey posted questions like, In general, how often do you feel anxious?, To what degree did you feel calm yesterday (0 = not at all, 10 = all the time), How much of the time during the last week did you feel calm? (0 = not at all, 10 = all the time) in order to assess calm.

Client A showed a 10% change.

Client B showed a 0% change.

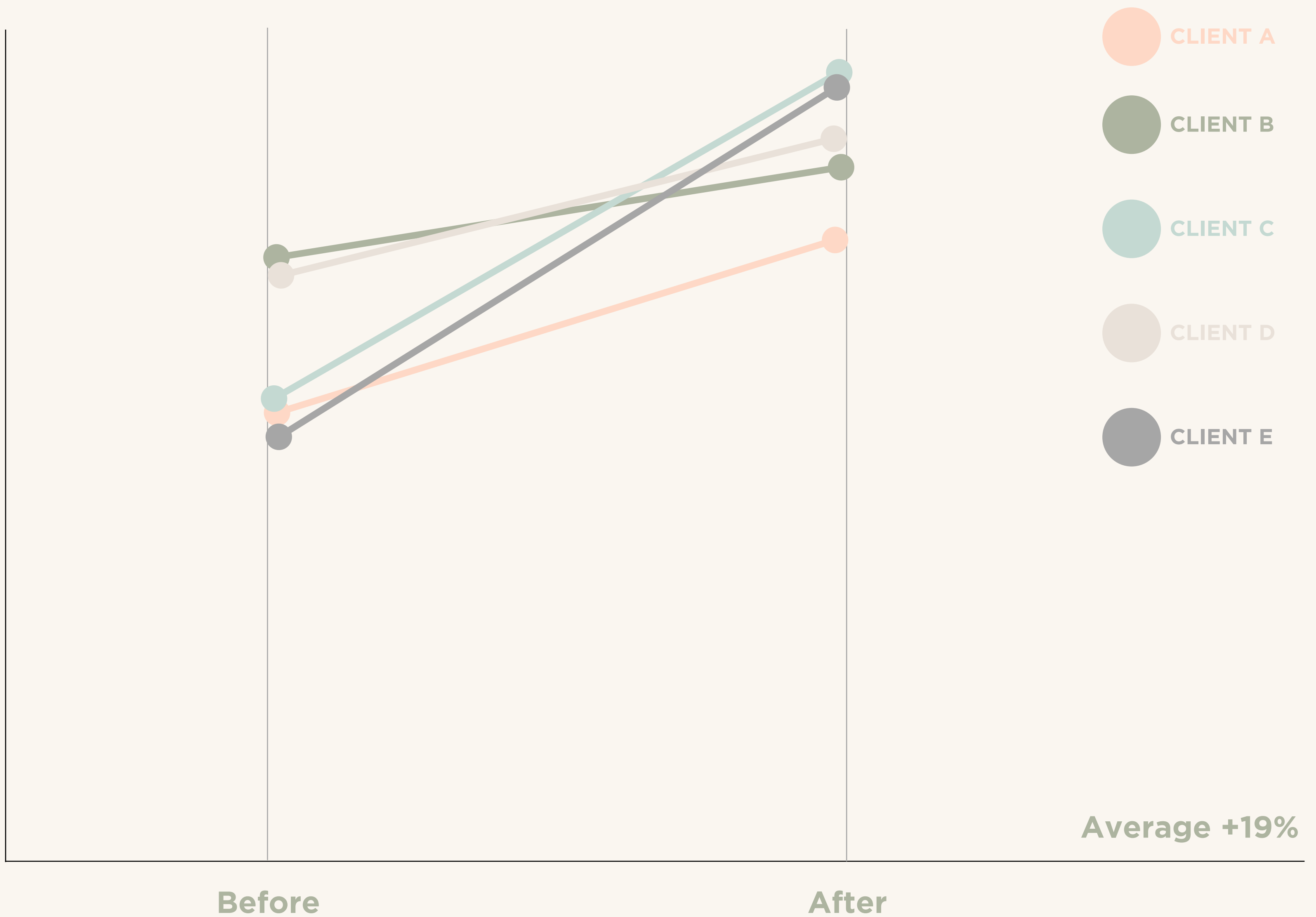
Client C showed a 79% change.

Client D showed a 40% change.

Client E showed a 60% change.

The average change across all clients was 30%.

RELATIONSHIPS - ALL CLIENTS



The Wellbeing Survey posted questions like, How lonely do you feel in your daily life?, To what extent have you been feeling loved?, How satisfied are you with your personal relationships?, How much of the time during the last week did you feel lonely? (0 = not at all, 10 = all the time) in order to assess relationships.

Client A showed a 17% change.

Client B showed a -3% change.

Client C showed a 43% change.

Client D showed a 13% change.

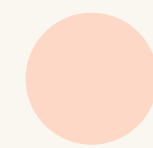
Client E showed a 40% change.

The average change across all clients was 19%.

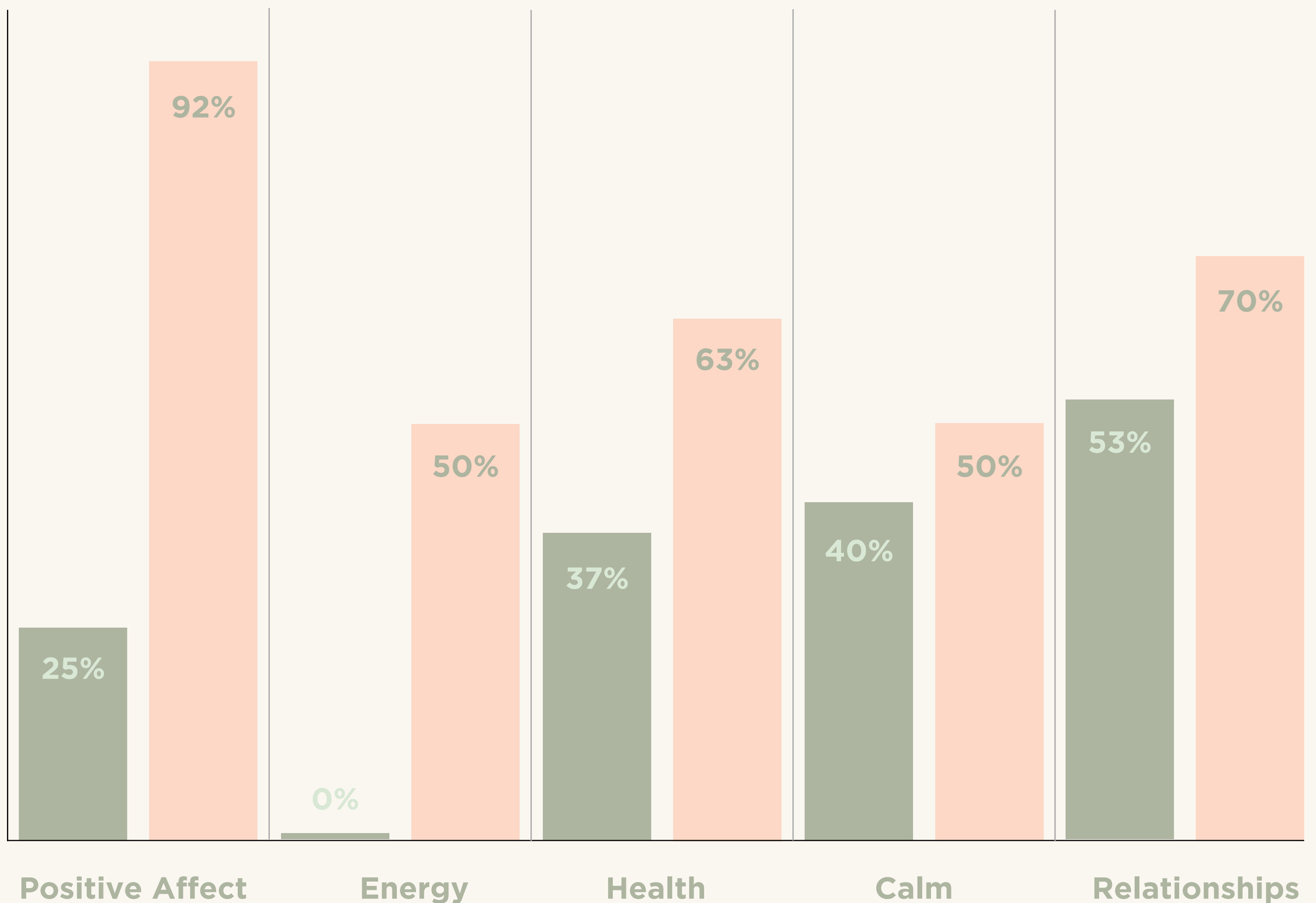
CLIENT A



Before



After



Client A is a 43 year old female who works as a nurse, married, has one 5 year old daughter.

Her pre-assessment took place in June 2020, and her post assessment took place in November 2020, about 6 months apart.

She was suffering from PMS symptoms, fatigue, brain fog, bloating, constipation, decreased libido, decreased strength, anxiety, panic attacks, marriage issues, and irritability along with grief/trauma recovery.

Her goal was to feel a zest for life again: to achieve hormonal balance, restore gut health, reduce anxiety and increase energy.

Her functional medicine labs showed that the root causes of her symptoms were trauma and grief, vitamin D deficiency and other nutrient deficiencies; cortisol and blood sugar imbalances, and low testosterone.

So, we focused our work on managing her anxiety, working mindfulness and parasympathetic nervous system practices into her days, and eliminating all or nothing thinking, shame, guilt, and codependency tendencies. We created custom nutrition and gentle movement plans for her.

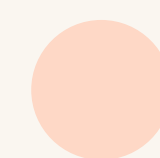
Client A experienced elimination of bloating, panic attacks, and brain fog, a 95% reduction of PMS symptoms, and increased energy by 50%. She saw increased libido and strength, lost weight, and improved her relationships by 17%.

"[Jaclyn] is a provider who truly 'gets it' and looks at the whole picture. Please don't hesitate to obtain her services. Fatigue, irritability, chronic stress, and adrenal fatigue are not the abundant life we're designed for!"

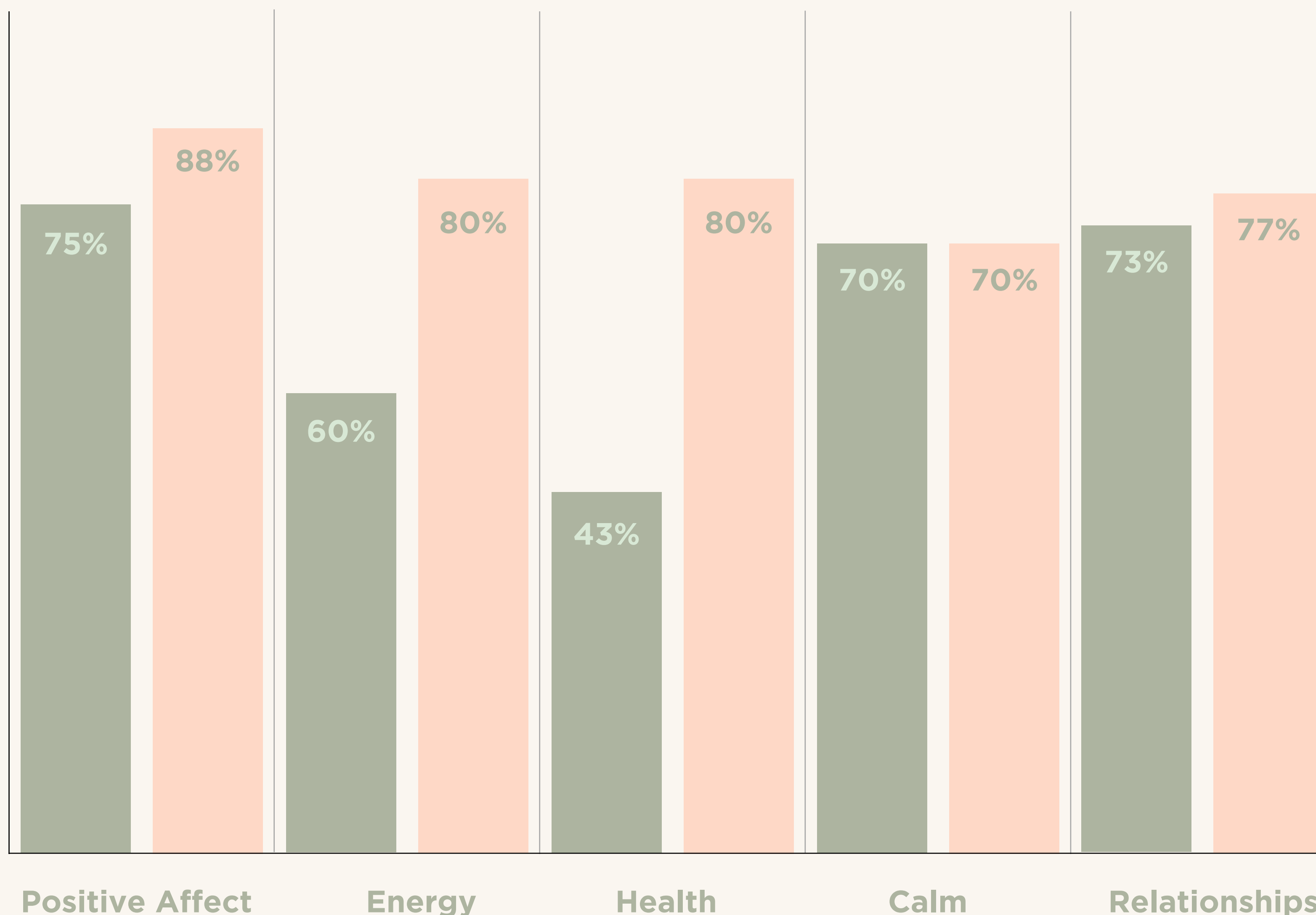
CLIENT B



Before



After



Client B is a 37 year old female, who owns her own business; mother of two school age children and a wife. Her pre-assessment took place in August 2020, and her post-assessment measurements were taken in February 2021, about 6 months apart.

Client B was noticing weight gain despite no major lifestyle changes. She was experiencing bloating and had started having stomach pains and reactions to certain foods. She was fatigued, suffered night sweats, and feelings of anxiety and irritability.

Her goal was to heal from the inside. She wanted to figure out what is going on with her body so she could feel better and experience more presence with her family. She wanted to be able to enjoy things without stomach discomfort, have more energy, and a sense of calm.

Her functional medicine lab tests showed food sensitivities, elevated blood sugars and insulin (insulin resistance), inflammation of the gut lining, reproductive hormone imbalances, adrenal fatigue, low vitamin D, and suboptimal iron.

We focused our work together on changing her dietary choices, mindfulness, processing and releasing pent up emotions, daily self care, parasympathetic nervous system practices, customized nutrient and herbal supplementation for her deficiencies and imbalances, and removing toxins from her life.

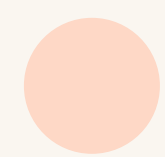
As a result she stopped gaining weight immediately, and experienced no more bloating or stomach pain within ~5 weeks. She stopped waking up in the middle of the night with sweats. Her irritability decreased, and she found herself being more present with her kids and snapping at them less. Her marriage improved as well.

"Living with an unhealthy gut seemed the norm for me. I was uncomfortable, unhappy, in pain, and tired. Jaclyn turned my insides into a new body in 6 months. My gut has healed, my brain is clear, and I'm not exhausted by the end of the day."

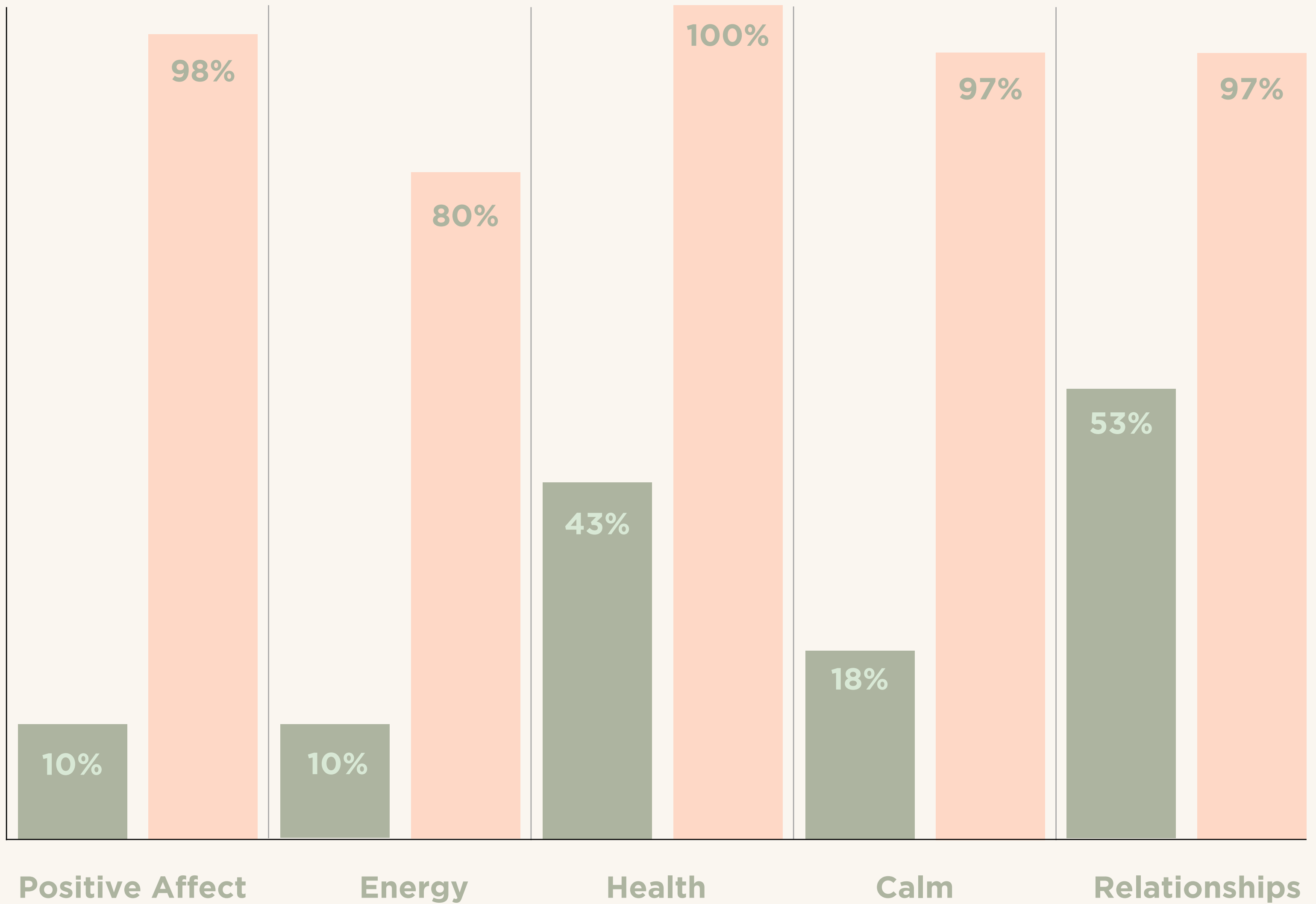
CLIENT C



Before



After



Client C is a 30 year old female, stay at home mom with 2 young children.

Her pre-assessment took place in September 2020, and her post-assessment took place in March 2021, about 6 months apart.

Client C was struggling with chronic bacterial and yeast infections. She experienced extreme fatigue, needing a nap every afternoon. She felt lonely and experienced feelings of anxiety and depression. She suffered acne, PMS, and sugar cravings.

Her goal was to eliminate her chronic symptoms so she could run a 5k without stopping. She wanted to have consistent energy without needing a nap, and wanted to feel sexy, healthy, and unstoppable.

Her functional lab testing results showed the root causes of her symptoms to be pancreatic enzyme deficiency, leaky gut, and gut bacterial overgrowth (dysbiosis). We also came to learn that she had codependency patterns, chronic stress, low protein intake, and adrenal fatigue in the form of low in testosterone, cortisol, and progesterone.

We restored her gut health with antimicrobial herbs, addressed her hormone health temporarily with herbs that help increase levels while we continued to work on her correcting her adrenal fatigue, and we replaced her nutrient deficiencies with a customized nutrition plan and supplements. We also equipped her with mindfulness practices, and challenged her perfectionist tendencies by eliminating distorted thoughts

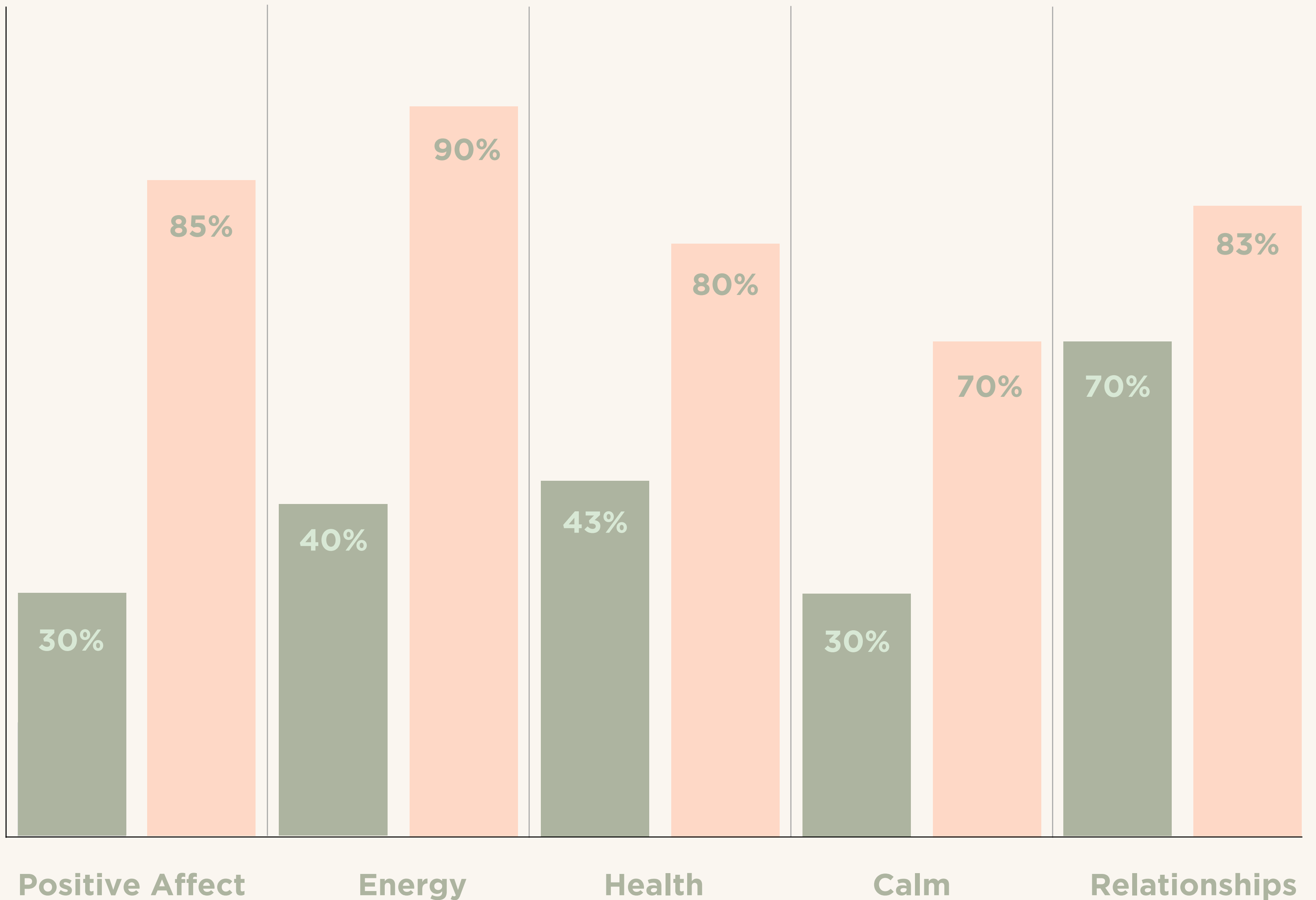
As a result, Client C stopped taking medication for her infections (after 2 years of chronic symptoms) within a month. We saw a reduction of acne by -85% and her sugar cravings were eliminated. She achieved pre-pregnancy weight, and saw an increase in energy: no longer needing a nap and exercising daily. We saw decreased irritability and feelings of anxiety, and she started consistently taking time for herself.

"Jaclyn has been attentive, supportive, patient, and understanding."

CLIENT D

● Before

● After



Client D is a 31 year old female, stay at home mom with 2 young girls, past school counselor, and wife.

Her pre-assessment occurred in May 2021, and her post-assessment occurred in November 2021, about 6 months apart.

Client D's health had declined significantly after having kids. She was suffering from fatigue, brain fog and headaches. She had gestational diabetes, postpartum depression, and a history of miscarriages. In addition to joint stiffness and muscle pain, she experienced loose stool, stomach pain, and bloating.

Her goals were to exercise daily without any hesitation, experience consistent high energy, and lose weight.

Her functional medicine testing showed root causes of food sensitivities, nutrient deficiencies, suboptimal thyroid hormone, omega 3 deficiency, and gut inflammation/leaky gut.

We created a customized supplement plan and gut soothing protocol to address her leaky gut, and addressed her perfectionist tendencies through parasympathetic nervous system and resilience practices, and reducing her attachment to her to do list and achievement.

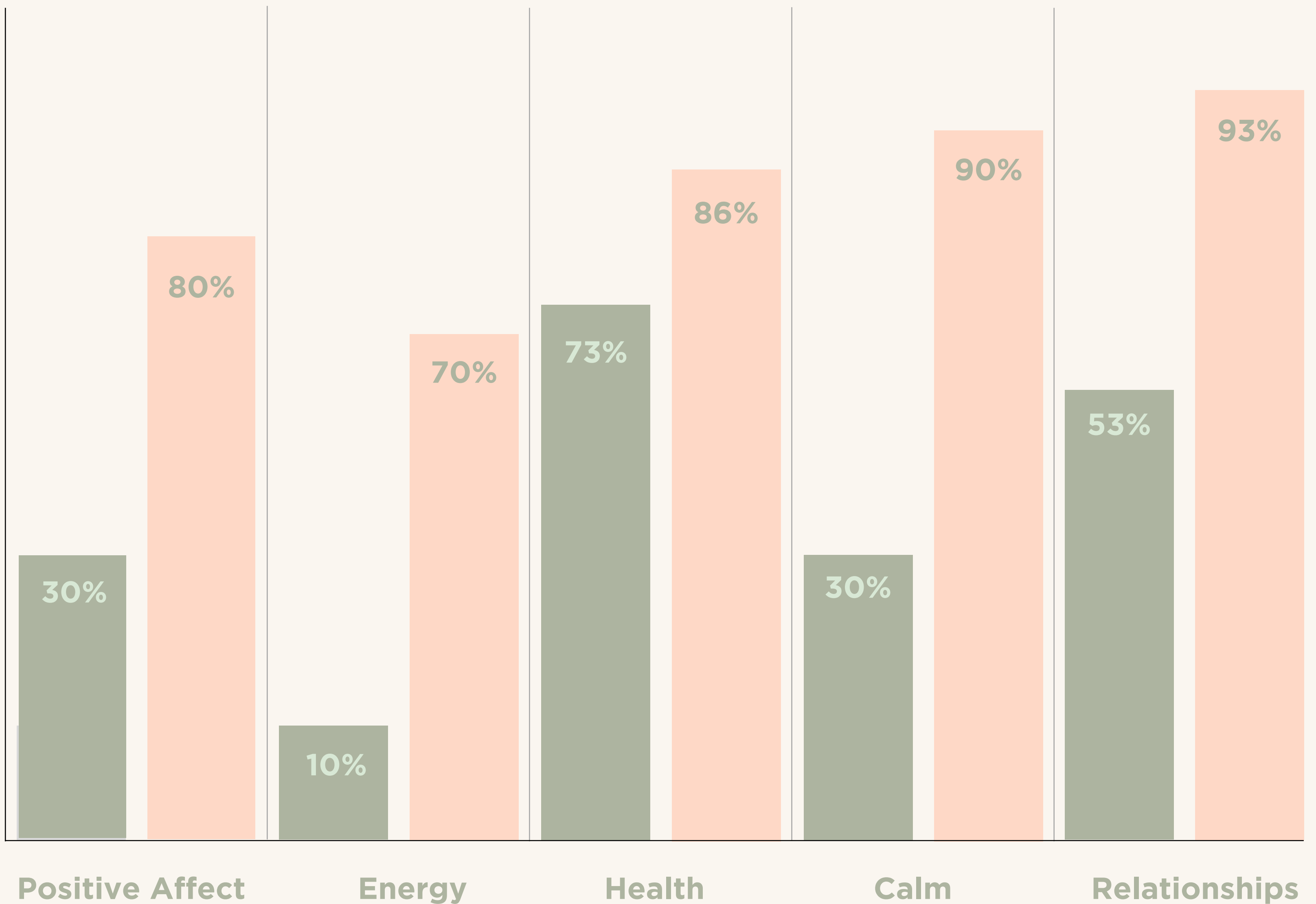
Client D experienced the following outcomes: Weight loss, elimination of loose stool and stomach pain, increased energy and decreased irritability, resilience when things happened to throw off her week. She got pregnant - a welcome surprise! - and experienced a healthy pregnancy with no gestational diabetes. At the end of our work, she felt like she could now be the mom she always wanted to be.

"With Jaclyn, I learned that my daily fatigue, gut imbalances, headaches, nausea, poor sleep, and high irritability didn't have to be a part of my daily life."

CLIENT E

● Before

● After



Client E is a 43 year old female, corporate dietician, wife with school-aged kids, and regular crossfit exerciser.

Her pre-assessment took place in August 2021, and her post-assessment took place in March 2022, about 7 months apart.

Client E was experiencing weight gain, fatigue, anxiety, and heartburn and bloating after eating.

Her goal was to know if there was something else going on with her health — that it wasn't just a diet or exercise issue. She wanted to feel energized after 5 years of consistent fatigue.

Upon reviewing her functional medicine lab results, we found the root causes of her symptoms to be low thyroid, low testosterone, low progesterone, cortisol imbalances, and mercury toxicity.

Our work focused on opening up her detox pathways with sauna sessions, replacing nutrient deficiencies, incorporating antioxidants to prime her body's capacity to eliminate mercury. Then, we reduced the number of times she was eating per day, incorporating lower glycemic index foods. We replaced her high intensity workouts with moderate intensity and started incorporating yoga, mindfulness and parasympathetic nervous system support, and optimized her sleep.

Client E experienced the following outcomes: she was no longer fatigued, no more nagging daily symptoms of headaches, brain fog, bloating. She gave a presentation on TV with no anxiety, and she had restored gut health (no more bloating)

"It never felt overwhelming: making these small sustainable changes and recommendations."

Work with Us

Come alive to reclaim your health — with customized care. We offer concierge healthcare and clinical strategy that feels comfortable from the first visit.

Accessibility

Customized plans and concierge healthcare are our priorities. You'll have direct access to Jaclyn, who thinks about you even when you're not in a session, and considers you as a whole human when making suggestions and offering treatment options.

Psychological Safety

Our approach is trauma-informed, because we know that the brain and body are connected, and your physical health symptoms often have psychological factors too. Unlike a sterile doctor's office, our interactions are intimate and personalized.

Medically Minded

We're redefining clinical strategy. Jaclyn comes from a conventional Western medicine background. She's a board certified Nurse Practitioner turned functional medicine practitioner. Our work involves comprehensive, cutting edge lab testing in addition to compassionate partnership.

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Come alive to reclaim your health — with customized care. We offer concierge healthcare and clinical strategy that feels comfortable from the first visit.

1x1 Functional Health Consulting

After an initial 90-min comprehensive review, work with Jaclyn 1x1 for at least 6 months to address root cause imbalances.

The Aliveness Program

A 12-week program that includes functional lab assessment, individual protocol creation, 1x1 support from Jaclyn, and small group workshops.

[Book a call with Jaclyn](#)

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