

A FREE GUIDE · THE UNDO METHOD

The 4-System Inspection

Find out which system is driving your pain, fatigue, or stress
— before you try to fix the symptom.

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Reverse Compensation. Restore Balance.

Why This Exists

You've probably already tried to fix the thing that's bothering you. It probably helped — for a while.

A new stretch. A better chair. A foam roller. Maybe even a few sessions with someone who worked directly on the sore spot.

That's because most approaches treat the location of the problem as the cause of the problem. But the body doesn't usually break where the real issue is. It breaks where it ran out of room to compensate.

Think about how you treat your car. You don't wait for the engine to fail before you take it in — you get it inspected on a schedule, because small issues are cheap to fix and big ones aren't. Most people never do the equivalent for their own body. They wait for the warning light (pain, fatigue, a flare-up) and go straight to patching the symptom, without ever checking which system actually triggered it.

This guide is a basic version of that inspection. It won't replace a full assessment, but it will show you which of four systems is most likely driving what you're feeling right now — so whatever you do next targets the cause, not just the location.

The Idea Behind It

Your body runs on four interconnected systems. When one is overloaded, the others quietly pick up the slack — until they can't anymore. That's compensation. It's not a flaw; it's your body doing exactly what it's designed to do. The problem is that compensation has a shelf life, and most pain, stiffness, and fatigue shows up after that shelf life runs out.

System	What it governs
Recovery	Sleep, and how well your body actually downregulates
Pressure	Stress load and nervous system regulation

Fuel	Digestion, blood sugar, and how well you run on what you eat
Structural	Posture, movement patterns, and where your body absorbs load

Most people only ever look at Structural, because that's where it hurts. But Structural is very often the *result*, not the *cause*.

How To Use This

For each system, score the four questions using this scale, then add up your total (max 12 per system) and check the scoring guide at the end. Be honest rather than aspirational — this only works if your answers reflect your actual week, not your best week. Click into each box below and type your number — this form saves with your answers.

0	Never / not at all	1	Sometimes	2	Often	3	Almost always
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1 Recovery System

Whether your body is actually getting the downtime it needs to repair tissue, regulate hormones, and reset your nervous system — not just whether you're technically lying down for 7–8 hours.

1. I wake up still feeling tired, even after a full night's sleep.
2. I rely on caffeine to get going in the morning or to push through the afternoon.
3. I wake up during the night and have trouble falling back asleep.
4. My best sleep only seems to happen on weekends or days off — not consistently.

Recovery System total: / 12

2 Pressure System

Your stress load — not just how busy you are, but how much your nervous system is actually carrying, and whether it ever gets a real chance to come back down.

1. I feel like I can't fully switch off, even when I'm trying to rest.
2. I notice physical tension — jaw, shoulders, gut — that doesn't release on its own.
3. Small frustrations affect me more than they probably should.
4. I feel like I'm running on adrenaline more days than not.

Pressure System total: / 12

3 Fuel System

Digestion, blood sugar stability, and whether your energy and inflammation are being driven by what — and how — you're eating, rather than just how much you're moving.

1. I get bloated, gassy, or uncomfortable after eating, on a regular basis.
2. I get shaky, irritable, or "hangry" if I go too long without food.
3. I notice a real energy drop in the early-to-mid afternoon, most days.
4. I'm holding onto weight or low-grade inflammation that hasn't responded to normal diet and exercise changes.

Fuel System total: / 12

4 Structural System

The one you can usually feel directly — posture, movement quality, and where your body is taking on load it wasn't built to take long-term.

1. My pain or tightness tends to show up in the same one or two spots, repeatedly.
2. One side of my body clearly works harder, feels tighter, or compensates for the other.
3. Specific positions — sitting, standing, certain movements — reliably bring on discomfort.
4. Activity or exercise that used to feel fine now triggers pain or a flare-up.

Structural System total: / 12

Your Results: What It Actually Means

Score	Status	What it means
0–3	Stable	Not a current priority. Keep doing what you're doing there.
4–7	Strained	Working harder than it should — a contributing factor, but probably not the main driver alone.
8–12	Priority	Very likely a root driver of what you're feeling, even if it isn't the obvious symptom.

A few patterns worth knowing:

If Structural is your only Priority score — your issue is probably genuinely mechanical, and direct corrective work can address it fairly directly.

If Structural is Priority and Recovery or Pressure is also Priority — this is why generic fixes haven't held. Corrective exercise and manual therapy can only "stick" if your body has the recovery capacity and nervous system bandwidth to adapt. Otherwise you're rebuilding the same compensation pattern every time it gets reset.

If Fuel is your highest score, even with a clean Structural score — digestive and metabolic strain can show up as pain, fatigue, or tension somewhere else entirely. The body doesn't file complaints by department.

If two or more systems score Priority — that's compensation stacking. Your body has been propping up multiple deficits at once, which is why generic fixes (a new mattress, a stretching routine) haven't given you lasting results: each one only ever addressed one system.

What To Do With This

This self-check is intentionally simplified — it's meant to point you in the right direction, not give you a diagnosis. It doesn't capture everything a full assessment would (breathing mechanics, movement screening, and a proper review of your history all matter and aren't covered here).

If you want the complete picture, the next step is the free Undo Method assessment — a more thorough version of this same logic, with a personalized Mini Health Report based on your actual answers.

Get your personalized Mini Health Report

Start Your Free Assessment →

Prefer to talk it through directly? You can also book a free discovery call.

About The Undo Method

I'm Alexandru Radu — CHEK Practitioner Level 4, with a background in martial arts and CrossFit, including my own history of injuries I've had to work through personally. That combination is why I don't approach pain or fatigue as something to be patched at the surface. The Undo Method exists to reverse compensation at its source, not just manage where it shows up.

Reverse Compensation. Restore Balance.

This guide is for educational purposes and is not a substitute for a full assessment or medical diagnosis. If you're experiencing severe, worsening, or unexplained symptoms, please consult a qualified healthcare provider.