

CHAPTER 3 COMPANION

Receipts Ladder Proof Checklist

Rank the strongest evidence behind a product or claim - not the confidence of the person selling it.

QUICK START

Set aside 10 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

THE FIVE-RUNG LADDER

5	Systematic reviews / strong bodies of human evidence	Multiple relevant studies considered together.
4	Randomized controlled human trials	Useful human evidence when design, size, outcome, and population fit.
3	Observational or limited human evidence	A signal worth noticing, but not proof of cause and effect.
2	Animal, laboratory, mechanistic, or extrapolated evidence	Interesting early evidence with major limits for real-life human outcomes.
1	Testimonials, authority, marketing, or pure hype	A story or claim - not dependable evidence of effectiveness.

The exact claim I am checking:

THE 30-SECOND RECEIPTS TEST

- ☐ What is the strongest evidence - and where can I see it?
- ☐ Does the evidence measure an outcome I actually care about?
- ☐ Were people sufficiently like me included?
- ☐ Is the idea safe, reasonable, affordable, and simple enough to test?

Who funded or sells it?	
Human study or something else?	
Number and type of participants?	
Compared with what?	
How large and meaningful was the effect?	
What harms, dropouts, or limitations appeared?	

MY VERDICT

IGNORE	☐ Rung 1-2 or marketing outruns evidence	
STAY CURIOUS	☐ Rung 3 or important uncertainty remains	
CONSIDER A TEST	☐ Rung 4-5, Safety Gate cleared, outcome trackable	
SEEK REVIEW	☐ Personal safety or interpretation needs expertise	

Would I still trust this if the story and packaging disappeared?

YOUR NEXT MOVE

Do not buy while researching. Decide only after you can name the rung, the meaningful outcome, the limitations, and the next safe step.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.