

# Lifestyle Synthesis & "Target Phase" Readiness Assessment

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

**Objective:** To determine if your physiological foundation is stable enough to move from the **Optimize Phase** (lifestyle/environment) to the **Target Phase** (intensive clinical interventions like chelation, gut weeding, or hormone therapy).

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## Section 1: Circadian & Metabolic Alignment

*Goal: Synchronize the Suprachiasmatic Nucleus (SCN) and peripheral clocks.*

- [ ] **Morning Sunlight:** Do you get 10-15 mins of direct sunlight before 9:00 AM?
- [ ] **Meal Timing:** Is your final meal consumed at least 3 hours before bed (no late-night blue light snacking)?
- [ ] **Sleep Consistency:** Do you go to bed and wake up within the same 30-minute window daily?
- [ ] **Blue Light:** Are you using blue-blocking glasses or avoiding screens 2 hours before sleep?

## Section 2: Total Toxic Burden (TTB) & Elimination

*Goal: Ensure the delta between exposure and biotransformation is manageable.*

- [ ] **Elimination:** Are you having 1–2 complete, easy-to-pass bowel movements daily? (Non-negotiable)
- [ ] **Hydration:** Are you drinking filtered water from glass or stainless steel (avoiding BPA/phthalates)?
- [ ] **Personal Care:** Have you audited your "Top 3" daily products (soap, deodorant, lotion) for parabens/fragrance?
- [ ] **Environment:** Is your home/work environment free of visible mold or strong chemical odors (VOCs)?

## Section 3: Psychoneuroimmunology (PNI) & Stress State

*Goal: Shift the nervous system from "Danger" (Th17) to "Safety" (S-IgA support).*

Focus Area	Current State (1-5)	Notes (Triggers identified?)
Perceived Stress Level (1=Low, 5=High)	[ ]	
Ability to "Pause" / Breathe during stress	[ ]	
Presence of "Fight or Flight" symptoms	[ ]	

## Section 4: Genetic Synthesis (SNP Support)

*Goal: Adjusting environment to compensate for genetic variations.*

- **MTHFR:** Are you avoiding "fortified" grains (synthetic folic acid) and limiting alcohol? [ ] Yes [ ] No
  - **COMT:** Are you limiting caffeine/stimulants to prevent catecholamine buildup? [ ] Yes [ ] No
  - **VDR:** Are you getting midday sun or consistent Vitamin D support? [ ] Yes [ ] No
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## Section 5: The "Ready for Target" Scorecard

Total Checkboxes Marked: \_\_\_ / 15

**Critical Non-Negotiables (Must be "Yes" to proceed to Target Phase):** 1. Daily Bowel Movements? [ ] Yes [ ] No 2. Consistent 7-8 Hours Sleep? [ ] Yes [ ] No 3. Major Environmental Triggers (Mold/BPA) Mitigated? [ ] Yes [ ] No

**Practitioner Decision:** \* **12-15 Points + All Non-Negotiables:** Proceed to **Target Phase** (Nutraceutical stacking/clinical protocols). \* **Under 12 Points or missing a Non-Negotiable:** Remain in **Optimize Phase**. Focus on lifestyle synthesis for 30 more days.

**Observations & Synthesis Strategy:**

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## Next Steps:

1. \_\_\_\_\_
  2. \_\_\_\_\_
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