

The Triad of Dysfunction: Clinical Sequencing Worksheet

Client Name: _____ Date: _____ Primary Concern: _____

Section 1: The Triad Screening (Symptom Clusters)

Check all that apply to identify the "Three-Headed Hydra" presence.

Cluster A: CIRS (Biotoxin Illness)

- [] History of exposure to Water Damaged Buildings (WDB)
- [] "Ice pick" pains or migrating joint pain
- [] Metallic taste in mouth or static shocks
- [] Sensitivity to light and/or morning stiffness
- [] Known HLA-DR Genetic Susceptibility? [Yes / No / Unknown]

Cluster B: MCAS (Mast Cell Activation)

- [] Reacts to many foods, smells, or jewelry (nickel)
- [] Sudden flushing, hives, or unexplained itching
- [] Tachycardia (racing heart) or "air hunger"
- [] Symptoms worsen with heat, vibration, or stress
- [] History of "reacting to everything" (supplements/meds)

Cluster C: Stealth Infections (Lyme & Co.)

- [] History of tick bite or "bullseye" rash
 - [] "Crushing" fatigue that doesn't improve with rest
 - [] Night sweats or air hunger (Babesia indicator)
 - [] Foot pain or "cat scratch" stretch marks (Bartonella indicator)
 - [] Flu-ish feeling that cycles or comes and goes
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Section 2: Clinical Sequencing Planner

Follow the CFMP™ Protocol order. Do not move to the next step until the current step is "Stable."

Step	Phase	Action Plan / Specific Recommendations	Status
1	Safety & Environment	<i>Remediation, HEPA filters, moving out of mold.</i>	[]
2	Mast Cell Stability	<i>Quercetin, Luteolin, Holy Basil, Low Histamine Diet.</i>	[]
3	Drainage Pathways	<i>Support liver, lymph, and daily bowel movements.</i>	[]
4	Gentle Binding	<i>Introduce Charcoal, Clay, or Zeolite (Start low/slow).</i>	[]
5	Targeted Clearing	<i>Antimicrobials for Lyme/Bartonella/EBV.</i>	[]

Section 3: Cell Danger Response (CDR) Assessment

Current State (Circle One): * **CDR1 (Defense):** Inflammation, high reactivity, low energy, "stuck" in survival mode. * **CDR2 (Repair):** Starting to rebuild, less reactive, but still easily fatigued. * **CDR3 (Recovery):** Returning to normal function, improved mitochondrial output.

Observations on Reactivity:

Next Steps & Practitioner Notes:

1. Immediate Priority: _____
2. Referrals Needed (Testing/Remediation): _____
3. Follow-up Date: _____

Practitioner Signature: _____

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