

— The —
Healing
Hierarchy

DECISION TREE

**Find Your
Starting Point**

From The Healing Hierarchy
Restore Function. Rebuild Your Body.

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HOW TO USE THIS DECISION TREE

The Healing Hierarchy is a four-level framework. Each level creates the conditions for the next. Start at the wrong level and the effort is absorbed by a system that is not yet ready for it.

Read through each level below, starting at Level 1.

If the “You are here if” statements describe your current situation, that is your starting point. Follow the actions for that level before moving to the next.

Most people who pick up this book are at Level 1 or Level 2. If you are unsure, start at Level 1.

The foundations never hurt, and they often reveal whether the body needs deeper investigation or was simply missing the basics.



LEVEL 1

CRISIS STABILISATION

YOU ARE HERE IF:

- Blood sugar is unstable (*energy crashes, 2–4 a.m. waking, sugar cravings, irritability before meals*)
- Sleep is disrupted or unrestorative (*despite being in bed for 7–8 hours*)
- Your nervous system is stuck constant low-level anxiety, difficulty relaxing, feeling wired but tired)
- You have confirmed or suspected nutrient deficiencies (*iron, B12, vitamin D, magnesium*)
- You are in a state where protocols and supplements are not producing consistent results
- You scored 8–15 on the Sensitization Threshold Self-Assessment

YOUR ACTIONS:

- Stabilise blood sugar: protein and healthy fats at every meal, consistent meal timing, reduce refined carbohydrates
- Restore sleep: consistent schedule, morning sunlight, wind-down routine, dark cool bedroom
- Regulate the nervous system: box breathing twice daily, reduce stimulants and screen exposure, deliberate rest
- Address confirmed deficiencies with your practitioner
- Follow the Your First 30 Days Quick-Start Guide for a structured week-by-week plan

Read: Chapters 2–7 (Foundations)

LEVEL 2

GUT RESTORATION

YOU ARE HERE IF:

- Foundations are in place (*blood sugar stable, sleep improving, nervous system shifting*) but symptoms persist
- Digestive issues: bloating, gas, reflux, irregular bowels, food sensitivities
- Nutrient levels remain low despite supplementation (*suggesting absorption problems*)
- Skin issues, mood instability, or immune dysfunction that point to gut involvement
- You suspect or have confirmed gut infections, dysbiosis, or increased intestinal permeability

YOUR ACTIONS:

- As part of the Essential TrilogY testing: blood panel + stool test + organic acids test, get a comprehensive stool test (GI-MAP or equivalent) to identify infections, dysbiosis, and gut barrier status
- Address findings in sequence: repair the gut barrier and clear infections first, then restore beneficial bacteria,
- Continue all Level 1 foundations (*they do not stop when you move to Level 2*)

Read: Chapters 8–12 (Data + Gut)

LEVEL 3

BIOCHEMISTRY AND DETOX

YOU ARE HERE IF:

- Gut is restored but energy, mood, or cognitive function has not fully recovered
- Methylation markers are abnormal (*elevated homocysteine, MTHFR variants*)
- Organic acids test shows mitochondrial, neurotransmitter, or detox pathway dysfunction
- Environmental exposure history (*mould, heavy metals, chemical burden*)
- You are responding to interventions but plateau at a certain point

YOUR ACTIONS:

- Use organic acids test data to identify specific biochemical bottlenecks
- Support methylation pathways (*methylated B vitamins, SAMe, folinic acid as indicated by testing*)
- Support mitochondrial function (*CoQ10, NAD+ precursors, targeted nutrients*)
- Address detoxification if indicated (*glutathione support, binders, liver support*)
- This level requires practitioner guidance. The data drives the decisions.

Read: Chapters 13–16 (Biochemistry + Detox)

LEVEL 4

HORMONES & OPTIMISATION

YOU ARE HERE IF:

- Foundations, gut, and biochemistry are addressed. Energy is improving. Recovery is functional.
- Hormonal symptoms remain: fatigue, weight resistance, mood instability, low libido, cycle irregularity
- Thyroid medication keeps needing adjustment despite compliance
- Testosterone or oestrogen levels are suboptimal despite lifestyle changes
- You are ready to move from recovery to peak performance and longevity

YOUR ACTIONS:

- Comprehensive hormone panel (*blood-based for screening, DUTCH for detailed metabolic view*)
- Optimise thyroid, adrenal, and sex hormone function based on testing
- Address aromatase activity, SHBG, and hormone metabolism
- Layer in longevity practices: VO2 max training, cold/heat exposure, advanced supplementation
- Hormones are the final layer, not the first. When foundations are restored first, hormonal function often improves significantly without aggressive intervention.

Read: Chapters 17–19 (Hormones + Longevity)

KEY PRINCIPLES

The Sequence Matters More than the Strategy.

The right intervention at the wrong time will underperform or fail entirely. A gut protocol without stable blood sugar will not hold. Hormone optimisation without a functioning gut and clear detox pathways will produce inconsistent results.

Foundations Do Not Stop

Moving to Level 2 does not mean abandoning Level 1. The foundations run continuously underneath everything else. They are the operating system that makes every other intervention work. You can address multiple levels at once but must be working on any foundations that need addressing. Often supporting biochemistry and working on the gut are done in combination.

Data Removes Guesswork

Symptoms are clues, not diagnoses. Testing reveals drivers that symptoms alone cannot distinguish. The Essential Trilogy (blood panel, stool test, organic acids test) provides a three-dimensional picture of what is happening inside the body.

The Body's Loudest Complaint is Rarely its Deepest Problem.

The intervention that feels most urgent is almost never the right place to start.

You Cannot Heal in a Stress Response.

The nervous system is the gatekeeper. If the body does not feel safe, it cannot digest, repair, or regulate. Every intervention depends on a nervous system that has enough capacity to use it.

RESOURCES

SENSITIZATION THRESHOLD SELF-ASSESSMENT:

www.TheHealingHierarchy.com
(identifies where you sit)

YOUR FIRST 30 DAYS QUICK-START GUIDE

Included with the audiobook bundle
(Level 1 stabilisation plan)

BLOOD PANEL DECODER:

www.TheHealingHierarchy.com
(optimal ranges, GP letter, Marker Aexplanation Guide and video walkthrough)

IMPLEMENTATION WORKBOOK

www.TheHealingHierarchy.com/workbook
(chapter-by-chapter exercises and tracking)

TESTING

www.TheHealingHierarchy.com
links to order the Essential Trilogy tests

THE PROGRAM

www.functionalmedicinesolution.com
(guided clinical program for complex cases)

**Your body was never broken.
It was healing in the wrong order.**

— Jarrod Cooper, ND
TheHealingHierarchy.com