

# THE CLINICAL DETECTIVE: ROOT CAUSE DISCOVERY WORKSHEET

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_ Practitioner: \_\_\_\_\_ Phase: Reveal & Organize

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## SECTION 1: THE "REVEAL" (Identifying the Missing Links)

*Instructions: Complete this section during the intake interview to capture context beyond basic symptoms.*

**1. The "Why Now?" Factor** What changed in the last 30–90 days that prompted you to seek help *this specific week?*

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**2. Environmental & Life Transitions** *Check any that apply within 6 months of symptom onset:* - [ ] Moved house/apartment (Testing for mold/water damage) - [ ] Changed jobs or workplace environment - [ ] Recent travel (International or wilderness) - [ ] Major life stressor/trauma (The "Emotional Anchor")

**3. The Dental Connection** - [ ] History of root canals? - [ ] Presence of silver (amalgam) fillings? - [ ] Known gum disease or "cavitations"? - [ ] Recent dental surgery?

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## SECTION 2: THE "ORGANIZE" (Systemic Synthesis)

*Instructions: Do not just list symptoms. Draw arrows between nodes to show how one affects the other (e.g., Gut → Brain).*

Matrix Node	Primary Symptoms	Connection to Other Nodes
Assimilation (Digestion/Gut)		→ Affects: _____
Defense & Repair (Immune)		→ Affects: _____
Energy (Mitochondria)		→ Affects: _____
Biotransformation (Detox)		→ Affects: _____
Communication (Hormones)		→ Affects: _____

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## SECTION 3: THE "RULE OF THREE" VALIDATION

*Instructions: Before deciding on a clinical target, ensure you have three pieces of evidence to avoid "Anchoring Bias."*

Hypothesis (e.g., HPA-Axis Dysregulation): \_\_\_\_\_

1. Symptom: \_\_\_\_\_

2. Lab Marker/Finding: \_\_\_\_\_

3. History/Timeline Link: \_\_\_\_\_

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## SECTION 4: PRIORITIZATION & REFLECTION

**The "Lead Domino":** If we could only address **ONE** node to create the most leverage for this client, which would it be? [ ] Assimilation [ ] Defense/Repair [ ] Energy [ ] Biotransformation [ ] Communication

**Bias Check (Self-Reflection):** - Am I "anchoring" on the client's self-diagnosis? (Yes/No) - Am I closing the case prematurely because I found one low lab value? (Yes/No) - What evidence contradicts my current theory? \_\_\_\_\_

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## NEXT STEPS:

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

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

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