

# METABOLIC CLEARANCE & ENERGY EFFICIENCY ASSESSMENT

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** This tool evaluates the relationship between your body's "Engine" (Mitochondrial Energy) and its "Filter" (Biotransformation Capacity). By identifying where these nodes are congested, we can move from "midlife burnout" back to vitality.

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## Section 1: Biotransformation & Elimination (The Filter)

*Check the boxes that apply to your experience over the last 30 days.*

**The "Wine Test" & Chemical Sensitivity** - [ ] I feel significantly worse or "hungover" after just one glass of wine. - [ ] I am sensitive to strong smells (perfumes, gasoline, cleaning chemicals). - [ ] I experience "brain fog" or difficulty finding words after exposure to chemicals. - [ ] I have a history of exposure to mold, heavy metals, or industrial pollutants.

**Phase II Conjugation Signs** - [ ] I feel "wired but tired" or have skin rashes/itchiness. - [ ] I struggle with caffeine—it either does nothing or makes me crash hard. - [ ] I have regular digestive issues or infrequent bowel movements (less than once daily).

## Section 2: Mitochondrial Engine (The Energy Node)

*Rate the following on a scale of 0-3 (0 = Never, 3 = Severe/Daily).*

Symptom	Frequency (0-3)	Notes (e.g., specific time of day)
<b>Morning Fatigue:</b> Waking up tired after 7-8 hours of sleep.		
<b>The 3 PM Crash:</b> Sudden loss of energy in the afternoon.		
<b>Exercise Intolerance:</b> Feeling "wiped out" for 24+ hours after a workout.		
<b>Muscle Heaviness:</b> Limbs feel heavy or weak during normal tasks.		

Symptom	Frequency (0-3)	Notes (e.g., specific time of day)
<b>Brain Fog:</b> A "veil" over thoughts or inability to focus.		

## Section 3: The Toxic Link Reflection

Total Score (Section 1 Checks + Section 2 Ratings): \_\_\_\_

**Clinical Correlation:** \* **0-5 (Low Congestion):** Your engine and filter are likely well-aligned. Focus on maintenance. \* **6-15 (Moderate Congestion):** Your "filter" may be slowing your "engine." You are likely in a mild *Cell Danger Response*. \* **16+ (High Congestion):** High Toxic Burden is likely uncoupling your ATP production. Priority should be on supporting Phase II Biotransformation.

**Observations & Patterns:** (e.g., *"I noticed my brain fog is worst on days I use cleaning supplies"* or *"I can't recover from the gym anymore."*)

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## Next Steps & Practitioner Recommendations:

- [ ] **Support the Filter:** Focus on Phase II Conjugation (e.g., cruciferous vegetables, amino acids).
  - [ ] **Fuel the Engine:** Introduce mitochondrial cofactors (e.g., Magnesium, CoQ10) once elimination is supported.
  - [ ] **Reduce Load:** Identify and remove one primary environmental toxicant.
  - [ ] **Follow-up:** Re-assess in 6 weeks to measure "Metabolic Clearance" improvement.
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