

The Sovereign Mind™ Sovereignty Web Assessment

A Physician-Led Diagnostic to Identify Your Cognitive Perimeter Breaches

"To defend the mind, we must first map the siege. This assessment identifies the specific vectors where the 'Slow Fade' is currently infiltrating your biology."

Instructions:

Rate your level of "Secure Defense" for each vector on a scale of **1 (Critical Breach)** to **10 (Secure Sovereignty)**.

Sector 1: The Metabolic Perimeter (Fuel & Sanitize)

- **UPF Neutralization:** I consume zero ultra-processed foods or added sugars. [Rating: ____]
- **The Thermal Rule:** I never allow hot liquids to touch plastic (no pods, no plastic-lined cups). [Rating: ____]
- **The MIND Framework:** My diet is centered on berries, leafy greens, nuts, and fatty fish. [Rating: ____]

Sector 2: The Aqueous Perimeter (Environment)

- **Advanced Filtration:** My primary water source is filtered via Reverse Osmosis or multi-stage carbon. [Rating: ____]
- **Vessel Integrity:** I use only glass or 316-grade stainless steel for hydration. [Rating: ____]
- **Halogen Defense:** I am aware of and neutralize Disinfection Byproducts (DBPs) in my tap water. [Rating: ____]

Sector 3: The Circadian Perimeter (Synchronize)

- **The Night-Shift Cleanse:** I consistently get 7.5+ hours of sleep to facilitate glymphatic drainage. [Rating: ____]
- **Light Sovereignty:** I eliminate blue light exposure 90 minutes before sleep. [Rating: ____]
- **Rhythm Locking:** I view sunlight within 30 minutes of waking to set my cortisol/melatonin clock. [Rating: ____]

Sector 4: The Resilience Perimeter (Fortify & Mobilize)

- **Cognitive Reserve:** I engage in "novel learning" or high-level strategic thinking daily. [Rating: ____]

- **Physical Mobilization:** I reach 150+ minutes of zone 2-3 activity weekly to clear systemic signals. [Rating: ____]
 - **Psychosocial Armor:** I have a high degree of optimism, social connectivity, and stress resilience. [Rating: ____]
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The Physician-Strategist's Analysis

Total Score / 120

- **100 – 120: SOVEREIGN.** Your perimeter is secure. Your focus is now on **Sector 4 (Fortify)** to maximize your cognitive lifespan.
- **70 – 99: AT RISK.** You have "Silent Perimeter Breaches." The "Invisible Rain" of toxins is likely causing low-grade neuro-inflammation.
- **Below 70: CRITICAL BREACH.** Your brain is currently under "Synergistic Siege." Immediate implementation of the **Sovereign Mind™ Protocol** is required to stop the Slow Fade.