

Clinical Troubleshooting & "Herx" Assessment Tool

Client Name: __ Date: __ Protocol Day: __

Section 1: The "Drainage First" Pre-Check

Before assessing a reaction, we must ensure the "exit doors" are open. If the body cannot eliminate toxins, any protocol will cause distress.

- ☐ **Bowel Movements:** Have you had at least one complete bowel movement in the last 24 hours? (Yes/No)
- ☐ **Hydration:** Have you consumed at least 60–80oz of filtered water today? (Yes/No)
- ☐ **Sweat/Movement:** Have you engaged in light movement or dry brushing to support lymph? (Yes/No)

Note: If "No" to any of the above, pause the "Target" protocol and focus on drainage before proceeding.

Section 2: Reaction Differentiator (Check all that apply)

Use this section to determine if you are experiencing a Healing Crisis (Herx), an Allergy, or an Intolerance.

Feature	Healing Crisis (Die-Off)	Allergic Reaction	Intolerance / Sensitivity
Onset	<input type="checkbox"/> 24–72 hours after start	<input type="checkbox"/> Minutes to hours	<input type="checkbox"/> Hours to days
Symptoms	<input type="checkbox"/> Flu-like, body aches, brain fog	<input type="checkbox"/> Hives, swelling, wheezing	<input type="checkbox"/> Bloating, headache, fatigue
Skin Signs	<input type="checkbox"/> Acne flare, mild rash	<input type="checkbox"/> Intense itching, urticaria	<input type="checkbox"/> Eczema flare, flushing
Action	Slow down / Add binders	STOP IMMEDIATELY	Rotate or reduce dose

Section 3: Daily Symptom & Rescue Tracker

Track your response to the "Rescue Protocol" over the next 3 days.

Day	Symptom Intensity (1-10)	Rescue Agent Used (Binder/Alkalinizer)	Notes (Energy, Mood, Digestion)
Day 1			
Day 2			
Day 3			

Section 4: The Rescue Protocol Checklist

If a Healing Crisis (Herx) is confirmed, implement the following under practitioner guidance:

- ☐ **Binder Support:** Take Activated Charcoal or Zeolite 2 hours away from other supplements/meds.
- ☐ **Alkalinizing "Rescue Drink":** 8oz water + 1/2 tsp Sodium Bicarbonate + Fresh Lemon.
- ☐ **Antioxidant Surge:** Liposomal Glutathione or NAC to quench oxidative stress.
- ☐ **The "Pulse" Method:** Stop protocol for 2 days, then resume at 50% dose.

Section 5: Practitioner Reflection & Troubleshooting

Current Phase: ☐ Reveal ☐ Optimize ☐ Target ☐ Support

Observations (Hidden Stressors/Plateaus):

Next Steps: ☐ Continue current dose with binders
☐ Pulse Method (3 days on / 4 days off)
☐ Return to "Optimize" phase (Sleep/Stress focus)
☐ Pivot: Investigate hidden infections/emotional trauma

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