

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).

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)	<input type="checkbox"/>	
Ability to "Pause" / Breathe during stress	<input type="checkbox"/>	
Presence of "Fight or Flight" symptoms	<input type="checkbox"/>	

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

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:

Next Steps:

1.

 2.

-

