

MEDICATION DECISION FRAMEWORK OS

Sourced from *Survival Blueprint, Ch. 8*

8 QUESTIONS · BEFORE THE TRIAL

Survival Blueprint Ch. 8

01 · TARGET + MEASURE

What specific symptoms are we targeting? How will we know it's working?

Forces measurable outcomes.

02 · TIMELINE + SIDE EFFECTS

Expected timeline? Side effects to watch in the first 2 weeks?

Stimulants: same day. Non-stimulants: 4-6 weeks.

03 · GROWTH + APPETITE + DOSING

Effect on puberty/growth/appetite? Daily or school days only?

Drug holidays are real options for some families.

04 · STOP CONDITIONS

What's the plan if this doesn't work? When would we consider non-stimulant?

Pre-commit before starting.

05 · CHILD'S VOICE

How will we involve my child in the decision as they develop?

By age 12-14 they should have a voice.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/medication-decision
For the mechanism, the protocol, and citations.