

EMERGING THERAPY APPRAISAL WORKSHEET

Client Name: _____ Date: _____

Proposed Intervention/Therapy: _____

Section 1: The Innovation Gap Assessment

Use this section to distinguish between "biohacking hype" and clinical potential.

1. Source of Interest:

2. [] Peer-reviewed journal
3. [] Clinical seminar
4. [] Social media/Influencer
5. [] Client request

6. Mechanistic Plausibility: Does the biological "mechanism of action" make sense for this client's biochemical individuality? (e.g., Does it actually target their identified root cause?)

7. [] Yes - [] No - [] Uncertain

8. Evidence Level:

9. [] **Level A:** Meta-analysis/Systematic Reviews (Gold Standard)
10. [] **Level B:** Small RCTs or Human Clinical Trials
11. [] **Level C:** Animal/In-Vitro studies only (Mechanistic evidence only)
12. [] **Level D:** Anecdotal/N-of-1 "Marketing Science"

Section 2: The Safety-Efficacy Matrix

Plot the intervention below to determine the ethical path forward.

| | High Efficacy (Proven Results) | Low Efficacy (Speculative) |
|---------------------------|--|---|
| High Safety (Low Risk) | GREEN LIGHT: Proceed with standard monitoring. | YELLOW LIGHT: Proceed with caution; focus on "Healing Response." |
| Low Safety (High Risk) | RED LIGHT: Requires medical supervision/referral. | STOP: Duty to Discourage. High opportunity cost. |

Current Placement: _____

Section 3: Ethical Communication & Marketing Check

Refining the language used with the client to avoid "The Cure Trap."

- **Avoid:** "This will cure/reverse [Condition]."
- **Use:** "This protocol supports [Function] and addresses biological barriers to health."
- **Identify Opportunity Cost:** Is this therapy preventing the client from seeking necessary conventional care (e.g., insulin, oncology)?
 - No - Yes (If yes, intervention must be discouraged).

Section 4: Clinical Decision & Reflection

Practitioner Recommendation: - **Approve:** Evidence and safety profiles are acceptable for the Target Phase. - **Conditional:** Proceed only after foundational "Optimize" phase is complete. - **Discourage:** Insufficient safety data or high opportunity cost.

Collaborative Notes (Client's Values & Expectations):

Agreed Objective Monitoring (How will we measure success?):

Next Steps:

- Review independent research (non-industry funded)
 - Complete foundational R.O.O.T.S. protocols first
 - Schedule follow-up in _____ days to assess response
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