

The SENSITATION THRESHOLD

Self-Assessment

Have You Crossed
the Threshold?

From The Healing Hierarchy
Restore Function. Rebuild Your Body.

JARROD COOPER - ND

WHAT IS THE SENSITIZATION THRESHOLD?

Your body has a regulatory capacity, the ability to absorb stress, recover from illness, process food, clear toxins, and maintain balance across its systems. When the total load on the body exceeds that capacity, a threshold is crossed. The body shifts from a state where it can adapt and recover to a state where it cannot.

Once this threshold is crossed, symptoms become unpredictable. Good protocols stop working. Supplements that helped for a while stop helping. The body becomes reactive rather than resilient. This is not a failure of willpower or effort. It is a physiological state in which the body's regulatory systems have become overwhelmed.

This self-assessment helps you identify whether you have crossed the Sensitization Threshold and where you sit on the spectrum. It is not a diagnostic tool. It is a starting point for understanding your body's current state and where to begin.



THE ASSESSMENT

Answer each question honestly based on your current state, not where you were a year ago or where you hope to be.

Mark Yes or No for each.

YES	NO	QUESTION
<input type="checkbox"/>	<input type="checkbox"/>	Fatigue persists despite what should be adequate sleep (7–8 hours)
<input type="checkbox"/>	<input type="checkbox"/>	Your weight will not shift despite calorie restriction or consistent exercise
<input type="checkbox"/>	<input type="checkbox"/>	Gut symptoms persist despite strict dietary changes or elimination diets
<input type="checkbox"/>	<input type="checkbox"/>	Inflammation markers remain elevated despite supplementation or clean eating
<input type="checkbox"/>	<input type="checkbox"/>	Your symptoms flare unpredictably — good days followed by sudden crashes with no clear trigger
<input type="checkbox"/>	<input type="checkbox"/>	You have spent significant money on practitioners, supplements, or programs with only partial or temporary results
<input type="checkbox"/>	<input type="checkbox"/>	Your lab results come back “normal” but you feel anything but normal
<input type="checkbox"/>	<input type="checkbox"/>	There was a clear tipping point — a viral infection, a period of extreme stress, a hormonal shift, a medication, or a toxic exposure — after which things changed and never fully recovered
<input type="checkbox"/>	<input type="checkbox"/>	You are taking multiple supplements (10+) with minimal or inconsistent improvement
<input type="checkbox"/>	<input type="checkbox"/>	You have tried multiple protocols (keto, AIP, methylation, detox, gut protocols) with inconsistent or short-lived results
<input type="checkbox"/>	<input type="checkbox"/>	Exercise that used to be manageable now leaves you depleted for a day or more afterwards
<input type="checkbox"/>	<input type="checkbox"/>	You experience brain fog, poor concentration, or memory difficulties that are not explained by sleep alone
<input type="checkbox"/>	<input type="checkbox"/>	Your mood is flat, anxious, or reactive in ways that feel disproportionate to your circumstances
<input type="checkbox"/>	<input type="checkbox"/>	You are sensitive to foods, chemicals, smells, or environments that did not bother you before
<input type="checkbox"/>	<input type="checkbox"/>	You feel like your body has stopped responding to things that used to work

YOUR SCORE

TOTAL YES: _____/15

YOUR SCORE INTERPRETATION

0-3 YES **OPTIMISATION PHASE**

Your regulatory systems appear to be functioning. You are likely in a position to optimise rather than stabilise. Focus on refining the foundations (diet, sleep, movement, stress management) and consider testing to identify any areas for targeted improvement.

START WITH:

Chapters 3-7 of The Healing Hierarchy (Foundations) and Chapter 8 onwards (Data)

YOUR NEXT STEP:

Get a comprehensive blood panel done to identify any subclinical patterns before they become problems.

4-7 YES **SYSTEMS DYSREGULATION**

Your body's regulatory systems are showing signs of strain. You are likely approaching or have crossed the Sensitization Threshold. The foundations need attention, and testing will reveal what is driving the dysregulation underneath the symptoms.

START WITH:

The stabilisation actions in Your First 30 Days (if you have it), or Chapters 3-7 of The Healing Hierarchy.

YOUR NEXT STEP:

Stabilise the foundations (blood sugar, sleep, nervous system) while getting the Essential Trilogy tests done. The data will show you where to focus.

8-15 YES **CRISIS STABILISATION**

Your body has crossed the Sensitization Threshold. The regulatory systems are overwhelmed, and protocols are unlikely to hold until the foundations are stabilised and the upstream drivers are identified through testing.

START WITH:

Level 1 of the Healing Hierarchy — Crisis Stabilisation. Blood sugar, sleep, nervous system regulation. Do not try to fix everything at once.

YOUR NEXT STEP:

Follow the stabilisation protocol, get the Essential Trilogy tests done, and strongly consider working with a practitioner who understands functional sequencing.

This is where having professional guidance makes the most difference.

The Functional Medicine Solution program (www.functionalmedicinesolution.com)

is designed for exactly this situation.



WHAT TO DO NEXT

Download the Healing Hierarchy Decision Tree

www.TheHealingHierarchy.com

to identify your starting point in the four-level framework.

Use the Implementation Workbook

www.TheHealingHierarchy.com/workbook

to track your progress as you work through the book.

Get Tested.

The blood panel is the most accessible starting point. Chapter 9 of The Healing Hierarchy explains exactly what to test and why.

The Blood Panel Decoder, available at

www.TheHealingHierarchy.com

includes the complete Optimal Ranges Reference, Marker Explanation Guide, a GP Request Letter Template, and a video walkthrough to help you read your results through a functional lens.

COMMON TIPPING POINTS

If you scored 8 or above, there was likely a tipping point — a moment when things shifted. The most common triggers I see in practice:

VIRAL INFECTIONS:

COVID, Epstein-Barr virus, glandular fever, or other infections that the body never fully recovered from.

CHRONIC STRESS:

Sustained work pressure, relationship strain, caregiving burden, or financial stress over months or years.

HORMONAL SHIFTS:

Pregnancy, pregnancy loss, menopause, perimenopause, or andropause.

ENVIRONMENTAL EXPOSURES:

Mould exposure, heavy metal burden, or chemical exposure.

MEDICATION OR TREATMENT:

Prolonged steroid use, antibiotics, or other medications that altered gut or immune function.

SEVERE DIETING OR OVERTRAINING:

Extreme calorie restriction or excessive exercise that depleted the body's reserves.

DENTAL INFECTIONS:

Root canals, cavitations, or chronic sinus infections acting as ongoing immune triggers.

Understanding your tipping point is not about blame. It is about understanding what pushed the system beyond its ability to recover, so that the recovery plan addresses the right things in the right order.

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

— Jarrod Cooper, ND
TheHealingHierarchy.com