

Your Roadmap to Healing: Putting First Things First

What is the Clinical Hierarchy?

When you aren't feeling your best, it's tempting to try to fix every symptom at once. However, your body works like a row of dominos. The **Clinical Hierarchy** is simply a plan to find the "First Domino"—the main issue that, when fixed, helps all your other symptoms get better naturally. Instead of guessing, we focus on the areas that will give you the most relief with the least amount of stress.

Why This Matters For You

- **Stop the Overwhelm:** You don't need a cabinet full of 20 supplements. We focus on the few things that actually move the needle.
- **Quick Wins:** We identify "Low-Hanging Fruit"—simple changes that make you feel better in just a few days—to give you the energy to keep going.
- **Fix the Root, Not the Branch:** By finding the "Upstream" cause (like stress or sleep), we stop "Downstream" problems (like digestive issues or low energy) from coming back.
- **Your Body Can Finally Rest:** We prioritize your nervous system. When your body feels safe and calm, it can finally start the work of repairing itself.

What You Can Do Today

1. **Hydrate for Energy:** Aim for 2–3 liters of water today. Proper hydration can clear "brain fog" and headaches faster than almost any supplement.
2. **Focus on the "Quick Win":** Pick one simple habit this week, such as taking a magnesium bath or turning off screens an hour before bed. These small shifts tell your nervous system it's time to heal.
3. **Eat a High-Protein Breakfast:** Stabilizing your blood sugar first thing in the morning prevents the "afternoon crash" and keeps your mood steady all day.
4. **Pause and Breathe:** Before you eat, take three deep breaths. This tells your body to switch from "Fight or Flight" mode to "Rest and Digest" mode.

Questions to Discuss with Your Coach

- Looking at my symptoms, which one do you think is my "**First Domino**" (the primary driver)?

- What is one "**Low-Hanging Fruit**" change I can make this week to feel a quick win?
 - How is my current stress level affecting my ability to digest food or sleep deeply?
 - Are there any "Upstream" triggers in my environment (like my home or workplace) that we should look at?
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