CELLULAR COHERENCE

The Claim-Check Worksheet

Label any wellness claim in three questions.

ESTABLISHED
EMERGING
SPECULATIVE

What this is

A short practice for the next time a post, product or friend says something is good for your body. Instead of deciding true or false, you **label** the claim by how strong its evidence is, then choose what to do. Our rule is **mechanism over metaphor**.

The 3 questions

1 What is the mechanism?

What would happen, step by step? "Energy" and "detox" are not steps.

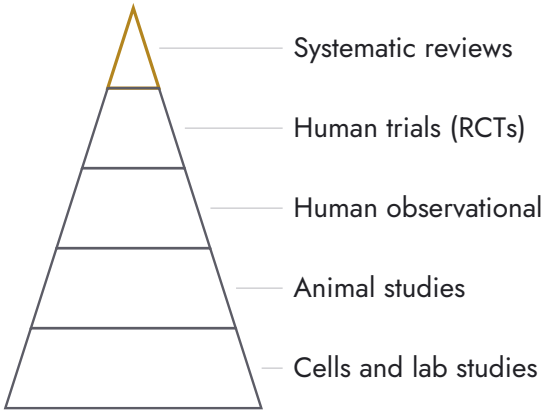
2 What kind of evidence?

Cells, animals, people observed, or a human trial? Has anyone repeated it?

3 Who benefits from the claim?

Is someone selling something, or did a party that profits pay for the study?

The three labels



Higher tiers answer "does it work in people?" more reliably. Lower tiers suggest ideas to test.

ESTABLISHED

Many independent studies, including in humans, agree.

Example: cells turn mechanical force into chemical signals (mechanotransduction).

EMERGING

Early evidence, mostly cells or animals. Not confirmed in people.

Example: weak fields near Earth's ~8 Hz hum changed things in a few mouse and plant studies.

SPECULATIVE

A hypothesis with no solid test yet.

Example: "Earth's Schumann resonance tunes your body."

How to use it

1. Pick five claims you have seen lately and write each in your own words (pages 2 and 3).
2. Answer the three questions. "I could not find out" is a valid answer.
3. Tick a label, then choose: ignore, look closer, or test one thing.
4. Run a low-risk one-week experiment on page 4.

Five claim checks, part one

Mechanism = what would happen, step by step. Who benefits = who sells or profits.

Claim 1

Where I saw it

Mechanism?

Evidence type ☐ Cells ☐ Animals ☐ Observational ☐ Human trial ☐ Review ☐ Not found

Who benefits?

My label ☐ Established ☐ Emerging ☐ Speculative ☐ Cannot tell yet

What I'll do

Claim 2

Where I saw it

Mechanism?

Evidence type ☐ Cells ☐ Animals ☐ Observational ☐ Human trial ☐ Review ☐ Not found

Who benefits?

My label ☐ Established ☐ Emerging ☐ Speculative ☐ Cannot tell yet

What I'll do

Claim 3

Where I saw it

Mechanism?

Evidence type ☐ Cells ☐ Animals ☐ Observational ☐ Human trial ☐ Review ☐ Not found

Who benefits?

My label ☐ Established ☐ Emerging ☐ Speculative ☐ Cannot tell yet

What I'll do

Five claim checks, part two

Cards 4 and 5, then look across all five.

Claim 4

Where I saw it

Mechanism?

Evidence type ☐ Cells ☐ Animals ☐ Observational ☐ Human trial ☐ Review ☐ Not found

Who benefits?

My label ☐ Established ☐ Emerging ☐ Speculative ☐ Cannot tell yet

What I'll do

Claim 5

Where I saw it

Mechanism?

Evidence type ☐ Cells ☐ Animals ☐ Observational ☐ Human trial ☐ Review ☐ Not found

Who benefits?

My label ☐ Established ☐ Emerging ☐ Speculative ☐ Cannot tell yet

What I'll do

Looking across my five claims

Which question was hardest to answer?

Which label did I use most often?

What will I check before I share or buy next time?

Try one thing for a week

A tiny, low-risk experiment. It will not prove cause, but it teaches you to notice.

What I will try (one small, safe change):

Why: the claim it comes from, and its label:

How I will measure it (sleep hours, a 0-10 mood score, steps, a symptom log):

My 7 days

Day	Did it	Score 0-10	What I noticed
Day 1	☐		
Day 2	☐		
Day 3	☐		
Day 4	☐		
Day 5	☐		
Day 6	☐		
Day 7	☐		

What I noticed overall, and what could explain it besides the change itself:

Evidence at a glance

1. Liu J, et al. Recent advances and challenges in Schumann resonance observations and research. Remote Sensing 2023;15(14):3557.
2. Ingber DE. Tensegrity-based mechanosensing from macro to micro. Prog Biophys Mol Biol 2008;97(2-3):163-179.
3. UC Davis Library. Systematic reviews: Levels of evidence (guide).
4. NCCIH (NIH). Know the Science: checklist for understanding health news stories; 10 things to know about the science of health.
5. Lundh A, et al. Industry sponsorship and research outcome. Cochrane Database Syst Rev 2017;MR000033.

Safety: choose a change that carries little risk. Do not stop or change medicine without talking to a clinician. This worksheet is education, not medical advice.