

Phase 0-III Detoxification Sequence & Triage Worksheet

Client Name: _____ Date: _____

Section 1: Phase 0 Triage (Stop the Bleed)

Before beginning any active detoxification, ensure the "Safe Haven" is established to prevent further physiological collapse.

- [] **Environmental Cessation:** Is the client currently removed from the primary source of exposure (e.g., moldy home/office)?
- [] **The "Safe Haven":** Is there one room with a HEPA/VOC filter, no rugs/curtains, and scrubbed surfaces?
- [] **Mast Cell Stability:** Is the client taking natural stabilizers (Quercetin, Luteolin) to dampen the inflammatory storm?
- [] **Neurological Support:** Are GABAergic supports or neuro-calming techniques in place to address excitotoxicity?

Section 2: Phase III Readiness (Opening the Drain)

Crucial: Do not move to Phase I or II if Phase III (Excretion) is blocked. If the client is constipated, they will re-absorb toxins.

Daily Bowel Movement Tracker: - [] **Frequency:** At least 1-2 complete movements daily? (Yes/No: _____) - [] **Hydration:** Consuming at least 2L of filtered water daily? (Yes/No: _____)

Binder Selection (The "Mop-Up" Strategy): Note: Take 2 hours away from all other supplements/medications. | Binder Type | Targeted Toxin | Selected? | Dosage (Start with 1/4 dose) | | :--- | :--- | :---: | :--- | | **Activated Charcoal** | Broad-spectrum / Mycotoxins | □ | | | **Zeolite** | Heavy Metals / Aflatoxin | □ | | | **Modified Citrus Pectin** | Lead / Inflammation | □ | | | **Cholestyramine (Rx)** | Ochratoxin / Complex Mold | □ | |

Section 3: Phase II & Nrf2 Targeting (The Conveyor Belt)

Only introduce once Phase III is stable. Use the "Micro-Dosing" approach.

Target Pathway	Intervention	Day Started	Reaction (1-10 scale)
Nrf2 (Master Switch)	Sulforaphane / Resveratrol		
Sulfation (Phase II)	Epsom Salt Baths (Transdermal)		
Methylation (Phase II)	Methyl-B Vitamins (MTHFR)		
Glutathione	Liposomal or Precursors		

Section 4: Clinical Reflection & SNP Considerations

Sensitivity Score (1-10): ____ (*1 = Highly reactive/Sensitive, 10 = Resilient*)

Genetic Priorities (Check if known): - [] **MTHFR:** (Requires slow introduction of methyl groups) - [] **COMT:** (Prone to "toxic irritability" and anxiety during detox) - [] **GSTM1:** (Null status requires higher antioxidant/glutathione support)

Observations/Symptoms (Brain fog, fatigue, tremors):

Next Steps:

- [] If reactions occur, revert to **Phase 0** and **Phase III** support only for 7 days.
 - [] Increase binder frequency before increasing Phase I/II nutrients.
 - [] Schedule follow-up to review urinary mycotoxin/GGT markers.
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