

The Healing Hierarchy

Implementation Workbook

Restore Function. Rebuild Your Body.

Your step-by-step companion to identify what changed, restore the sequence, and get your body responding again.

19 CHAPTERS. 24 EXERCISES. ONE FRAMEWORK.

By JARROD COOPER - ND

TheHealingHierarchy.com/workbook



HOW TO USE THIS WORKBOOK

This workbook is designed to turn understanding into action. Each exercise takes 10–15 minutes and connects directly to a chapter in the book.

Read the chapter first, then complete the exercise. The insights build on each other. Chapter 1's assessment becomes the baseline you measure against in Chapter 19.

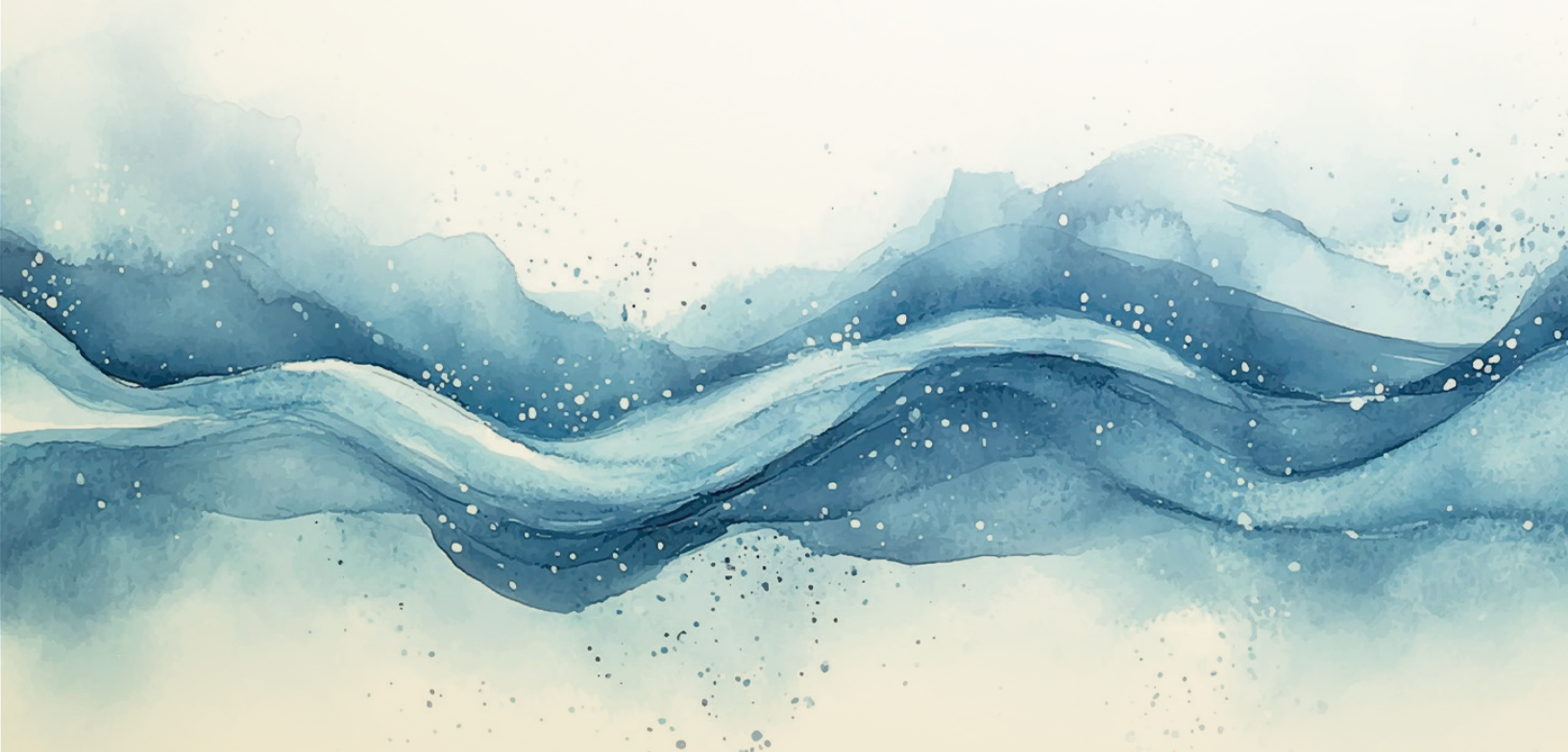
You will encounter four types of content:

- ▶ **Exercises**
The core assessments, checklists, and planners that turn each chapter into personal action.
- ▶ **"What This Reveals" boxes**
Clinical interpretation guidance for each exercise. These tell you what your score means and where to focus next.
- ▶ **Progress Trackers**
Quick check-ins placed every three chapters so you can see how far you have come.
- ▶ **Implementation Checkpoints**
Brief pauses to assess your momentum and decide whether you need additional support.

This workbook is yours. Write in it. Mark it up. Come back to it. The reader who finishes this workbook will understand their health better than 95% of the population including many of the practitioners they have already seen.

SUGGESTED PACE

WEEK	CHAPTERS	FOCUS
1	1-3	Identify the problem, understand the framework
2	4-7	Assess your foundations: food, sleep, movement, nervous system
3	8-9	Plan your testing strategy
4	10-13	Map your systems: gut, energy, hormones, mood
5	14-17	Protocols, genetics, detox, environment
6	18-19 + Conclusion	Longevity, framework mastery, reassessment



YOUR STARTING POINT

Before you begin Chapter 1, take 3 minutes to answer these five questions. Do not overthink them. First instinct. You will answer them again at the end.

Rate each statement from 1 (strongly disagree) to 10 (strongly agree):

CH#	STATEMENT	SCORE (1-10)
1	I understand why my health declined despite doing "everything right."	
2	I know which body system to address first in my recovery.	
3	I trust that my body can recover if given the right inputs in the right order.	
4	I have a clear framework for making health decisions, not just reacting to symptoms.	
5	I feel in control of my health trajectory, not at the mercy of it.	

MY STARTING SCORE: / 50

DATE: / /

Hold this number. You will see it again on the last page



PROGRESS TRACKER

CH#	TITLE	EXERCISE	DONE?
<input type="checkbox"/>	1	Doing Everything Right... And Still Not Getting Better	Effort vs. Return Audit + Hidden Cost Inventory
<input type="checkbox"/>	2	Why Your Body Stopped Responding	Sensitization Threshold Timeline + Stability Score
<input type="checkbox"/>	3	The Healing Hierarchy: Why Order Creates Outcomes	Where Am I in the Sequence?
<input type="checkbox"/>	4	Food as Information	The Blood Sugar & Diet Signal Audit
<input type="checkbox"/>	5	Sleep Is Not a Lifestyle Problem	The Sleep Architecture Assessment
<input type="checkbox"/>	6	Movement Without Drain	The Movement Signal Inventory
<input type="checkbox"/>	7	The Nervous System Is Not a Mindset Problem	The Nervous System State Check
<input type="checkbox"/>	8	Why You Need Data (and Why You Don't Need All of It)	The Testing Readiness Checklist
<input type="checkbox"/>	9	The Essential Trilogy	The Testing Strategy Planner
<input type="checkbox"/>	10	The Gut: Health Begins Here	The Gut Health Pattern Map
<input type="checkbox"/>	11	Fatigue Is a Production Problem	The Energy Bottleneck Identifier
<input type="checkbox"/>	12	Hormones Are Downstream	The Upstream-First Audit
<input type="checkbox"/>	13	What Looks Like a Mind Problem Is Usually a Brain Problem	The Mood-Brain Inventory
<input type="checkbox"/>	14	Protocols Are Not Permanent	Protocol vs. Practice Separator
<input type="checkbox"/>	15	When Genetics Meet Depletion	The Methylation Risk Profile
<input type="checkbox"/>	16	When the Gut Is Not the Problem	The Food Reactivity Pattern Map
<input type="checkbox"/>	17	When the Building Is the Problem	The Environmental Exposure Screen
<input type="checkbox"/>	18	The Longevity Question	The Longevity Baseline
<input type="checkbox"/>	19	The Framework You Can Trust	Final Stability Score + Framework Reflection

YOUR STABILITY SCORE IS THE THROUGH-LINE

You will score it in Chapter 2, check it again in Chapter 14, and reassess it in Chapter 19. If it moves — even by one or two points — the framework is working. If it does not, the framework will tell you where to look next.

PART ONE

The Trap

CHAPTER ONE

Doing Everything Right... And Still Not Getting Better

What is the story you have been telling yourself about why you are still unwell? Write it down. You will revisit it in Chapter 19

REFLECT

EXERCISE

Effort vs. Return Audit + Hidden Cost Inventory

Map every health intervention you have tried in the last 12–24 months against the results you actually experienced.

What I Tried	Did it help? (Yes / No / Unsure)	What Actually Changed?
Diet changes		
Supplement stack		
Exercise protocols		
Sleep interventions		
Practitioners seen		
Testing completed		
Stress management		

The one thing that made the most difference:

How many rows say "No" or "Unsure"?

The intervention that cost me the most with the least result:

WHAT THIS REVEALS

If most rows say No or Unsure, the problem is not you. It is sequence. You are not failing. You are solving the right problems in the wrong order. The Healing Hierarchy in Chapter 3 will show you which order changes the outcome.

EXERCISE The Hidden Cost Inventory

Rate how much this health struggle has impacted each area of your life. 1 = minimal impact, 5 = severe. Rate each statement from 1 (rarely or never) to 5 (consistently true).

What I Tried	1	2	3	4	5
Energy & physical capacity					
Mental clarity & focus					
Career performance					
Relationships & social life					
Confidence in my own body					
Financial cost					
Emotional wellbeing					
Identity — “I used to be...”					
Willingness to try again					
Trust in health professionals					

My total: / 50

What has this cost me that I have never said out loud?

WHAT THIS REVEALS

If your score is above 25, this has changed more than your health. It has changed how you see yourself. When the body stops responding, the person starts to shrink. Recovery is not just biological. It is about rebuilding the belief that your body can work again. This workbook builds the evidence for that, chapter by chapter.

The Trap

CHAPTER TWO

Why Your Body Stopped Responding

TheHealingHierarchy.com/workbook

EXERCISE The Sensitization Threshold Timeline

Map the stressors, infections, and events that accumulated before your health declined. Most people blame one trigger — this exercise reveals the cumulative load underneath it.

Categories to consider: COVID, post-viral illness, pregnancy/loss, peri menopause, mold exposure, work stress, dental infections, long-term medication (PPIs, antibiotics, steroids, contraceptives), restrictive dieting, over-exercise.

Approx. Date	Event / Stressor	Category
		Infection / Virus
		Hormonal Shift
		Chronic Stress
		Environmental
		Medication
		Emotional / Trauma

Can I identify a moment or window when things shifted?

How many stressors were active simultaneously?
Was my body already under strain BEFORE the event I blame?

EXERCISE

The Stability Score Self-Assessment

THE STABILITY SCORE



Score each question based on the last 30 days: **0 = Not at all** | **1 = Sometimes** | **2 = Consistently**

1. Can you predict how you will feel tomorrow based on how you feel today?

2. Does your body recover from poor sleep within one day?

3. Can you eat varied whole foods without unexpected reactions?

4. Does your energy hold steady morning through afternoon?

5. Can you handle a stressful day without symptoms flaring?

MY STABILITY SCORE: / 10

DATE: / /

0–3 Crisis (stabilisation needed)

7–8 Stable

4–6 Fragile (framework will guide you)

9–10 Resilient

WHAT THIS REVEALS

Most readers land between 2 and 5. That is not a failure — it is a measurement. This score becomes your through-line. You will reassess it in Chapter 14 and again in Chapter 19. Even a 1–2 point movement signals the framework is working. Write this number down somewhere you will not lose it.

The Trap

CHAPTER THREE

The Healing Hierarchy: Why Order Creates Outcomes

Think about the last three health interventions you tried.
Were they addressing the system your body actually needed
or the system that was making the most noise?

REFLECT

TheHealingHierarchy.com/workbook

EXERCISE

Where Am I in the Sequence?



The Healing Hierarchy has four levels. Each must stabilise before the next can function. Rate your current state at each level. Rate each level from

1 (not addressed at all) to 5 (stable and holding).

Level	Key Questions	Score (1-5)	Priority
Level 1: Crisis Stabilisation	Blood sugar stable? Key nutrients (iron, B12, D, Mg) tested? Nervous system settling?		
Level 2: Gut Restoration	Digestion comfortable? Food tolerance reasonable? Stool test done?		
Level 3: Biochemistry & Detox	Energy production steady? Mental clarity consistent? OAT test done?		
Level 4: Hormones & Optimisation	Hormonal symptoms manageable? Sleep-wake cycle predictable?		

Even if Level 4 scores lowest, the Hierarchy says start at your lowest unstable level and work upward. Level 1 must stabilise before Level 2 holds.

My lowest unstable level is:

This is where the sequence begins — even if a higher level feels more urgent.

Have I been treating a higher level (e.g. hormones) before stabilising a lower one (e.g. gut, nervous system)?

What would change if I addressed my lowest level first — before anything else?

WHAT THIS REVEALS

The body's loudest complaint is not always the first thing to fix. If your lowest score is Level 1 or 2, and you have been spending time and money at Level 3 or 4, the framework has already shown you why progress stalled. The chapters ahead will confirm it with data.

PROGRESS CHECK

CHAPTERS 1–3 COMPLETE

You have done the hardest part: measuring where you actually are instead of where you think you should be.

My key insight from these three chapters:

The one thing I now understand about my health that I did not understand before:

One action I am committing to this week based on what I have learned:

Chapters 1–3 Complete
Moving to Foundations.

PART TWO
Foundations

CHAPTER
FOUR

Food as
Information

TheHealingHierarchy.com/workbook

EXERCISE The Blood Sugar & Diet Signal Audit

Food is not just fuel — it is information. This exercise assesses whether your current diet is sending stabilising or destabilising signals to your body.

Rate each statement from 1 (rarely or never) to 5 (consistently true).

What I Tried	1	2	3	4	5
I eat protein with every meal (including breakfast)					
My energy is steady for 3–4 hours after eating (no crashes)					
I rarely experience sugar cravings or afternoon energy dips					
I can go 4–5 hours between meals without irritability					
I have not added a new food restriction in the last 6 months					
I eat at regular, predictable times each day					

My total: / 30

24-30 Solid foundation

15-23 Room to optimise

Below 15 Blood sugar likely unstable — *this is priority #1*

One meal that consistently triggers a crash or reaction:

WHAT THIS REVEALS

Blood sugar instability is the most underestimated driver of fatigue, mood swings, poor sleep, and hormonal disruption. If your score is below 15, this needs to be addressed alongside everything else. Supplements, testing, and protocols will not hold if this foundation is unstable.

Foundations

CHAPTER FIVE

Sleep Is Not a Lifestyle Problem

TheHealingHierarchy.com/workbook

EXERCISE The Sleep Architecture Assessment

This assessment separates sleep hygiene (environment) from sleep regulation (upstream drivers).

Both matter — but knowing which is failing changes the intervention.

HYGIENE LAYER (ENVIRONMENT)

- Room is dark (blackout level)
- Room is cool (18–22°C / 64–72°F) or cooler
- Consistent bedtime within 30-minute window
- No screens 60+ minutes before bed
- No caffeine after midday
- Alcohol-free most nights

Hygiene score: / 6 items checked

REGULATORY LAYER (UPSTREAM DRIVERS)

Rate each statement from 1 (rarely or never) to 5 (consistently true).

Statement	1	2	3	4	5
I fall asleep within 20 minutes of lying down					
I sleep through the night without waking between 2–4 a.m.					
I wake feeling restored (not groggy or heavy)					
My energy is stable in the morning without caffeine dependency					
I get 10–15 minutes of morning sunlight most days					

Regulatory score: / 25

If hygiene is strong (5–6) but regulatory is low (below 15): the issue is upstream — likely blood sugar, cortisol, or nervous system.

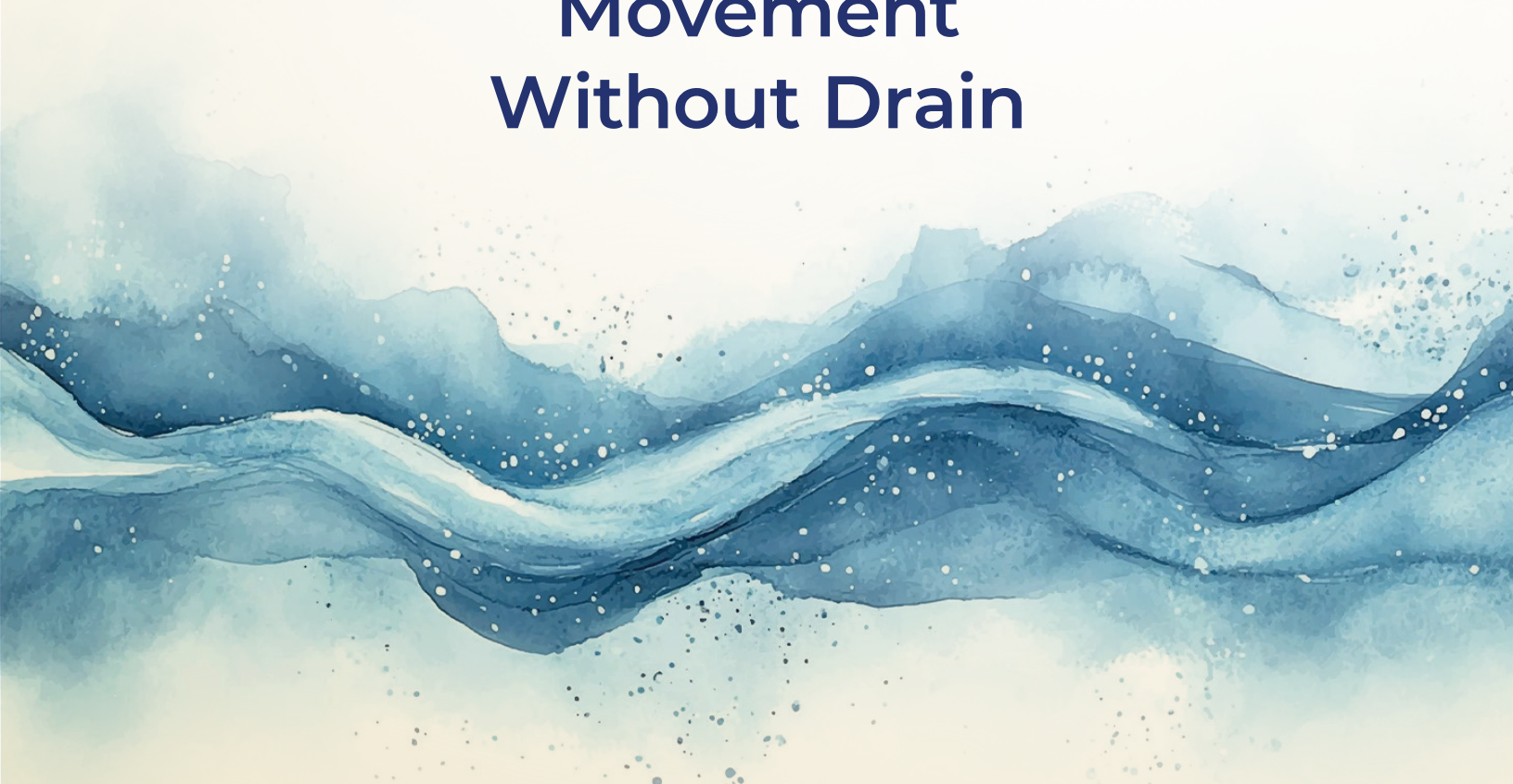
Do I wake between 2–4 a.m.?

If yes, blood sugar is the first place to investigate (see Chapter 4).

Foundations

CHAPTER SIX

Movement Without Drain



TheHealingHierarchy.com/workbook

EXERCISE The Movement Signal Inventory

Exercise is an input, not just an output.

This exercise checks whether your current movement is building or draining your recovery.

Current Activity	Frequency	Recovery Time (hrs)	Energy: Builds or Drains?

Rate each statement from 1 (rarely or never) to 5 (consistently true).

Statement	1	2	3	4	5
I recover from exercise within 24 hours (no multi-day fatigue)					
I walk 30+ minutes most days					
I can do strength training without crashing the next day					
I have reduced or eliminated high-intensity training if recovery is poor					
Movement improves my mood rather than depleting it					

My total: / 25

If any activity in your table drains you significantly and takes 48+ hours to recover from: that signal is too strong for your current level.

WHAT THIS REVEALS

In a sensitised body, the signal from exercise matters more than the type. High-intensity training that crashes your energy is not building fitness — it is draining a system that cannot absorb it. Walk first. Build before you push.

Foundations

CHAPTER SEVEN

The Nervous System Is Not a Mindset Problem

Have you ever been told to "just relax" or "manage your stress better"? What did that advice miss about what was actually happening in your body?

REFLECT

TheHealingHierarchy.com/workbook

EXERCISE The Nervous System State Check

Your nervous system runs in two modes: sympathetic (threat) and parasympathetic (repair). This check identifies which mode is dominant right now.

SYMPATHETIC DOMINANCE SIGNALS (CHECK ALL THAT APPLY)

- Shallow, chest-level breathing most of the time
- Jaw clenching, shoulder tension, or teeth grinding
- Difficulty winding down in the evening
- Startle easily (sounds, unexpected movements)
- Racing thoughts, especially at night
- Digestive issues that worsen under stress
- Feeling "wired but tired"
- Poor recovery from any physical or emotional stressor

Items checked: / 8

5 or more items = your nervous system is likely stuck in sympathetic dominance. This is not a mindset problem it is a neurological state.

BREATHWORK PRACTICE TRACKER Chapter 7's fastest tool: extended-exhale breathing (4 counts in, 6–8 counts out). Track 5 minutes twice daily for 7 days.

Day	A.M. (Y/N)	P.M. (Y/N)	How I Felt After
1			
2			
3			
4			
5			
6			
7			

WHAT THIS REVEALS

Breath is the fastest lever for nervous system state. If you complete all 14 sessions and notice even a slight shift in your evening winding-down or your startle response, the nervous system is responding. This is Level 1 work — and it costs nothing.

PROGRESS CHECK

CHAPTERS 4–7 COMPLETE (FOUNDATIONS)

You have now assessed all four foundations: food, sleep, movement, and nervous system. This is Level 1 of the Healing Hierarchy.

One specific change I am committing to this week:

My key insight from these four chapters:

**Chapters 4–7 complete
Foundations assessed.**

Moving to Data.

IMPLEMENTATION CHECKPOINT — 25%

You are one quarter of the way through this workbook.

How is your momentum?

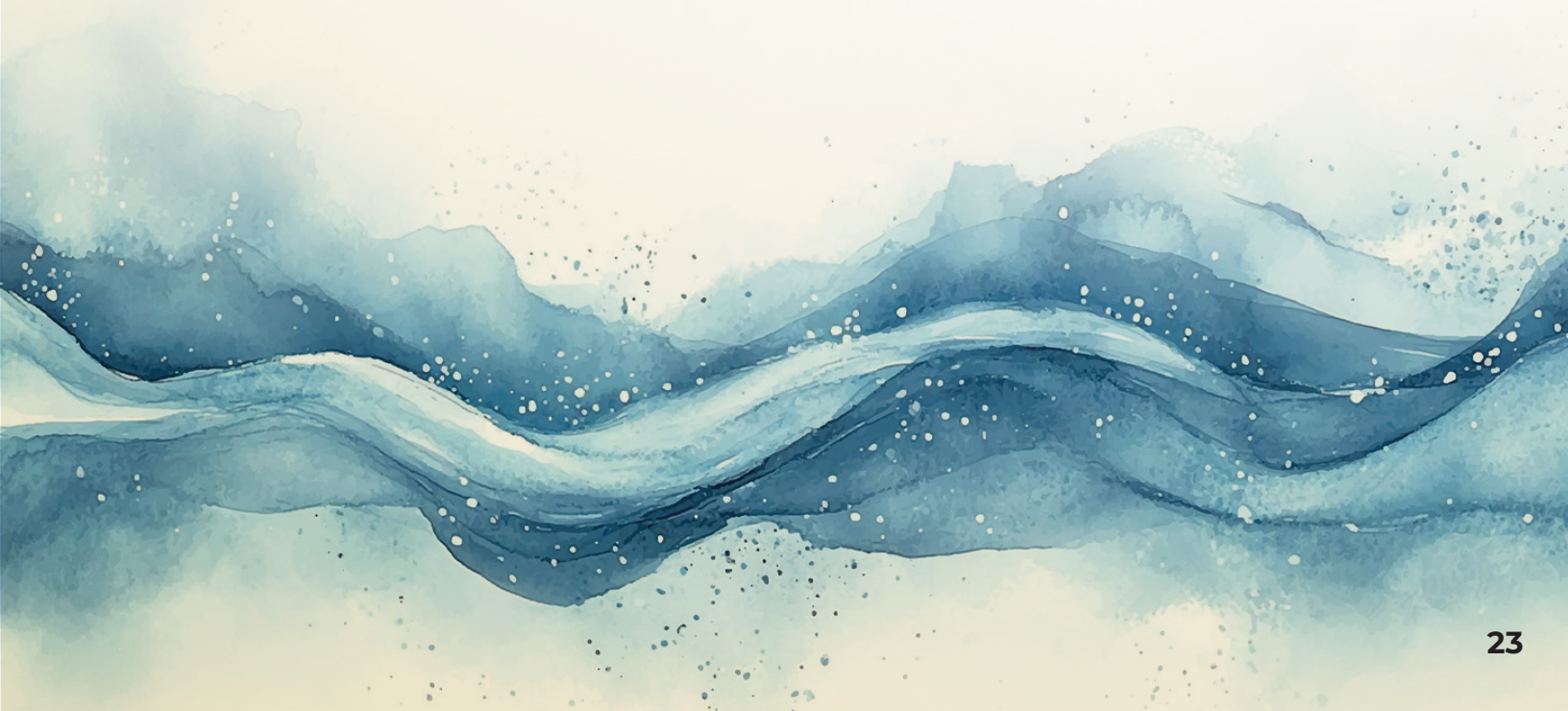
- Ahead of schedule — this is making sense
- On track — completing exercises as I go
- Behind — life got in the way
- Struggling — I need more clarity or support

If you checked the last two boxes, you are not alone. Most readers find that the first few chapters create more questions than answers — that is actually a sign the framework is working. You are seeing your health clearly, perhaps for the first time.

If you want structured support through the rest of this workbook, the Functional Medicine Solution program walks through this exact framework with guided implementation:

www.functionalmedicinesolution.com

Otherwise, keep going. The testing chapters are next — and they change everything.



PART THREE - Data: Find It Before You Fix It

CHAPTER EIGHT

Why You Need Data (and Why
You Don't Need All of It)

TheHealingHierarchy.com/workbook

EXERCISE The Testing Readiness Checklist

If you are reading this chapter, you are ready to test. Testing gives you a baseline — even if your foundations are still a work in progress.

You do not need to wait until everything is stable. The data tells you where to direct your effort, not whether you have earned the right to look.

TESTS I HAVE ALREADY COMPLETED

Test	Date	Where	Results still current?
Standard blood panel (GP)			
Advanced/functional blood panel			
Stool test (GI-MAP or similar)			
Organic acids test (OAT)			
SIBO breath test			
Other:			

The full advanced blood panel and what each marker reveals is covered in Chapter 9.

WHAT THIS REVEALS

The most common testing mistakes are testing too narrowly (one marker, not systems) and testing without a clinical question. If you cannot finish the sentence "I am running this test because I need to know _____," the test is not ready to be ordered. If any test in your table is older than 6 months, those results may no longer reflect where your body is now. Retest before building a plan on outdated data.

Data:
Find It Before You Fix It

**CHAPTER
NINE**

**The Essential
Trilogy**

TheHealingHierarchy.com/workbook

EXERCISE the Testing Strategy Planner

Test	What It Reveals	Do I Need It?	Clinical question it answers
Advanced Blood Panel	Nutrients, inflammation, thyroid, hormones, metabolic markers		
GI-MAP Stool Test	Gut pathogens, barrier integrity, immune function, digestive capacity		
Organic Acids Test	Mitochondria, methylation, neurotransmitters, detox capacity, yeast/bacterial overgrowth		
SIBO Breath Test	Small intestinal bacterial overgrowth		
Genetic Testing	MTHFR, COMT, detox variants		
Mycotoxin Panela	Mold exposure markers		

My testing priority order:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The full advanced blood panel and what each marker reveals is covered in Chapter 9.

WHAT THIS REVEALS

No single test tells the full story. **The Essential Trilogy** — blood panel, stool test, and organic acids — gives three views of the same body, and are the three tests I always recommend first.

When interpreted together, patterns emerge that no single test shows alone. The testing options, instructions, and how to read each test are available at

www.TheHealingHierarchy.com.

PROGRESS CHECK

CHAPTERS 8-9 COMPLETE (DATA)

You now know what to test, when to test,
And what question each test should answer.

My most important unanswered clinical question:

The test most likely to answer it:

My key insight from these two chapters:

Chapters 8–9 complete.
Data framework established
Moving to Systems Restoration.

PART FOUR
Systems Restoration

**CHAPTER
TEN**

**The Gut:
Health Begins Here**

TheHealingHierarchy.com/workbook

EXERCISE The Gut Health Pattern Map

The gut influences immunity, mood, energy, hormones, and inflammation. This exercise maps your gut symptoms to potential drivers discussed in the chapter.

Rate each statement from 1 (rarely or never) to 5 (consistently true).

Statement	1	2	3	4	5
I experience bloating after meals					
I have food sensitivities that have increased over time					
I have skin issues (acne, eczema, rashes) that worsen with diet changes					
I experience brain fog or mood crashes after eating					
My digestion alternates between constipation and loose stools					
I have been diagnosed with an autoimmune condition					
I have taken multiple courses of antibiotics					
I react to probiotics or fermented foods					

My total: / 40

25+ = Gut is very likely a primary driver.

15–24 = Gut involvement probable.

Under 15 = Gut may not be the lead issue (see Ch 16).

WHAT THIS REVEALS

If your score is above 25, the gut is very likely playing a central role in your symptoms. That does not mean you ignore everything else. It means gut restoration becomes a priority alongside your foundation work. Address them together, but do not skip the gut expecting downstream systems to resolve on their own.

Systems Restoration

CHAPTER ELEVEN

Fatigue is a Production Problem

TheHealingHierarchy.com/workbook

EXERCISE The Energy Bottleneck Identifier

Chapter 11 identifies six bottlenecks that impair energy production. Rate how likely each is contributing to your fatigue.

Rate each statement from 1 (rarely or never) to 5 (consistently true).

Statement	1	2	3	4	5
Nutrient depletion (low B vitamins, CoQ10, Mg, iron)					
Methylation dysfunction (elevated homocysteine, poor B12 metabolism)					
Gut-driven interference (Clostridia, neurotoxins impairing mitochondria)					
Glutathione depletion (chemical sensitivity, poor detox, heavy metal load)					
Blood sugar instability (crashes, cravings, post-meal fatigue)					
Chronic inflammation (elevated CRP, immune activation, recurrent illness)					

My highest-scoring bottleneck(s):

Rest does not fix an energy system that cannot produce energy. If fatigue persists despite adequate sleep, the issue is production — not rest.

WHAT THIS REVEALS

The most common testing mistakes are testing too narrowly (one marker, not systems) and testing without a clinical question.

If you cannot finish the sentence "I am running this test because I need to know _____," the test is not ready to be ordered. If any test in your table is older than 6 months, those results may no longer reflect where your body is now.

Retest before building a plan on outdated data.

Systems Restoration

CHAPTER TWELVE

Hormones Are Downstream

Have you ever been prescribed hormonal treatment without anyone investigating what was driving the hormonal disruption in the first place?

REFLECT

TheHealingHierarchy.com/workbook

EXERCISE The Upstream-First Audit

Hormones are the output of systems above them.

This audit checks whether you have been treating downstream (hormones) before addressing upstream (gut, biochemistry, foundations).

Statement	YES	NO	UNSURE
Have I had a full thyroid panel (not just TSH)?			
Has my gut been tested and treated before hormonal work began?			
Are my key cofactors (selenium, zinc, iron, D, iodine) at optimal levels?			
Has anyone assessed whether my hormone issue is primary or secondary?			
Am I on hormonal medication without upstream investigation?			
Have I been told to "just manage" an autoimmune thyroid condition?			

If you answered "No" or "Unsure" to 3+ questions, your hormonal picture may be incomplete.

The framework in this chapter explains why.

WHAT THIS REVEALS

Treating hormones without fixing the systems that regulate them is like charging a phone with a damaged battery.

It holds for an hour, then drops again. Fix the battery first.

Systems Restoration

CHAPTER THIRTEEN

**What Looks Like a Mind Problem
Is Usually a Brain Problem**

TheHealingHierarchy.com/workbook

EXERCISE The Mood-Brain Inventory

This inventory separates psychological contributors from biochemical ones. Both are real — but knowing which is dominant changes the approach.

BIOCHEMICAL SIGNALS (CHECK ALL THAT APPLY)

- Anxiety or low mood appeared alongside physical symptoms (gut, fatigue, inflammation)
- Mood worsens after meals, especially high-carb or processed food
- I have family history of mood disorders AND known nutrient deficiencies
- Mood changes arrived after infection, medication, or hormonal shift
- I have tried therapy/counselling and mood did not significantly improve
- SSRIs/anti-anxiety medications have not fully resolved symptoms
- I have gut issues (bloating, reactivity, dysbiosis) alongside mood symptoms
- My mood is better on days when sleep, diet, and stress are all optimal

Items checked: / 8

5+ items = Strong biochemical component.

The mood issue may have a biological address — nutrient depletion, gut-driven neurotoxins, or methylation dysfunction.

WHAT THIS REVEALS

When mood disorders are treated as character flaws, people suffer unnecessarily. When they are treated as biological patterns, they become addressable.

If your score is 5+, the next conversation with your practitioner should include biochemistry, not just psychology.

PROGRESS CHECK

CHAPTERS 10–13 COMPLETE (SYSTEMS)

You have now mapped your four core systems: gut, energy, hormones, and mood. Look at your scores together.

My highest-scoring system (most symptomatic):

Is there a lower level in the Hierarchy that is also unstable? If so, that level leads — even if this system feels more urgent.

Does this match where I have been focusing my efforts?

My key insight from these four chapters:

**Chapters 10–13 complete
Systems mapped.**

Moving to Protocols.

IMPLEMENTATION CHECKPOINT — 50%

You are halfway through.
This is where most people do one of two things:
accelerate with support, or slow down without it.

Look back at what you have built so far:

- ▶ A Stability Score baseline
- ▶ A Sensitization Threshold timeline
- ▶ A Healing Hierarchy position
- ▶ Foundation assessments (food, sleep, movement, nervous system)
- ▶ A testing strategy
- ▶ System maps (gut, energy, hormones, mood)

That is more diagnostic clarity than most patients get
from three practitioner visits.

- I am good — the framework is enough
- Guided support to interpret my results and build my plan

If you checked the second box:
the Functional Medicine Solution program provides exactly
this — guided implementation with email support at every
stage. You bring the workbook. We build the plan together.

www.functionalmedicinesolution.com

PART FIVE

Protocols and Adjustment

CHAPTER FOURTEEN

Protocols Are Not Permanent

Look at your current supplement shelf or pill organiser.
How many of those were started as a short-term protocol
and are still running months or years later without review?

REFLECT

EXERCISE Protocol vs. Practice Separator

A protocol is a time-limited intervention. A practice is the ongoing set of habits that maintains what the protocol restored. This exercise separates what you should stop, keep, and monitor.

Current Supplement / Intervention	Purpose	How Long?	Protocol or Practice

THE STABILITY SCORE CHECK-IN

Reassess your Stability Score from Chapter 2

Date: / /

Score each question based on the last 30 days:

0 = Not at all | 1 = Sometimes | 2 = Consistently.

Statement	0	1	2
1. Can you predict how you will feel tomorrow based on how you feel today?			
2. Does your body recover from poor sleep within one day?			
3. Can you eat varied whole foods without unexpected reactions?			
4. Does your energy hold steady morning through afternoon?			
5. Can you handle a stressful day without symptoms flaring?			

My Stability Score now: / 10 (Chapter 2 score was: / 10)

Movement: points (positive/negative/no change)

WHAT THIS REVEALS

If your score has not moved, either the right system has not been addressed yet, or the system was addressed out of sequence. Review your Healing Hierarchy position from Chapter 3 and check whether you have been treating at the correct level.

PART SIX
Advanced Cases

**CHAPTER
FIFTEEN**

**When Genetics
Meet Depletion**

TheHealingHierarchy.com/workbook

EXERCISE The Methylation Risk Profile

Genetics load the gun. Environment pulls the trigger. This profile identifies whether methylation variants combined with depletion may be relevant to your case.

RISK INDICATORS (CHECK ALL THAT APPLY)

- Family history of miscarriage, neural tube defects, or fertility issues
- History of elevated homocysteine on blood testing
- Known MTHFR variant (C677T or A1298C)
- Poor response to folic acid supplements
- History of mood disorders (depression, anxiety) in family
- Chronic fatigue that does not respond to standard treatment
- Sensitivity to B vitamins (especially methylfolate or methyl-B12)
- History of cardiovascular disease in family before age 60

Items checked: / 8

4+ items = Methylation investigation warranted (genetic testing + homocysteine + OAT methylation markers).

Advanced Cases

CHAPTER SIXTEEN

When the Gut Is Not the Problem

TheHealingHierarchy.com/workbook

EXERCISE The Food Reactivity Pattern Map

If you have treated your gut multiple times and food reactions keep returning, the problem may not be the gut — it may be the body's ability to process what the gut absorbs. This map identifies the pattern.

Category	Examples	React (Y/N)	Pathway
Sulphur Foods	Eggs, garlic, onions, cruciferous vegetables		Sulfation (SULT1A1)
Histamine foods	Aged cheese, wine, fermented foods, leftovers		DAO enzyme + methylation
Phenol foods	Berries, coffee, dark chocolate, spices		CYP1A2 (Phase I detox)
Glutamine/glutamate	Bone broth, MSG, supplemental glutamine		COMT (excitatory clearance)

If you react to 3+ categories simultaneously:
this is a processing problem, not a food problem.
The body cannot clear what it absorbs.

WHAT THIS REVEALS

Most practitioners see food reactions as a food problem and prescribe elimination. The reactions persist.

This exercise helps you see the difference: are you reacting to one food group (likely a gut issue) or reacting to multiple groups at the same time (likely your body's ability to process what it absorbs)?

The answer changes the intervention completely.

Advanced Cases

CHAPTER SEVENTEEN

When the Building Is the Problem

TheHealingHierarchy.com/workbook

EXERCISE The Environmental Exposure Screen

Mold and environmental toxins are the most commonly missed drivers in chronic illness. This screen identifies whether environmental investigation is warranted.

EXPOSURE SIGNALS (CHECK ALL THAT APPLY)

- I live or work in a building with visible mold, water damage, or musty smell
- Symptoms began or worsened after moving to a new home or office
- I feel better when I travel or stay elsewhere for extended periods
- I have multiple chemical sensitivities (perfume, cleaning products, new carpet)
- Static shocks are common (indicates high mycotoxin / charge environments)
- I have chronic sinusitis or unexplained respiratory symptoms
- I experience "electric" sensations, brain fog, or vertigo in certain buildings
- My symptoms have not responded to gut, biochemistry, or hormonal treatment

Items checked: / 8

4+ items = Environmental investigation strongly recommended.
CIRS (Chronic Inflammatory Response Syndrome) should be considered.

WHAT THIS REVEALS

If every system has been addressed and you are still not responding, the environment itself may be the ongoing source of inflammation.

This is the most commonly missed piece in chronic illness — because the building does not show up on a blood test.

PROGRESS CHECK

CHAPTERS 14–17 COMPLETE (ADVANCED)

You have now covered protocols, genetics, detox pathways, and environmental factors. These are the chapters that separate the basic framework from the advanced clinical picture.

The advanced factor most likely relevant to my case:

Have I investigated this yet?

My next step based on what I have learned:

**Chapters 14–17 complete
Advanced cases assessed.**

*Moving to Longevity
& Framework.*

IMPLEMENTATION CHECKPOINT — 75%

You are three quarters of the way through. By now you have a more complete clinical picture of your health than most patients ever build — foundations, systems, data strategy, and advanced factors, all mapped against a Healing Hierarchy framework.

For others, the picture is clear but the implementation is complex. Multi-system cases. Genetics layered over environmental exposure. Protocols that need clinical sequencing and supervision.

If that is you— if your case involves 3+ systems, stalled progress despite solid foundations, or advanced factors like MTHFR, mold, or autoimmunity — this is exactly what the guided program is built for:

The Functional Medicine Solution

12 weeks. Data-driven. Clinician-guided.

www.functionalmedicinesolution.com

You have built the map.

The program helps you navigate it.

PART SEVEN
Longevity

CHAPTER
EIGHTEEN

The Longevity
Question

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EXERCISE The Longevity Baseline

Longevity is not about supplements. It is about building enough reserve that your body can handle whatever comes next. This baseline assesses where you stand.

Rate each statement from 1 (rarely or never) to 5 (consistently true).

Statement	1	2	3	4	5
I have recent blood work with functional (not just standard) ranges					
My fasting insulin is at optimal levels (under 5–6 $\mu\text{IU/mL}$)					
My inflammatory markers (CRP, homocysteine) are in optimal range					
I strength train at least 2x per week					
I prioritise sleep 7–8 hours in alignment with circadian rhythm					
I have a practice (not just a protocol) for ongoing health maintenance					

My total: / 30

- 24+** = Strong longevity position.
- 15–23** = Good foundation, room to optimise.
- Under 15** = Focus on recovery before optimisation.

WHAT THIS REVEALS

Longevity is built in your 40s and 50s.

The margin you protect now — insulin sensitivity, inflammatory control, muscle mass, sleep quality — determines your resilience in your 60s and beyond.

This is not about optimisation for optimisation's sake. It is about having enough in reserve when life next demands it.

PART EIGHT
The Framework

CHAPTER
NINETEEN

The Framework
You Can Trust

TheHealingHierarchy.com/workbook

EXERCISE

Final Stability Score + Framework Reflection

Reassess the same five questions from Chapter 2. Then reflect on what has shifted — not just in your body, but in your understanding.

STABILITY SCORE REASSESSMENT

Score each: 0 = Not at all | 1 = Sometimes | 2 = Consistently

Statement	0	1	2
1. Can you predict how you will feel tomorrow based on how you feel today?			
2. Does your body recover from poor sleep within one day?			
3. Can you eat varied whole foods without unexpected reactions?			
4. Does your energy hold steady morning through afternoon?			
5. Can you handle a stressful day without symptoms flaring?			

MY STABILITY SCORE NOW: / 10

DATE: / /

MY CHAPTER 2 SCORE WAS: / 10

DATE: / /

MOVEMENT: points

FRAMEWORK REFLECTION

What is the single most important thing I now understand about my health that I did not understand before reading this book?

Which level in the Healing Hierarchy do I now believe is my primary upstream driver?

What is one thing I was doing that I now understand was out of sequence?

What is my next concrete step?

BEFORE & AFTER

Before Reading This Book, I...	After Completing This Workbook, I...
Blamed myself for lack of results	
Treated symptoms without understanding the system	
Started with hormones or supplements (downstream)	
Had no framework for what to address first	
Felt confused by conflicting health advice	
Did not know what tests to request or how to read them	
My Stability Score was:	My Stability Score is now:

YOUR STARTING POINT — REVISITED

Remember the five questions from the first page?

Answer them again.

Rate each statement from 1 (strongly disagree) to 10 (strongly agree).

CH#	STATEMENT	SCORE (1-10)
1	I understand why my health declined despite doing "everything right."	
2	I know which body system to address first in my recovery.	
3	I trust that my body can recover if given the right inputs in the right order.	
4	I have a clear framework for making health decisions, not just reacting to symptoms.	
5	I feel in control of my health trajectory, not at the mercy of it.	

MY CLOSING SCORE: / 50

DATE: / /

MY STARTING SCORE WAS: / 50

MOVEMENT: points

If your score moved — even by 5 or 10 points — the framework is working. Not because of a supplement. Not because of a test. Because you now understand the system, the sequence, and where to direct your next step.

Advanced Applications: Reading Your Own Data

You have built the clinical picture. This bonus section gives you two advanced tools that go beyond what the book covers.

TOOL 1: THE THREE-TEST CROSS-REFERENCE

When you have results from all three Essential Trilogy tests, use this template to identify where the same signal appears across multiple tests. Patterns that show up in two or three tests are almost always clinically significant.

Signal	Blood Panel	Stool Test	OAT	Appears in 2+ tests?
Inflammation	CRP elevated? ESR elevated?	Calprotectin elevated? Immune markers?	Quinolinic acid elevated?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Gut dysfunction	Low iron/ferritin? Low B12?	Pathogens? Dysbiosis? Low elastase?	HPPHA elevated? Yeast markers?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Methylation stress	Homocysteine elevated? B12/folate low?		Methylmalonic acid? Formiminoglutaric acid?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Detox burden	GGT elevated? Uric acid?	High Beta glucuronidase?	Pyroglutamic acid? Glucaric acid?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Energy production	Glucose/insulin ratio? Iron studies?		Krebs cycle intermediates? CoQ10 markers?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If any row shows "Yes" across 2+ tests: that system is confirmed as a priority. Take this to your practitioner.

TOOL 2: THE RECOVERY SEQUENCE DECISION TREE

Based on your workbook results, use this simplified decision tree to confirm your next step.

Start here: What is your Stability Score?

0–3 (Crisis):

Your priority is Level 1 — blood sugar, key nutrients, nervous system. Get your testing ordered now so the data is ready when your foundations begin to settle.

4–6 (Fragile):

Your priority is the Essential Trilogy testing alongside the system that scored highest in Chapters 10–13. Foundation work continues at the same time.

7–8 (Stable):

Your priority is optimisation — Chapters 14–18. Protocols become practices. Advanced factors (genetics, environment) can now be investigated.

19-10 (Resilient):

Your priority is longevity (Chapter 18). Build enough reserve that your body can handle whatever comes next.

This decision tree is a simplified version of the full clinical framework available at

www.TheHealingHierarchy.com.

Where to Go From Here

You have the framework. What matters now is what you do with it. Three paths, based on where you are:



START WITH DATA

Begin with the Essential Trilogy. Your workbook has identified which tests to prioritise and what questions they should answer. Testing instructions, ordering links, and interpretation guides are available at

www.TheHealingHierarchy.com.

GET GUIDED SUPPORT

The Functional Medicine Solution program translates this workbook into a clinician-guided 12- week recovery plan. You bring the data. We build the sequence.

www.functionalmedicinesolution.com

WORK DIRECTLY WITH JARROD

For complex cases, multi-system autoimmunity, unresolved gut and hormone problems, mental health, CIRS, stalled progress despite solid protocols, or cases requiring clinical supervision: 1:1 consultations are available at

www.jarrodcoopernd.com


Let's Stay Connected


You made it through the entire workbook. That takes commitment — the same kind that brought you to this book in the first place. If something shifted for you — even just clarity about what was happening — I would love to hear about it.

FIND ME

 [@jarrodcoopernd](https://www.instagram.com/jarrodcoopernd)

 [facebook.com/jarrodcoopernd](https://www.facebook.com/jarrodcoopernd)

 TheHealingHierarchy.com
where you can order the "Essential Trilogy" medical testing, access additional health tools and access helpful downloads and information

 FunctionalMedicineSolution.com
The guided implementation program developed my me.

 JarrodCooperND.com
1:1 clinical consultation packages

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