

Foundational Certificate Case File

Capstone · Modules 1–3 · One continuous, integrated case document

Client / case reference: _____ Date: _____ Track: Coach / Practitioner

1 Timeline

Module 1 · Lesson 1.1

Antecedents — family history, early-life factors, predispositions

Triggers — event, illness or change preceding the issue

Mediators and perpetrators — what keeps it going now

2 Healthspan framing

Module 1 · Lesson 1.3

Stated goal, in the client's own words

Reframed in healthspan terms — independence, function, capability

3 HSI Healthspan Model mapping

Module 1 · Lesson 1.4

Biological State — mechanisms, hallmark(s) of aging involved

Regimen — diet, movement, sleep, substances

The Exposome — exposures, living and work conditions

Mind — stress load, emotional state, sense of control

Connection & Purpose — support, relationships, belonging

4 Gut screen

Module 2 · Lessons 2.1–2.2

Antibiotics in past 6 months (which, when)

Stress load and impact on digestion

Fibre / plant diversity (variety, not quantity)

Overgrowth / infection history

Digestive and possibly gut-linked non-digestive symptoms; SIBO-type vs colon pattern

5 Testing decision

Module 2 · Lesson 2.3

Would a test change the plan, or is history already clear?

If warranted: which modality and why

6 HSI Method — five steps, sequenced

Module 1 · Lesson 1.5 · Module 3 · Lesson 3.1

Assess — note where gut findings pulled in Identify/Investigate

Integrate — cross-domain loops

Prioritise — one or two highest-leverage starting points

Personalise — plan fitted to this person's real life

Measure — markers tracked and reassessment date

7 Gut-restoration sequence (if gut findings present)

Module 2 · Lesson 2.4

Identify / Investigate

Reduce burden

Rebuild

Reintroduce

Reinforce

8 Scope / referral judgement

Module 3 · Lesson 3.2

Any red flags? (list or 'none')

Judgement: in scope / watchful monitoring / referral — and the specific referral point

Practitioner track: Clinical Extension Layer content anticipated for this case