Host Environment & Metabolic Terrain Assessment

Client Name: __ *Date:* **_____ Phase:** □ Active Treatment □ Recovery/Surveillance

Section 1: Revealing the Oncogenic Terrain (Biomarkers)

Compare recent lab results against Functional Medicine optimal ranges to identify metabolic drivers.

Biomarker	Current Value	Functional Target	Status (Low/Optimal/High)
Fasting Insulin		2.0 – 5.0 µIU/mL	
hs-CRP		< 1.0 mg/L	
IGF-1		120 – 150 ng/mL	
LDH		140 – 180 U/L	
HbA1c		< 5.4%	
BMI		< 25.0	

Section 2: R.O.O.T.S. Systemic Check-In

Assess the "soil" and identify which nodes require the most support.

Defense & Repair (Oxidative Stress & Inflammation) - [ ] Experiencing frequent "flares" or systemic aches? - [ ] History of low antioxidant intake (fruits/vegetables)? - [ ] High hs-CRP (from Section 1)?

Biotransformation & Elimination (Liver & Detox) - [ ] Feeling "poisoned" or overly sensitive to medications? - [ ] History of constipation (less than one BM per day)? - [ ] Known genetic SNPs affecting detoxification (e.g., GSTM1)?

Metabolic Flexibility (The Fuel Source) - [ ] Energy crashes or intense sugar cravings? - [ ] High glycemic variability (frequent spikes/drops)? - [ ] Difficulty maintaining a fasting window of 12+ hours?

Section 3: Targeted Toxicity & Symptom Tracker

Rate severity from 0 (None) to 5 (Severe).

Symptom Area	Severity (0-5)	Notes (Frequency/Triggers)
Cognitive Function ("Chemo-brain", fog)		
Peripheral Neuropathy (Tingling/Numbness)		
Mucositis/Gut Issues (Sores, Diarrhea)		
Fatigue (Mitochondrial depletion)		
Sleep Quality (Circadian disruption)		

Section 4: Practitioner Reflection & Strategy

Metabolic Silence Priority: (e.g., Transition to Time-Restricted Feeding, FMD Prep)

Targeted Support Protocol: (e.g., L-Glutamine for mucosa, CoQ10 for mitochondria)

Collaborative Note: - [ ] Oncology team notified of nutritional/supplemental plan? - [ ] Contraindications for pro-oxidant/anti-oxidant timing reviewed?

Next Steps:

1.
2.

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