

# THE PRACTITIONERS BLUEPRINT COURSE CURRICULUM



**MASTER FUNCTIONAL  
BLOOD CHEMISTRY &  
BIOCHEMISTRY TO  
SOLVE COMPLEX CASES**



## MODULE 1:

### WHY THE LIVER? A SYSTEMS-LEVEL STARTING POINT

This course starts where real healing begins—at the intersections. While the liver is our anchor, what we're really exploring is a systems-level framework that connects detox, hormones, metabolism, stress, and energy production. In this opening module, I share the personal and clinical moments that made me stop chasing surface symptoms and start seeing deeper patterns. This isn't just about the liver—it's about learning to think differently, so you can uncover what's actually driving dysfunction.

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## MODULE 2:

### HYPERSENSITIVITY

This module positions hypersensitivity as a diagnostic signal that informs pacing, sequencing, and intervention readiness. You'll learn to assess systemic tolerance by evaluating markers such as mitochondrial capacity, autonomic tone, mast cell stability, glycemic regulation, and drainage readiness, allowing clinical decisions to be based on current buffering capacity rather than protocol assumptions. The emphasis is on matching intervention tempo and threshold to system resilience to avoid overload, prevent regression, and support sustainable clinical progress.

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## MODULE 3:

### UNDERSTANDING THE LIVER'S DETOX PATHWAYS – WHY START BACKWARDS WITH PHASE III?

Most detox protocols begin at the top—but in this course, we start where things actually break down: bile flow and elimination. This module explains why Phase III is the true bottleneck in modern detoxification and how poor bile flow, reabsorption, and gut-liver feedback loops drive so many chronic issues.

# MODULE 4:

## PHASE II DETOXIFICATION DEEP DIVE

Here we explore the critical middle step in detoxification—where nutrients become medicine. You'll uncover the real-life implications of sluggish conjugation and how it's directly tied to everything from estrogen dominance to fatigue. Each pathway is broken down clearly, with practical insight into how dysfunction shows up and what it really means.

- **3.1 Glucuronidation** – One of the most burdened detox pathways today, especially in the context of mold, hormone imbalance, and chemical exposure.
- **3.2 Glutathione Conjugation** – More than just taking NAC—this pathway is a cornerstone of liver resilience, and here we explore how to truly support it.
- **3.3 Methylation** – Not just about MTHFR. We connect the dots between methylation, mood, detox, estrogen, and nutrient status.
- **3.4 Amino Acid Conjugation** – Quiet but essential. Learn how this pathway is tied to protein intake, stress, and urea load.
- **3.5 Acetylation** – Under-discussed but highly relevant for histamine, medications, and certain food reactions.
- **3.6 Sulfation** – A sensitive pathway for many. Here, we untangle what sulfur reactions really mean and how to support sulfation safely.

# MODULE 5:

## PHASE I DETOX – CYTOCHROME P450 ENZYMES

Phase I is where toxins are activated—but when it's too fast or outpaces other systems, symptoms worsen. This module explains how Phase I becomes overactive in today's world, how to interpret patterns in clients or yourself, and why slowing things down can sometimes be more therapeutic than speeding them up.

- **4.1 Spotlight on Iron** – Iron is a driver of this phase and a common blind spot. We explore how to read iron patterns in context and what they mean for liver load and detox pace.

# MODULE 6:

## BILE HEALTH AND GALLBLADDER OPTIMIZATION

Bile is more than a digestive fluid—it's your body's primary detox drainage system. In this module, we break down how poor bile flow leads to hormonal congestion, toxin recirculation, and microbial imbalance. You'll learn how to identify the signs of bile stagnation and what it actually takes to get bile moving—not just theoretically, but clinically.

## MODULE 7:

### INSULIN RESISTANCE BEYOND DIET – SYSTEMIC DRIVERS

Insulin resistance isn't just about carbs. This module reframes metabolic dysfunction through the lens of liver load, mitochondrial burnout, adrenal function, and even chronic infections. You'll gain tools for seeing insulin resistance as a systemic issue—one that's deeply tied to detox capacity and cellular energy, not just blood sugar.

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## MODULE 8:

### ADRENAL INSUFFICIENCY AND CHRONIC STRESS DEMYSTIFIED

Stress chemistry changes everything. In this module, we explore how chronic stress depletes minerals, slows liver function, and shifts the body into a catabolic state that blocks healing. You'll learn how to spot stress-pattern physiology and why supporting adrenal resilience is a non-negotiable part of liver detox work.

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## MODULE 9:

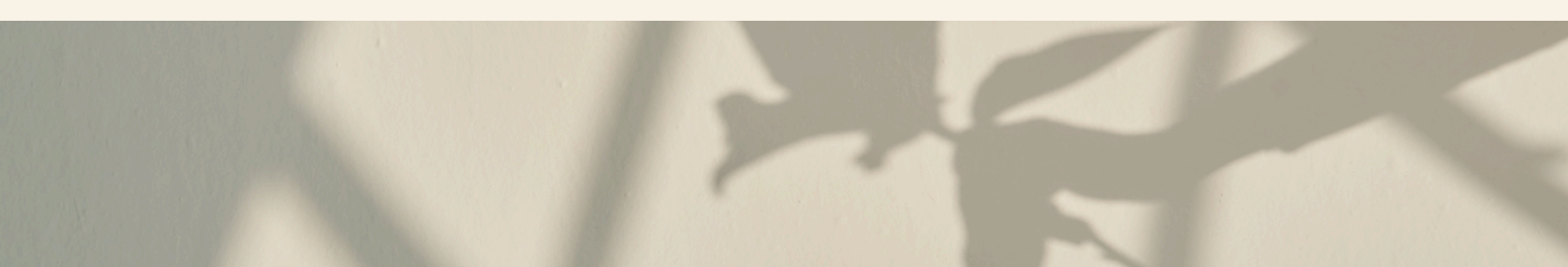
### GASTRO-INTESTINAL HEALTH & INFECTIONS

“All disease begins in the gut” still holds weight—but in today's clinical reality, it's the gut-liver relationship that drives reactivity, detox overload, and systemic inflammation. This module reframes GI health through a terrain-based lens, emphasizing the underlying ecosystem over individual microbes.

We focus on the four core drivers that repeatedly show up in complex, sensitive clients:

- Histamine overload from microbial production and impaired clearance
- Sulfur dysregulation and hydrogen sulfide dominance blocking sulfation pathways
- Oxalate accumulation that disrupts detox and flares mast cell reactivity
- Zonulin-mediated permeability and LPS load that ignite systemic immune activation

Through these patterns, we explore how a chronically burdened terrain can eventuate in mast cell activation, hypersensitivity, and an immune system operating on a hair trigger. Rather than oversimplifying these responses with broad labels, we examine the biochemical and microbial conditions that make reactivity inevitable.



While this module includes case examples with stool test markers, the emphasis is not on lab interpretation—it's on recognizing clinical terrain patterns and understanding how to sequence support effectively.

We revisit common diagnoses like SIBO and H. pylori, not as isolated problems but as downstream expressions of deeper dysfunction—poor acid, stagnant bile, impaired motility, and disrupted gut-liver feedback.

By the end, you'll see complex gut presentations for what they really are: signs of an overwhelmed, dysregulated terrain that can be restored—not managed, not suppressed—but rebuilt with precision and patience.

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## MODULE 10:

### IRON DYSREGULATION IN CHRONIC ILLNESS & LIVER HEALTH

Iron can be both life-giving and toxic—especially in the liver. In this module, we explore how iron builds up in tissues, how to differentiate true overload from functional storage, and why it's a key factor in inflammation, fatigue, and detox resistance. You'll learn how to interpret iron labs with nuance and how to support balance without guessing.

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## MODULE 11:

### MINERALS AS THE BIOCHEMICAL FOUNDATION OF HEALTH

Minerals aren't just cofactors—they're the spark plugs of every major system. This module connects mineral balance to liver detox, hormone health, thyroid conversion, and mitochondrial resilience. You'll walk away with a fresh understanding of why minerals are the first layer to stabilize before going deeper.

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## MODULE 12:

### READING BETWEEN THE LINES – EARLY DETECTION OF LIVER DYSFUNCTION

You don't need a diagnosis to see dysfunction. This module teaches you how to spot liver stress through subtle shifts in routine blood work—long before it shows up on imaging. You'll learn to recognize patterns that reveal congestion, inflammation, poor hormone conversion, and more.

- **11.1 Imaging Tools:** The Gold Standard for Assessing Liver Health – We also cover when and how to use tools like ultrasound, FibroScan, and MRI—what they can tell you, what they can't, and how to layer them with functional data for a complete picture.

# MODULE 13:

## SPECIALIZED CASE STUDIES IN LIVER DETOXIFICATION

Real-life patterns bring everything together. This module walks through key clinical themes where detox breakdown becomes the root issue—and how to navigate them with precision.

- **12.1 Estrogen Dominance** – Learn how sluggish detox, poor bile flow, and mineral imbalances create hormonal chaos—and what it actually takes to clear it.
- **12.2 Thyroid Health in Modern Times** – Explores how both peripheral and primary hypothyroidism connect to detox stress, iodine saturation, and metabolic shutdown.
- **12.3 Fungal Toxicity** – Mold and fungal toxins quietly block liver pathways and drain antioxidants. This case shows how to spot it and what supports are truly effective.
- **12.4 Candida/Yeasts** – These are more than a gut issue. Learn how its metabolic byproducts burden the liver and how to approach it without triggering backlash.

# MODULE 14:

## THIAMINE – THE MISSING PIECE FOR LIVER AND METABOLIC DYSFUNCTION

Thiamine is the often-missing link between energy, detox, and nervous system stability. This module breaks down how it supports liver enzymes, blood sugar, ammonia clearance, and mitochondrial function—and why so many people are deficient without knowing it. You'll learn how to assess thiamine need and choose the right form for the job.

# MODULE 15:

## OXIDATIVE STRESS AND ITS ROLE IN CHRONIC ILLNESS

Oxidative stress quietly erodes liver function and energy production. This module explains how chronic overload creates a cycle of poor detox, fatigue, and inflammation—and how to spot that pattern using lab and symptom data. You'll also learn which supports make a real difference and when to use them.

# MODULE 16:

## PROTEIN METABOLISM IN THE CONTEXT OF LIVER CONGESTION & BLOOD SUGAR LEVELS

Protein is essential for detox—but too much, especially when liver function is compromised, can backfire. This module explores how impaired protein metabolism drives ammonia buildup and brain fog, and why thiamine status is key to handling higher protein loads. You'll walk away with a more nuanced understanding of how much protein is right, and when.

## MODULE 17:

### GENETICS IN PRACTICE – SIMPLIFYING DETOX & METHYLATION PATHWAYS

Genetics can feel overwhelming, but it doesn't have to be. In this module we focus only on the SNPs that consistently matter in practice—**MTHFR, COMT and CBS**. You'll learn how each of these variants connects directly to symptom patterns like poor methylation, mood changes, histamine issues, detox bottlenecks, and bile flow problems. A simplified flowchart ties the genes to real-world presentation, making it easy to see when a SNP is relevant and how to support it without overcomplicating care.

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## MODULE 18:

### MITOCHONDRIAL DYSFUNCTION AND CHRONIC EBV

Chronic EBV doesn't just linger in the background—it actively reshapes mitochondrial function. This module explores how viral latency and reactivation push mitochondria into a defensive state, reducing ATP production and fueling fatigue, autoimmunity, and post-viral syndromes. You'll learn to spot bloodwork patterns that suggest chronic EBV burden, understand the link between viral load and the Cell Danger Response, and discover strategies to restore mitochondrial resilience so clients can finally move out of survival mode.

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## MODULE 19:

### INTEGRATION & CLOSING FRAMEWORKS

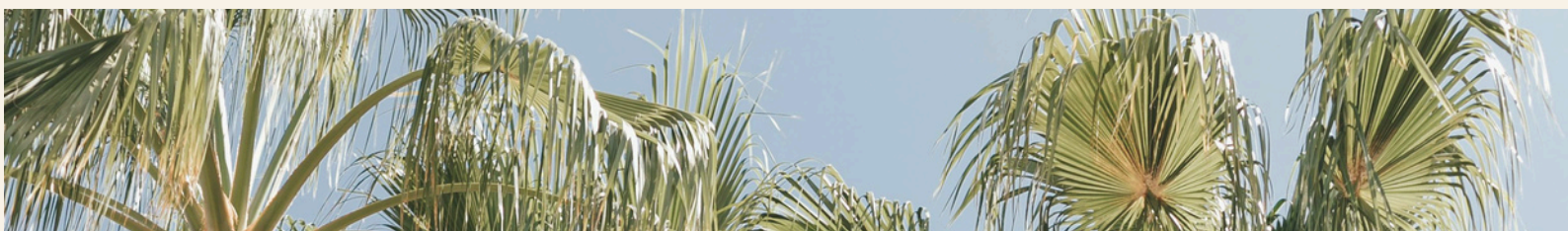
The final module brings it all together—connecting science, systems thinking, and real-world application. Whether you're a practitioner or a health-focused learner, this is about more than liver detox. It's about building a body that can adapt, clear, and thrive in a complex world.

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## MODULE 20:

### LIVE CASE STUDIES: REAL CLIENTS, REAL COMPLEXITY

Unscripted consultations paired with labs, clinical reasoning, and full treatment protocols. See how complex multi-system cases are actually worked through in practice.



# WHAT IS INCLUDED IN THE PROGRAM:



## COMPLETE LEARNING LIBRARY (20 WRITTEN + VIDEO MODULES)

A comprehensive library of 20 modules—each combining a structured written framework with an in-depth video walkthrough. Every module distills complex clinical theory into clear, actionable strategies designed for real-world application.



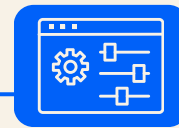
## CLINICAL INTEGRATION SESSIONS WITH SHEILA

Live sessions featuring focused case studies, practical clinical guidance, and discussion of real-world applications—helping you deepen your understanding and sharpen your approach to complex client presentations.



## FUNCTIONAL BLOOD CHEMISTRY MASTERY

A detailed PDF reference covering 70+ marker references with interpretation notes, optimal ranges, and targeted interventions. Equipping you to recognize subtle biochemical shifts and guide precision-based care.



## CLINICAL HIERARCHY FLOWCHART

A visual framework that prioritizes foundational systems when reviewing a full blood panel. Whether you're new to practice or decades in, this chart shows you where to begin—ensuring you address root-level priorities before diving into deeper complexities.



## B VITAMIN ONLOADING GUIDE

A practical step-by-step manual for titrating B vitamin intake, grounded in client-specific biochemistry, sensitivities, and methylation status.



## DETOX NAVIGATION FLOWCHART

A clinical roadmap through the complexity of Phase 2 detoxification—illustrating how to identify bottlenecks, manage sensitivity, and implement timing strategies for better outcomes.



## GENETIC DECISION- TREE FLOWCHART

A simplified framework for interpreting SNPs tied to detoxification and methylation, providing clarity on tailoring interventions to each client's unique genetic landscape.



## YEARLY ACCESS

You'll have full access to all course content for one year, and after that, you can continue to access live Q&A calls, course updates, and new bonuses at a reduced alumni renewal rate.

# NEXT *STEPS FOR* ENROLLMENT

## STEP 1

### SIGN UP FOR SELF-PACED PROGRAM

- The self-paced Practitioner's Blueprint allows you to build advanced clinical confidence and sharpen your clinical thinking-at a pace that fits your life and practice.

*[JOIN THE PROGRAM](#)*

## STEP 2

### ACCESS YOUR PROGRAM DASHBOARD - ONCE ACCEPTED

- Log into your **private learning portal** to access **Module 1-20** immediately.
- Familiarize yourself with the **curriculum structure, student resources, and community chat space.**
- **Review the replay library from past LIVE cohort integration sessions.**

## STEP 3

### SUPPORT & FAQ

- A dedicated support team is available at **[team@holistichealthbysheila.com](mailto:team@holistichealthbysheila.com)** for technical or administrative questions.