

The "Lead Domino" Clinical Prioritization Worksheet

Client Name: __ Date: _____

Section 1: The Clinical Hierarchy Audit

Identify where the client sits on the hierarchy. Check all that apply. The highest priority system with active symptoms is your Lead Domino.

Priority 1: Assimilation (Gut/Nervous System)

- ☐ Bloating, gas, or indigestion
- ☐ Constipation (less than 1 BM per day)
- ☐ Food sensitivities or "reactions to everything"
- ☐ High stress/anxiety (Vagal Tone/Nervous System)
- ☐ History of frequent antibiotic use or ACEs (Adverse Childhood Experiences)

Priority 2: Defense & Repair (Immune/Inflammation)

- ☐ Joint pain or systemic muscle aches
- ☐ Chronic "flu-like" feeling or low-grade fevers
- ☐ Hives, rashes, or histamine reactions (MCAS signs)
- ☐ Brain fog and "heavy" head feeling

Priority 3: Communication (Neuroendocrine/Hormones)

- ☐ Insomnia or waking up at 3:00 AM
 - ☐ Fatigue that is not helped by sleep
 - ☐ Low libido or menstrual irregularities
 - ☐ Sensitivity to cold or thinning hair (Thyroid/Adrenal)
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Section 2: The "Sensitive Client" Screen

Before starting any protocol, determine if the client is "Sensitive." If any of the following are checked, you must use the Titration Strategy.

- ☐ **Reactive:** Reacts poorly to high-quality supplements or "clean" foods.

- ☐ **Unstable:** Sleeping less than 6 hours OR not having daily bowel movements.
 - ☐ **Overloaded:** Taking more than 5 supplements/medications currently.
 - ☐ **Identity:** Uses language like "I am a [Diagnosis]" or "My [Condition] is acting up."
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Section 3: The 7-Day "One Change" Tracker

If the client is sensitive, implement ONLY ONE change. Use this table to track the body's response.

The Lead Domino Intervention: _____ (Example: 1/4 dose of Magnesium or 5 minutes of Vagal breathing)

Day	Action Taken	Symptom Response (1-10)	Notes/Observations
1	<input type="checkbox"/>		
2	<input type="checkbox"/>		
3	<input type="checkbox"/>		
4	<input type="checkbox"/>		
5	<input type="checkbox"/>		
6	<input type="checkbox"/>		
7	<input type="checkbox"/>		

Section 4: Reflection & Clinical Decision

Lead Domino Identified: _____

Is the client stabilized? (Y/N): __ (Stabilized = Sleeping, Pooping, and Nervous System regulated)

Psychological Anchor Check: Does the client seem attached to their "Illness Identity"?
(Circle: Yes / No) *If yes, list one language shift to use in the next session:*

Next Steps:

- ☐ Reduce current "Metabolic Noise" (Remove non-essential supplements).

- [] Focus 100% on the Lead Domino for the next 14 days.
- [] **Do Not** initiate a "Kill" or "Detox" protocol until Priority 1 is stable.

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