

# Oxidative Burden & Redox Balance Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Practitioner Goal:** Use this tool to differentiate between "Oxidative Eustress" (healthy signaling) and "Oxidative Distress" (pathological damage) while identifying the client's unique genetic and environmental triggers.

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## Section 1: Clinical Marker Analysis (The Evidence)

Record the results of functional testing to identify which cellular "structures" are currently under attack.

Clinical Marker	Target of Damage	Client Result	Status (Optimal/High)
8-OHdG	DNA (Mitochondrial/Nuclear)		
Lipid Peroxides	Cell Membranes/Fatty Acids		
F2-Isoprostanes	Systemic (Gold Standard)		
Oxidized LDL	Cardiovascular/Lipoproteins		

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## Section 2: Total Oxidative Burden Checklist (The Triggers)

Identify the "sparks" jumping out of the fireplace. Check all that apply:

- **Environmental Exposure:**
  - [ ] Frequent exposure to air pollution or smoke
  - [ ] Use of non-filtered tap water
  - [ ] High use of "conventional" beauty/cleaning products (VOCs)
- **Lifestyle & Metabolic Factors:**
  - [ ] High intake of ultra-processed oils (seed oils)
  - [ ] Chronic psychological stress (elevated cortisol)

- [ ] High-intensity exercise without adequate recovery
  - [ ] Poor sleep quality (less than 7 hours)
  - **Genetic Susceptibility (if known):**
    - [ ] **GSTM1 "Null"** (Missing the gene for glutathione tagging)
    - [ ] **GSTP1 Variant** (Reduced capacity to handle heavy metals)
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## Section 3: The "Fire in the Fireplace" Strategy

Based on the markers and triggers above, select the Nrf2 activation and antioxidant support plan.

**Phase 1: Quenching the Distress (Immediate Support)** \* [ ] **Glutathione Support:** (e.g., NAC, Liposomal Glutathione, or Glycine/Glutamine) \* [ ] **Environmental Sweep:** Switch to organic produce and install HEPA air filtration.

**Phase 2: Nrf2 Activation (Upregulating the Master Switch)** \* [ ] **Sulforaphane (Broccoli Sprouts):** To trigger the Keap1-Nrf2 release. \* [ ] **Curcumin (Turmeric):** To bind the Antioxidant Response Element (ARE). \* [ ] **Hormetic Stress:** Controlled cold exposure or sauna to trigger internal defense.

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## Section 4: Practitioner Reflection & Scoring

**Total Burden Score:** \_\_ (Count the number of [x] marks in Section 2) \* 0-3: *Low Burden* | 4-6: *Moderate Distress* | 7+: *High Oxidative Stress*

**Clinical Observations:**

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**Next Steps / Re-test Date:**

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*AccrediPro Standards Institute Certified Tool | Lesson 8.2: Redox Signaling*

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