

THE "SECURITY TEAM" INFLAMMATION TRACKER & ACTION PLAN

Client Name: _____ Date: _____

Section 1: The "High Alert" Assessment

Use this section to identify where your body's "security team" is currently on high alert.

Check all that apply:

Physical "Puffiness" & Sensation - [] Waking up with stiff or "creaky" joints - [] Feeling "puffy" in the face, hands, or abdomen - [] Persistent "brain fog" or difficulty focusing - [] Feeling "wired but tired" (exhausted but unable to rest)

Current "Immune Triggers" - [] High-stress demands (work/home) - [] Reliance on "convenience" or processed foods - [] High caffeine intake (3+ cups daily) to manage fatigue - [] Hormonal shifts (Perimenopause/Menopause symptoms)

Section 2: 7-Day "Cooling the Fire" Tracker

The goal is to provide your "security team" with the resources they need to stand down.

Track your daily inputs and how your body responds.

Day	Stress Level (1-10)	"Quick-Fix" Food/Caffeine?	Joint/Fog Severity (1-10)	Notes (Puffiness, Sleep, Mood)
Mon		<input type="checkbox"/>		
Tue		<input type="checkbox"/>		
Wed		<input type="checkbox"/>		
Thu		<input type="checkbox"/>		
Fri		<input type="checkbox"/>		
Sat		<input type="checkbox"/>		
Sun		<input type="checkbox"/>		

Section 3: Reflection & Ownership

Total Weekly High-Stress Days: _____ Total Days with "Quick-Fix" Foods: _____

Observations: When did you notice your "security team" was most reactive? (e.g., "After my 4th cup of coffee" or "After a long day at school"):

The "Shift": Instead of feeling like your body is "attacking" you, how can you help your "security team" feel safe enough to stand down this week?

Next Steps:

1. **Hydration:** Replace 1 cup of coffee with herbal tea or mineral water.
 2. **Resource the Body:** Incorporate 1 anti-inflammatory "whole food" at lunch.
 3. **The "Breakroom" Moment:** Schedule 5 minutes of deep breathing to signal to the HPA-axis that the threat has passed.
-

AccrediPro Standards Institute Certified Tool

Practitioner Instructions:

- **The Analogy:** Use this tool to reinforce the "Security Team" analogy. Remind the client that the "puffiness" is a defense mechanism, not a failure.
 - **The Goal:** Use the reflection section to help the client gain **ownership** over their triggers (Stress, Caffeine, Diet).
 - **Validation:** If the client is perimenopausal, acknowledge that hormonal shifts are a biological "trigger" that requires extra grace and support for the immune system.
-