

# ACUTE INFLAMMATORY STORM & CYTOKINE MANAGEMENT PROTOCOL

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_ Primary Complaint: \_\_\_\_\_

## SECTION 1: THE REVEAL (Identify Occult Triggers)

*Assess for the "fuel" behind the current inflammatory cascade. Check all that apply:*

- Post-Viral Sequelae:** Recent infection (last 6 months)? Reactivated EBV/HHV-6 history?
- CIRS / Environmental Flare:** Known mold exposure? Water-damaged building history? Recent "crash" after moving/travel?
- Occult Dental Infection:** History of root canals? Wisdom teeth extractions (cavitations)? Unexplained jaw/face pain?
- Gut-Derived Endotoxemia:** History of "Leaky Gut"? Recent high-stress event + digestive distress? (LPS Leakage)

## SECTION 2: MATRIX PRIORITIZATION (Organize)

*Identify which nodes are currently under the most pressure from the cytokine load:*

Matrix Node	Key Crisis Indicators	Severity (1-10)
Defense & Repair	Migrating joint pain, systemic fever, "flu-like" feeling	
Communication	Brain fog, sudden insomnia, tachycardia, "burning" nerves	
Energy	Crushing fatigue (Cell Danger Response), muscle wasting	
Biotransformation	Chemical sensitivity, jaundice, intolerance to supplements	

## SECTION 3: THE TARGET (Intervention Strategy)

*Goal: Extinguish the fire (NF- $\kappa$ B/NLRP3 inhibition) and signal resolution (SPMs).*

Intervention	Purpose	Target Dose (Suggested)	Client Dose
<b>SPMs</b>	Resolve inflammation/Clean debris	2,000mg – 4,000mg	__
<b>Liposomal Curcumin</b>	NF-kB Inhibitor / Bioavailable	High-dose (per label)	__
<b>High-Dose Melatonin</b>	NLRP3 Inflammasome Stabilizer	20mg+ (at night)	__
<b>Quercetin / Zinc</b>	Zinc Ionophore / Modulator	500mg - 1,000mg	__
<b>Molecular Hydrogen</b>	Neutralize Hydroxyl Radicals	1-2 tablets/sessions	__

## SECTION 4: CRISIS MONITORING & REFLECTION

**Daily Symptom Tracking (Scale 1-10):** \* **Brain Fog / Cognitive Speed:** Day 1: [ ] → Day 3: [ ] → Day 7: [ ] \* **"Burning" or Nerve Pain:** Day 1: [ ] → Day 3: [ ] → Day 7: [ ] \* **Energy / Fatigue Levels:** Day 1: [ ] → Day 3: [ ] → Day 7: [ ]

### Practitioner Observations:

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### NEXT STEPS:

- Immediate:** Stabilize NLRP3 and initiate high-dose SPMs for \_\_ days.
  - Investigation:** Order 3D Cone Beam CT (Dental) or ERMI (Mold) if no improvement in 72 hours.
  - Transition:** Once "fire" is out, pivot to foundational gut/liver support.
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