ANAVRIN WELLNESS | FREE PRACTITIONER WORKSHEET

Stage 4 · Research & Evidence Literacy

12-Month Practitioner Mastery Roadmap · Months 7-8

Stage goal
Learn to evaluate scientific claims and research quality.

Practitioner name _____

Device / software version (if relevant) _____

Start date _____

Learning objectives

- Search research databases and identify the design and question of a study.
- Assess controls, blinding, randomisation, measurement validity and reliability.
- Describe limitations and distinguish hypotheses from established evidence.

Practical assignments

- 1. Critically review three published studies.
- 2. Identify the research question, methods, controls, outcomes and limitations of each study.
- 3. Write a short evidence summary that avoids unsupported medical claims.

Completion milestone: Produce a three-paper critical research review.

Suggested next resource

PubMed · Cochrane Library · EQUATOR Network · CARE guidelines. These research resources are not endorsements of bioresonance effectiveness.

Stage 4 · Reflection & evidence record

Reflection questions

What did you expect to find, and what did you actually observe?

Your notes

Which parts of this exercise are device-specific, and which can be repeated across systems?

Your notes

What alternative explanations, uncertainties or limitations should a reader understand?

Your notes

Evidence and limitations check

- ■ I recorded the device, software version, settings and relevant conditions.
- ■ I separated client-reported information, software output and independently established findings.
- ■ I noted uncertainty, confounders, alternative explanations and source limitations.
- ■ I avoided presenting device-generated indicators as a confirmed medical finding.

Completion date

Personal reflection: what will I change or practise next?

Educational scope: This worksheet supports self-directed learning. It is not Academy coursework or assessment and does not count toward course credit or completion. It does not confer a licence, qualification, diagnostic authority or clinical competency.