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STRATA INTEGRATION BRIEF

A Clinical Health Biography

Jane Johnson

strata.cr sample

Prepared by

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SAMPLE DOCUMENT · FICTIONAL DATA

A LETTER TO YOU

Dear Jane,

This report is organised in three parts. The first, your Patient Summary, is written for you. It tells your story in plain language, names what your data actually shows, and traces a clear path forward. The second part is my clinical reference: the detailed biomarker analysis I use to guide our work together. The third is your raw data appendix, preserved exactly as it was extracted from your records.

You do not need to read this document all at once. You do not need to understand every number. What matters is that it exists, organised, translated, and yours, so that every clinician you see from this point forward has the complete picture. Your health story is whole.

It is a privilege to walk this road with you.

With care,

Berryl K.R. Sawyers

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HOW TO USE THIS DOCUMENT

Part One, Patient Summary (Pages 3 to 11):

Read it alongside your practitioner. Written entirely for you.

Part Two, Clinical Summary (Pages 12 to 22):

Your practitioner's reference. Share with any new physician you see.

Part Three, Data Appendix (Pages 23 to 37):

Your complete unprocessed data. Bring this to every medical appointment.

Contents

PART ONE

Patient Summary

Written for you, in language that belongs to you. Part One tells your health story as a coherent narrative, translates every clinical finding into plain language, and maps the path forward in terms you can act on. Bring this section to every medical appointment.

Chapter 1 · About You 4

The person behind the data. Your health background, lifestyle, and what brought you to Strata.cr.

- Your health history, current conditions, and what you have already tried
- Your lifestyle, environment, and daily habits that shape your biology
- Your goals for this process and what clarity looks like for you

Chapter 2 · Your Health Story, A Biography 5

The first time your complete clinical history has been written in one place, organised as a coherent narrative across time.

- A year-by-year account of your diagnoses, treatments, and significant health events
- How each chapter of your health connects to the one that came before it
- The moments when signals were present in your data but not yet named

Chapter 3 · What the Data Reveals 6

Each clinical finding translated from medical language into plain English. What your results actually mean for you.

- Named patterns identified across your labs, imaging, and history
- Why each pattern matters and what it is doing to your body right now
- What was visible in your data that no single provider had connected

Chapter 4 · Your Strengths 9

The assets in your health file: what is working, what is protecting you, and what your body is already doing well.

- Positive biomarkers, lifestyle factors, and resilience indicators in your data
- What your current habits are contributing to your biology
- The foundation you have available to build from

Chapter 5 · The Path Forward 10

A plain-language summary of your priorities and the order in which to address them.

- Your top three health priorities, explained in accessible terms
- What to focus on first and why sequence matters in your case
- The questions to bring to your next medical appointment

PART TWO

Clinical Summary

Your practitioner's reference and a tool for every physician you see. Part Two uses clinical language. It contains the full technical analysis behind the recommendations in Part One. Share it with any new provider from this point forward.

Chapter 6 · Clinical Snapshot	12
<i>A structured one-page overview of your case for rapid clinical orientation.</i>	
· Demographic data, data sources reviewed, and the scope of this assessment	
· Active diagnoses, current medications, and primary body systems involved	
· Critical data gaps identified during the integration process	
Chapter 7 · Biomarker Analysis by System	13
<i>Every lab value interpreted against both conventional and functional medicine reference ranges, organised by body system.</i>	
· Endocrine and hormonal markers, including thyroid, adrenal, and reproductive hormones	
· Metabolic markers including glucose regulation, lipid profile, and liver and kidney function	
· Cardiovascular, immune, gastrointestinal, and nutritional status markers with trend notation	
Chapter 8 · Cross-System Convergence Patterns	16
<i>The connections between body systems that explain why treating one diagnosis in isolation has not resolved the full picture.</i>	
· Root cause analysis: the upstream pattern driving multiple downstream findings	
· The chain of causality connecting your diagnoses across organ systems	
· What the convergence pattern means for treatment priority and sequencing	
Chapter 9 · Epigenetic Context	18
<i>How your genetic predispositions interact with your current lifestyle, environment, and lab findings.</i>	
· Systems flagged as high predisposition in your epigenetic profile	
· How epigenetic risk intersects with current biomarker findings	
· Lifestyle factors that are activating or suppressing your genetic predispositions	
Chapter 10 · Priority Signals	19
<i>The findings that require the most urgent attention, ranked by clinical urgency and root-cause relevance.</i>	
· Red flags: findings requiring prompt medical follow-up or provider coordination	
· Amber flags: patterns to monitor closely, with defined retest timelines	
· Data gaps: critical missing values that must be ordered to complete the picture	
Chapter 11 · Monitoring Plan	21
<i>A structured schedule for retesting, reassessing, and tracking your progress over the next 90 days.</i>	
· Which labs to retest, at what intervals, and why each is clinically relevant	
· Symptom tracking markers to observe between sessions	
· How to measure meaningful progress across each of your priority areas	
Chapter 12 · 90-Day Protocol	22
<i>The complete, sequenced intervention plan, phase by phase, with specific actions, supplements, and coordination steps.</i>	
· Phase 1: Root cause interventions, barrier restoration, and anti-inflammatory foundations	
· Phase 2: System optimisation with targeted supplementation and lifestyle adjustment	
· Phase 3: Metabolic stabilisation, nutrient rebuild, and 90-day progress review	

PART THREE

Data Appendix

Your complete, unprocessed data, preserved exactly as it was extracted from your source documents. Part Three is the evidence base for everything in Parts One and Two. Bring this section to every medical appointment in every country. It contains what every provider you see needs to have.

Appendix A · Laboratory Data Tables	24
<i>All laboratory results organised chronologically, with both conventional and functional reference ranges displayed side by side.</i>	
<ul style="list-style-type: none">· Complete blood count, metabolic panel, and lipid results across all time points· Thyroid, hormonal, and inflammatory markers with trend annotations across years· Nutritional status, immunoglobulins, and specialty panel results with source notation	
Appendix B · Imaging and Cardiac Findings	26
<i>Structured summaries of all imaging studies, ECG reports, and cardiac assessments in the record.</i>	
<ul style="list-style-type: none">· Radiology reports translated into accessible clinical summaries alongside original findings· ECG and echocardiogram findings with plain-language interpretation· Findings cross-referenced to current diagnoses and monitoring priorities	
Appendix C · Epigenetic Report Summary	27
<i>A condensed summary of the EpixLife epigenetic report with Strata.cr clinical annotation.</i>	
<ul style="list-style-type: none">· Systems identified as high, medium, and low genetic predisposition· How epigenetic findings were incorporated into the clinical analysis in Part Two· Lifestyle interventions supported by the epigenetic profile	
Appendix D · Source Document Register	28
<i>A complete record of every document used to build this report, with source, date, provider, and country of origin.</i>	
<ul style="list-style-type: none">· Full list of lab reports, imaging studies, and clinical records reviewed· Provider names, institutions, and countries for each source document· A reference you can use to request records or verify source data	

This is a sample document using entirely fictional data for demonstration purposes. The format, structure, and clinical depth shown here represent the actual deliverable Strata.cr clients receive. Book a free discovery call to discuss your own complete picture.