

DRAINAGE-BEFORE-DETOX: CLINICAL READINESS & PROTOCOL WORKSHEET

Client Name: __ Date: __ Coach: ____

Section 1: Phase III "Exit Door" Readiness Assessment

Before beginning any active detoxification (Phase I & II), we must ensure your "exit doors" (Phase III) are open. Please check all that apply to your current status.

Bowel Function (The Primary Exit): - ☐ I have at least one complete, well-formed bowel movement daily. - ☐ I am currently experiencing constipation (fewer than 1 daily or hard to pass). - ☐ I am using Magnesium or fiber support to maintain regularity.

Hydration & Kidney Flush: - ☐ I drink at least 2–3 liters of filtered water daily. - ☐ I include electrolytes or trace minerals in my water. - ☐ My urine is consistently pale yellow (not dark or cloudy).

Lymphatic & Skin Integrity: - ☐ I engage in at least 15 minutes of movement daily to move lymph. - ☐ I am able to sweat (via exercise or heat). - ☐ I currently have skin rashes, acne, or "itchy" skin (potential sign of clogged drainage).

Section 2: The Clean Living Blueprint (Exposure Reduction)

Total Toxic Burden is reduced by "mopping the floor" while "turning off the faucet." Rate your progress on these environmental pillars.

Pillar	Action Item	Status (Done/In Progress/Not Started)
AIR	HEPA/Carbon filtration installed in bedroom/main office.	
WATER	Multi-stage filtration (RO or Berkey) for drinking/cooking.	
FOOD	Switching "Dirty Dozen" to 100% Organic (Glyphosate reduction).	

Pillar	Action Item	Status (Done/In Progress/Not Started)
SKIN	Fragrance-free/Phthalate-free personal care products.	
KITCHEN	Replaced non-stick Teflon with Stainless Steel or Ceramic.	
EMF	Wi-Fi router turned off at night to support Lymphatic drainage.	

Section 3: Drainage & Physical Modality Tracker

Use this table to track your Phase III support for the next 7 days. Do not proceed to heavy binders or liver P450 induction until this week is completed successfully.

Day	Daily BM? (Y/N)	Water (Liters)	Modality (Sauna/Dry Brush/Castor Oil Pack)	Notes (Energy/Brain Fog)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Section 4: Clinical Readiness Reflection

Total "Yes" in Section 1: _ / 8 Readiness Score: * **0–5:** NOT READY. Focus 100% on drainage (hydration, minerals, bowel regularity). * **6–8:** READY. Proceed to Phase I/II support and targeted binder therapy.

Practitioner Observations:

Next Steps:

- ☐ Focus on opening drainage pathways for _____ days.
- ☐ Schedule VCS (Visual Contrast Sensitivity) test if CIRS/Mold is suspected.
- ☐ Introduce Binder (e.g., Charcoal/Zeolite) ONLY once BMs are daily.

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