

Lead Domino & Anchor Point Clinical Reasoning Worksheet

Client Name: __ Date: __ Case Review #: __

Section 1: Systems Biology Synthesis (The Web)

Instead of listing symptoms in isolation, identify how they interact to create "Emergent Properties" (e.g., Fatigue + Brain Fog + Joint Pain = Systemic Redox Block).

Matrix Node Clusters (Identify symptoms in 2+ nodes that seem connected): 1.

_____ 2. _____

The Emergent Property: What is the "state" of the client's system (e.g., "Limbic-Dominant," "Cell Danger Response," "Metabolic Freeze")?

Section 2: The Practitioner Bias Audit

Before choosing a protocol, check your own clinical reasoning for common heuristic errors.

- [] **Anchoring Bias:** Am I over-focusing on the client's first complaint or the first lab marker I saw?
- [] **Availability Bias:** Am I suggesting this root cause because I just studied it or saw it in my last three clients?
- [] **Confirmation Bias:** Am I ignoring any "normal" lab results or symptoms that don't fit my current theory?
- [] **Premature Closure:** Have I stopped looking for causes because I found one "likely" answer (e.g., SIBO) that might only be a symptom?

Section 3: Identifying the Anchor Point (The Lead Domino)

List the current imbalances and trace them "Upstream" to find the primary driver.

Symptom/Dysfunction	Upstream Driver (The "Why")	Is this the Anchor Point?
Ex: Anxiety	Ex: Thyroid Receptor Resistance	[]
		[]

Symptom/Dysfunction	Upstream Driver (The "Why")	Is this the Anchor Point?
		[]
		[]

Selected Anchor Point: _____ (*The one imbalance that, if corrected, resolves the most other symptoms*)

Section 4: Phenotype Recognition

Check if the client fits a specific Master-Level profile:

- [] **Limbic-Dominant:** Highly sensitive, reacts to all supplements, high "threat perception."
- [] **Hyper-Metabolizer:** Requires high doses of nutrients; symptoms return quickly after stopping.
- [] **Stealth Infection:** Normal standard labs but persistent, low-grade systemic "simmering."
- [] **Environmental Phenotype:** Symptoms correlate with specific locations or exposures.

Section 5: Clinical Hunch & Validation

The Clinical Hunch (Subconscious Pattern Matching): *What is your "gut feeling" about this case based on previous experience?*

The Validation Step: *What specific lab test or objective data will you use to prove/disprove this hunch?*

Next Steps / "Lead Domino" Action:

1. _____
 2. _____
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