

Environmental Detox Readiness & Protocol Worksheet

Client Name: _____ Date: _____

Primary Goal: ☐ Mycotoxin Clearance ☐ Heavy Metal Mobilization ☐ General Burden Reduction

Section 1: Phase 0 – Emunctory Readiness Assessment

Crucial: Do not initiate mobilization (binders/chelators) until all "Essential" boxes are checked. This prevents toxin re-circulation.

The "Big Three" Exit Routes: - ☐ **Bowel Regularity (Essential):** Are you having 1–2 complete bowel movements daily? - ☐ **Hydration Status (Essential):** Consuming at least 2–3L of filtered water with electrolytes daily? - ☐ **Phase III Support:** Are you using bile flow supports (e.g., TUDCA, Bitters, or Artichoke)?

Secondary Exit Routes (Check all that apply): - ☐ **Skin:** Access to Infrared Sauna or regular exercise that induces sweating? - ☐ **Lymph:** Practicing dry brushing or rebounding 3-5x per week? - ☐ **Renal:** Taking kidney support (e.g., NAC or specific herbal tinctures)?

Section 2: The "Reveal" – Baseline Toxic Burden

Record your most recent lab findings to track progress.

Toxicant Category	Key Marker (e.g., OTA, Lead, Mercury)	Baseline Level	Reference Range
Mycotoxins			
Heavy Metals			
Other			

Section 3: Binder Rotation & Mobilization Protocol

Use this table to track your specific rotation as prescribed by your CFMP™.

Protocol Phase	Strategy/Agent	Dosage/Frequency	Timing (e.g., 2hrs away from meds)
Binder 1	(e.g., Activated Charcoal)		
Binder 2	(e.g., Zeolite/Bentonite)		
Mobilizer	(e.g., Liposomal Glutathione)		
Adjunct	(e.g., Infrared Sauna)		

Section 4: Weekly Symptom & Reaction Tracker

Monitor for "Detox Reactions" (Herxheimer). If symptoms spike, we may need to slow mobilization.

Intensity Scale: 1 (Mild) to 10 (Severe)

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Brain Fog							
Fatigue							
Skin Rashes							
Digestive Upset							

Readiness Score (Section 1 "Essential" boxes checked / 3): _ / 3

(Note: If score is less than 3, focus exclusively on the "Optimize" phase before adding binders.)

Observations/Notes:

Next Steps:

- ☐ Focus on bowel motility for _____ days before starting binders.
- ☐ Begin Binder Rotation 1 at half-dosage to assess tolerance.
- ☐ Schedule follow-up "Reveal" testing in _____ months.
