

# Protocol Architecture Roadmap: Your 3-Phase Healing Journey

Client Name: \_\_ Primary Goal: \_\_ Date: \_\_

## Section 1: Phase 1 – The Foundation (Preparation)

*Focus: Opening drainage pathways and stabilizing the system (Weeks 1–6)*

The "Lead Domino" Identified: \_\_\_\_\_ (*The primary system we are addressing first to create a cascade of healing*)

**Foundational Requirements (Check all that apply):** - [ ] **Drainage:** Daily bowel movements, 2L+ water intake, liver support. - [ ] **Sleep:** 7-9 hours of restorative sleep; consistent wake/sleep times. - [ ] **Anti-Inflammatory Foundations:** Removal of primary triggers (e.g., gluten, dairy, or processed sugar). - [ ] **Stress Buffer:** Daily 5-10 minute nervous system regulation (breathwork/meditation).

## Section 2: Phase 2 & 3 – The Deep Work & Resilience

Phase	Clinical Focus	Key Actions/Supplements	Target Duration
Phase 2: Intensive	Root Cause (Pathogens, Gut, Toxins)		3–5 Months
Phase 3: Maintenance	Resilience & Sustainability		Indefinite

## Section 3: Resource Capacity & Bandwidth Assessment

*Before beginning, let's ensure the protocol matches your current life capacity to prevent overwhelm.*

**Rate your current capacity (1 = Low/Difficult, 5 = High/Easy):** 1. **Financial Bandwidth:** (Budget for labs/supplements) 1 2 3 4 5 2. **Temporal Bandwidth:** (Time for meal prep/routines) 1 2 3 4 5 3. **Emotional Bandwidth:** (Energy for making changes) 1 2 3 4 5

**Total Score:** \_\_\_ / 15 (*Note: If score is below 9, we will implement the "Silver Tier" approach to simplify the protocol.*)

## Section 4: The "Adaptive Window" (Healing Crisis Buffer)

When we move into Phase 2 (Intensive), your body may experience a **Jarisch-Herxheimer** reaction (a temporary "healing crisis" as the body clears toxins).

**Your Scheduled "Buffer" Check-In:** Date: \_\_\_\_\_ (7–10 days after starting Phase 2 protocol)

**Common "Hrx" Signs to Watch For:** - Temporary fatigue or "flu-like" feelings - Skin breakouts or mild headaches - Changes in bowel habits

### Observations/Notes:

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### Next Steps:

1. Complete Phase 1 Foundations for \_\_\_\_\_ weeks.
  2. Next appointment scheduled for: \_\_\_\_\_
  3. **Focus for this week:** \_\_\_\_\_
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